

# ESSEX ATHLETICS NETWORK SPORTSHALL ROUND 3

Saturday 24<sup>th</sup> November 2012– 2pm to 4.30pm

The Sweyne Park School, Sir Walter Raleigh Drive, Rayleigh SS6 9BZ

Enter online <http://www.surveymonkey.com/s/CY89KPJ>



Child Name ..... Date of Birth .....

Tel. No. .... Parent Email .....

Club/School ..... Boy/Girl

Please tick up to FOUR events which should include one RUN, one JUMP, one THROW/AGILITY – unshaded cells only

	UNDER 11s (School Years 5 & 6)	UNDER 13s (School Years 7 & 8)	UNDER 15s (School Years 9 & 10)
<b>RUN</b>			
– Over-Under (U11s)			
– One Lap (U11s only)			
– Two Laps			
– Four Laps			
– Six Laps (U13s only)			
<b>JUMP</b>			
– Standing Long Jump			
– Standing Triple Jump			(Boys only)
– Vertical Jump			(Girls only)
– High Jump (U13s)			
<b>AGILITY/THROW</b>			
– Speed Bounce			
– Hi-Stepper (U11s)			
– Chest push (U11s)			
– Shot Putt (U13s/U15s)			

### ENTRIES:

This form, together with correct entry fee of £4 (cheques payable to **ESSEX ATHLETICS NETWORK**) should be returned by **Wednesday 21<sup>st</sup> November 2012** to:

**Sportshall Competition, c/o 46 Waldegrave Gardens, Upminster RM14 1UX**

**(Please note: Entries on the day for athletes who have not pre-registered will be charged at £5).**

I give permission for ..... to take part in the Sports Hall Competition on 24 November 2012. I understand that photographs may be taken at this event and later used for publicity purposes, and declare that the child named above is medically fit to run and understand that the competition organisers or anyone assisting shall not be held responsible for any injury or loss caused or for any damage caused to other person's property as a result of attending this event.

Signed .....

.....  
Parent/Guardian/Carer Name



**Essex**  
Athletics Network

