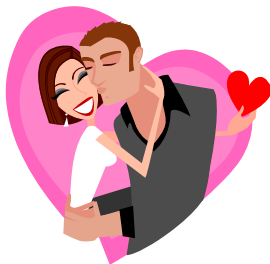


**VALENTINES SPORTS:HALL GRAND PRIX – WEST HILL PARK SCHOOL**  
**WEDNESDAY 11<sup>th</sup> FEBRUARY 2009 – 5:45-8:00pm**

- 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+
- 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
  - 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

Prior entries to Michael Coker – 01962 846025/ 07793 3080922  
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