Norwich and District open sportshall championships

Including Broadland open relay competition and CoNAC's own club sportshall championship

Sat 3rd March 2012 at Taverham High School

Supported by local businesses and organisations, the City of Norwich Athletic Club is pleased to announce its fourth 'open' Indoor Sportshall athletics competition for boys and girls for three age groups:
Note: Doors open 11.00, Open champs start at 12.00. You must register at Taverham no later than 11.30

Under 11 as of Sept 1st 2011. School yrs 4, 5 & 6
Under 13 as of Sept 1st 2011. School yrs 7 & 8
Under 15 as of Sept 1st 2011. School yrs 9 & 10

Final places decided using combined scores from results of one run, one throw and one jump from the choice below. Run finals decided on times. Medals awarded for top three combined event scores in each age group.

Entries to be received no later than **Friday 17th February 2012**; sorry **no late entries and no entries on the day other than relay teams.** Send all entry slips and cheques made payable to '**City of Norwich AC' to: Open/CONAC Championships c/o 196 Norwich Road, Wroxham, Norwich NR12 8SA** or hand to Helen Stubbs or Julie Brand.

Numbers given out on the day. Relay teams can enter on the day. All athletes must be accompanied by a responsible adult for the duration of the event and wear appropriate shoes and clothing. Check www.conac.org.uk for updated timetable closer to the event.

In the event that you need to contact the organisers – CoNAC's SPORTSHALL CO-ORDINATORS are Helen Stubbs on 01603 868775 or Julie Brand on 01603 781944 or e-mail sportshall@conac.org.uk

Detach reply slip here

Individual Sportshall open championship entry

Entry fee £4.00 per athlete -- Please make cheque payable to City of Norwich AC and return with this slip. Entries in individual championship receive a free commemorative championship T- shirt.

Tick Size req'd **Child age 7/8** € **Child age 9/11** € **Child age 12/13** € **Adult small** € **Adult medium** €

Participants' name Male € Female €

Age group Age (as of Sept 1st 2011) Date of Birth:

Address Postcode:

Email address:

Contact and Medical Information
Please ensure that you have any medication your child may require with you at the event
Name of Parent/ Guardian/ Carer
Daytime Tel: Signature…….
Medical conditions the organisers should be aware of:

Tick the three events you wish to compete in. One run, one jump and one throw only:

2 lap run €	**Standing vertical jump** €	**Medicine ball throw (U15's only)** €
or	**or**	**or**
4 lap run €	**Standing long jump** €	**Shot Putt (U13's & U15's only)** €
	or	**or**
	Speed bounce (jump) €	**Seated ball throw (U11's & U13's only)** €
		or
		Foam Javelin (U11's only) €