

## SPORTSHALL ATHLETICS

This year the Lincolnshire Athletics Network, Lincolnshire Athletics Association and all of the clubs are working towards increasing the number of athletes participating in Sportshall events. We are putting on more competitions and events in the hope that more of our athletes will be selected for the County team and put in a good effort in the East Midlands Regional event against other Counties. You will see that a few events clash with some of our Frostbite events – so if you are a cross country runner please prioritise the Frostbite as your event rather than Sportshall. Those of you who are more track and field orientated – make Sportshall your priority. Sportshall includes many events such as standing long jump, shot putt, indoor javelin, plus sprint races which are dependent on lots of volunteer helpers. Please indicate if you are willing as a parent to assist in this task – its not hard work, you don't have to be qualified and you get to see your child competing too!

Sat 20 Nov	Interclub event with Werrington Joggers and Nene Valley Harriers – FUN EVENT!	Werrington Leisure Centre 2-5pm
Sun 5 Dec	U11 Sportshall Open Trials for County Team	Northgate Leisure Centre, Sleaford 2-4pm
Sun 16 Jan	U11 Interclub competition Bourne, Boston, Sleaford <b>THIS CLASHES WITH THE FROSTBITE AT RAMSEY</b>	Northgate Leisure Centre, Sleaford 2-4pm
Sun 23 Jan	U13/U15 Sportshall Open Trials for County Team/Championships	Grantham Meres Leisure Centre 11-4pm
Sun 30 Jan	U11 East Midlands Regional Inter-County Competition	Grantham Meres 12-4.30pm – <b>pre-selected athletes from the 5<sup>th</sup> Dec only</b>
Sun 6 Feb	U13/U15 Sportshall Practise and final trials <b>THIS CLASHES WITH THE FROSTBITE IN BOURNE WOODS</b>	Grantham Meres 11.30 – 4pm
Sun 20 Feb	U13/U15 East Midlands Regional Inter-County Competition	Grantham Meres 12-4.30pm <b>pre-selected athletes from the 23 Jan/6 Feb only</b>
Sun 13 Mar	U11/u13/u15 Interclub Sportshall Bourne, Boston, Sleaford	Grantham Meres 12-4pm
Sun 28 Nov	Boston indoor athletics open meeting – Shot, HJ, LJ and Pole Vault – <b>different from Sportshall.</b>	Boston B-Hive – must pre-enter individually via Lisa £

**PLEASE NOTE THERE ARE NO TRAINING SESSIONS ON FRI 29<sup>TH</sup> OCT OR FRI 19 NOV DUE TO SCHOOL HOLIDAYS AND SCHOOL SPEECH NIGHT – SORRY! WHY NOT RUN ROUND THE PARK WITH YOUR PARENTS INSTEAD?**



Please return to Lisa at Jnr Training (please tick appropriate column)

Date	Event	Yes - I can attend	No - I can't attend	maybe	Parent can help at the event
Sat 20 Nov	Werrington Interclub event				
Sun 28 Nov	Boston Indoor Open Event				
Sun 5 Dec	U11 Sportshall Open Trials				
Sun 16 Jan	U11 Interclub competition				
Sun 23 Jan	U13/U15 Sportshall Open				
Sun 30 Jan	U11 East Midlands Regional				
Sun 6 Feb	U13/U15 Sportshall Practise				
Sun 20 Feb	U13/U15 East Midlands				
Sun 13 Mar	U11/u13/u15 Interclub				