|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Rotation** | **Time** | **Age Group and Event** | | | | | |
| **Under 9/11** | | **Under 13** | | **Under 15** | |
| **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** |
| 1 | 10am | Speed Bounce High Stepper  Balance Test |  | 2 Laps |  | 2 Laps |  |
| 2 | 10.30am |  | Speed Bounce  High Stepper  Balance Test |  | 2 Laps |  | 2 Laps |
| 3 | 11am | 2 Laps |  | Triple Jump  Vertical Jump |  | Long Jump  Vertical Jump |  |
| 4 | 11.30am |  | 2 Laps |  | Triple Jump  Vertical Jump |  | Long Jump  Triple Jump |
|  | 12pm | LUNCH BREAK | | | | | |
| 5 | 12.15pm | Chest Push  Target Throw |  | 6 laps OR  Shot Putt | 6 laps | 6 laps OR  Shot Putt | 6 laps |
| 6 | 12.45pm | Javelin | Target throw  Chest pass  Javelin |  | Shot Putt |  | Shot Putt |
| 9 | 1.30pm | Obstacle Relay | Obstacle Relay | 6 lap Paarlauf | 6 lap Paarlauf | 8 lap Paarlauf | 8 lap Paarlauf |
|  | **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 / Chest Push

Blackburn Harriers  Shot / Balance Test

Broughton School Vertical Jump / High Stepper

Chorley AC Target Throw / Triple Jump

Kendal AC Higher Stepper / Vertical Jump

Lancaster & Morecambe AC Long Jump / Balance Test

Preston AC Track / Javelin

**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 tapes

**Overall Event Coordinators Natalie Simpson**

**Registration / Results Coordinator TBC**

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

**Track Official / Coordinator Kevin Hogan**

**Results Software Manager Pete Hancock**