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| --- | --- | --- |
| **Rotation** | **Time** | **Age Group and Event** |
| **Under 9/11** | **Under 13** | **Under 15** |
| **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** |
| 1 | 10am | Speed Bounce High StepperBalance Test |  | 2 LapsOR4 Laps |  | 2 LapsOR4 Laps |  |
| 2 | 10.30am |  | Speed BounceHigh StepperBalance Test |  | 2 LapsOR4 Laps |  | 2 LapsOR4 Laps |
| 3 | 11am | 1 Lap |  | Long JumpTriple Jump |  | Long JumpVertical Jump |  |
| 4 | 11.30am |  | 1 Lap |  | Long JumpTriple Jump |  | Long JumpTriple Jump |
|  | 12pm | LUNCH BREAK |
| 5 | 12.15pm | Vertical JumpLong JumpTriple Jump |  | Speed Bounce |  | Speed Bounce |  |
| 6 | 12.30pm |  |  |  | Speed Bounce |  | Speed Bounce |
| 7 | 12.45pm |  | Vertical JumpLong JumpTriple Jump |  |  |  |  |
| 8 | 1.15pm | Hurdles Relay | Hurdles Relay | 2x2 Lap Relay | 2x2 Lap Relay | 2x2 Lap Relay | 2x2 Lap Relay |
|  | **RESULTS** | Athlete of the Match | Age Group Scores | Team Scores | League Positions |  |  |

Under 9 – Age 8+ on day, School years 3 & 4 Under 13 – School years 7 & 8

Under 11- School years 5 & 6 Under 15 – School years 9 & 10

**\*NB Above times may vary depending on number of entries. Any changes will be announced by the Event Organisers on the day .**

**Club/School Event Officiating**

Blackpool & Fylde AC Speed Bounce

Blackburn Harriers  Long Jump

Broughton School Vertical Jump / High Stepper

Chorley AC Balance Test / Triple Jump

Kendal AC Higher Stepper / Vertical Jump

Lancaster & Morecambe AC Triple Jump

Preston AC Track

**Club/School Kit Required**

Blackburn Harrier Speed Bounce x 4, Vertical Jump x 1, Balance x 1

Broughton School High Stepper x 1, Balance x2

Chorley AC Triple Jump x 1, Measuring rolls

**Overall Event Coordinators Caerwen Butler/Natalie Simpson**

**Registration / Results Coordinator Natalie Simpson**

**Field Event Official / Coordinator Jean Hoyle-Dodds**

**Track Official / Coordinator Kevin Hogan**

**Results Software Manager Pete Hancock**