



**CHRISTMAS SPORTS: HALL GRAND PRIX – WEST HILL PARK SCHOOL**  
**WEDNESDAY 17<sup>th</sup> DECEMBER 2008 – 5:45-8:00pm**

- Competition for Boys / Girls (4 age groups):- Entry Fee - £2-00 per Under 20 athlete ; £2-50 for adults.
  - U11's (Year 5/6) (Minimum Age 8)    - U13's (Year 7/8)
  - U15's (Year 9/10)                            - Year 11+ including adults !
- Each competitor participates in 6 events:-
  - Sprints x 2                    - Standing Long Jump            - Speed Bounce
  - Bull-Nosed Javelin            - Standing Triple Jump
- Prizes for winners in each age group (points awarded for each event)
  - Participation prizes for all competitors
  - Visitor from Lapland expected !
- Parents to assist with judging / officiating please!



**OUTLINE TIMETABLE**

5.45 Arrival / Registration

5.55 Warm-up / Explanation

6.05 U11 Sprint; U13 Triple Jump; U15 Speed Bounce; Year 11+ Long Jump

6.20 U11 Javelin; U13 Sprint; U15 Triple Jump; Year 11+ Speed Bounce

6.35 U11 Long Jump; U13 Javelin; U15 Sprint; Year 11+ Triple Jump

6.50 U11 Speed Bounce; U13 Long Jump; U15 Javelin; Year 11+ Sprint

7.05 U11 Triple Jump; U13 Speed Bounce; U15 Long Jump; Year 11+ Javelin

7.30 Results / Presentation / Cool Down

8.00 Depart

