

CAMBS AA SPORTS-HALL ATHLETICS

5th December 2020

in the University Sportshall, Charles Babbage Rd, Cambridge, CB3 0FS

U11 Teams assemble from 10:45 in foyer – access to sportshall at 11:00.

Timetable of events (approximate)

11.20	1 lap races	U11G	11.15	High Stepper	U11G
	1 lap races	U11B		S Long Jump	U11G
				S Triple Jump	U11B
11.40	1+1 Lap races	U11G		Target Throw	U11B
	1+1 lap races	U11B			
			11.35	Speed Bounce	U11B
				Balance test	U11B
11.55	Parlauf relay	U11G		Vertical Jump	U11G
	Parlauf relay	U11B		Chest Push	U11B
				Foam Javelin	U11G
12.10	4 x 1 lap Relays	U11G			
		U11B	12.10	Foam Javelin	U11B
				Target throw	U11G
12.30	Circuit relays	U11G		High Stepper	U11B
		U11B		Speed Bounce	U11G
				Balance Test	U11G
12.40	2 lap races	U11G			
	2 lap races	U11B	12.25	Chest Push	U11G
				S Long Jump	U11B
				S Triple Jump	U11G
13:15	Presentation of certificates			Vertical Jump	U11B

U13/U15 teams assemble in foyer/corridor at 13.00 – Access to sportshall at ca 13.30

13.50	Circuit relays	U13B	13:50	Speed Bounce	U15G/B
		U13G		Shot	U15G/B
14.15	2 Lap races	U13G	14.15	Vertical jump	U13B/G
		U13B		Speed Bounce	U13G/B
		U15G			
		U15B	14.50	S Long Jump	U13G/B
14:40	6 Lap races	U13G		Shot	U13G
		U13B		S Triple Jump	U15B
				Vertical Jump	U15G
14.55	4 Lap races	U13G			
		U13B	15.15	S Triple Jump	U13G/B
		U15G		S Long Jump	U15G/B
		U15B		Shot	U13B
15.20	Parlauf relays	U13G			
		U13B			
		U15G			
		U15B			
15.40	4 x 2 Relays	U13G	16.10	Presentation of certificates	
		U13B			
		U15G	16.45	Latest Finish time	
		U15B			

Cambs AA would like to thank Cambridge University Sports Centre for the use of their facilities. Please remember that we are their guests.

