**H & W County Sportshall Championships - £5 for up to 4 events**

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| **1 – 6pm** | **Track** **Area** | **Under 15****Girls** | **Under 15****Boys** | **Under 13** **Girls** | **Under 13** **Boys** | **Under 11** **Girls** | **Under 11****Boys** | **1 – 6pm** |
| 1pm |  | Preparation | Registration | Warm Up | Preparation | Registration | Warm Up | 1pm |
| 1.40 | U11 1 Lap  |  |  |  |  | 1 Lap Races | 1 Lap Races | 1.40 |
| 2pm | U15 4 Lap  | 4 Lap Races | 4 Lap Races | Shot Putt | Vertical Jump | St. Long Jump | Speed Bounce | 2pm |
| 2.30 | U13 4 Lap  | St. Long Jump | Vertical Jump | 4 Lap Races | 4 Lap Races | Speed Bounce | St. Triple Jump | 2.30 |
| 3pm | U11G Javelin | St. Triple Jump | Shot Putt | Speed Bounce | St Long Jump | Javelin | Vertical Jump | 3pm |
| 3.30 | U11B Javelin | Vertical Jump | Speed Bounce | St. Long Jump | Shot Putt | St. Triple Jump | Javelin | 3.30 |
| 4pm | U11 2 Lap | Shot Putt  | St. Long Jump | Vertical Jump | St. Triple Jump | 2 Lap Races | 2 Lap Races | 4pm |
| 4.30 | U15 2 Lap  | 2 Lap Races | 2 Lap Races | St. Triple Jump | Speed Bounce | Vertical Jump | Chest Push | 4.30 |
| 5pm | U13 2 Lap  | Speed Bounce | St. Triple Jump  | 2 Lap Races | 2 Lap Races | Chest Push | St, Long Jump | 5pm |
| 5.30 |  | Pack | Away | And | Clear | **The** | Hall | 5.30 |

**Each round will be followed by medal presentations, U11 1 lap race medals will be awarded after the first full round.**

**Track events will be run as time trials with one set of medals for fastest times, overall.**