

Sportshall 2024/25

Prospectus

1. Introduction

- 1.1. 2023/4 saw Sportshall going from strength to strength following the problems caused by Covid. As the season progressed we saw increasing numbers of competitors, with over 200 young people competing at one or more fixture.

In 2023 we were unable to take under 15 teams to Paignton, there were simply not enough competitors. In 2024 we took U11G, U11B, U13G, U13B, U15G Teams and two individual U15 Boys.

Thanks is due to all six county track and field clubs who supported the 2023/24 season. This prospectus is based on proposals consulted on during February 2024.

2. Dates

- 2.1. Venue: Canford School Sportshall.

- Saturday 19th October 2024 – League Match One
- Saturday 23rd November 2024 – League Match Two
- Saturday 4th January 2025 – League Match Three
- Saturday 25^h January 2025 – County Individual and Club Relay Championships.

Setting up will begin at 1pm, with the event beginning at 1.45pm and finishing by 4.00pm. equipment take-down from 4pm.

SW Sportshall Championships will be held in Paignton in March 2025.

3. Support

- 3.1. Sportshall matches can only take place with the active support of clubs.

Each Club should provide at least two track helpers and three field helpers. At least one track and one field helper should be qualified officials.

Each Club must also provide at least two people to help with set up and take down. A list of kit required and responsibility for set up and take down will be circulated.

Helpers should be notified to Robin James at least a week prior to the match.

If insufficient helpers are notified the match would have to be cancelled on health and safety grounds.

4. Competition Format

- 4.1. Running order and limits on number of events are subject to change.

No guest entries.

4.2. Matches 1, 2 and 3 - League Matches

1. Team Managers shall ensure that the list of numbers allocated to athletes is kept up to date and shared with Lindsay Hole.
2. **A TEAM DECLARATION SHEET IS NOT REQUIRED**
3. U11 athletes are limited to 1 individual track event, 1 relay and any 3 field events. Athletes competing in too many events shall have their best performance(s) disqualified.
4. U13 athletes are limited to 2 individual track events, 1 relay and any 3 field events. Athletes competing in too many events shall have their best performance(s) disqualified.
5. U15 athletes are limited to any 2 individual track events, one relay and any 3 field events. Athletes competing in too many events shall have their best performance(s) disqualified.
6. There shall be a team competition for U11s and U13s and an individual competition for U11s, U13s and U15s.

Team Competition (U11s and U13s)

7. Team Managers are reminded that in order to score maximum points they need to ensure that they have athletes in every event.
8. In individual events the top two athletes from each club shall score team points. Clubs competing are BAC, DAC, PAC, PR, WAC and WSPH.
Overall the best performance shall score 12 points, second best 11 points etc. See example below.
9. Clubs may enter more than one relay team in each event. The fastest team from each club shall score team points.
10. Team points scored shall be 1st place 12, 2nd place 10, 3rd place 8th, 4th place 6, 5th place 4 and 6th place 2.

Individual Competition (U11s, U13s and U15s)

11. Only athletes competing in all matches shall be eligible for individual placing.
12. The athlete's score in each match shall be added together in order to produce the overall ranking.
13. Any queries please contact Robin or Lindsay

Running Order – see foot of document.

4.3. Match 4 - County Individual and Club Relay Championships

1. Team Managers shall ensure that the list of numbers allocated to athletes is kept up to date and shared with Lindsay Hole. Any new competitors must be notified to Lindsay asap.
2. **A TEAM DECLARATION SHEET IS NOT REQUIRED**
3. Entry fee of £5 per athlete to be paid to DCAA.

Individual Competition

4. All events except relays

Club Competition

5. Relays. Clubs may enter more than one relay team in each event.

Number of Events per Athlete

6. U11 athletes are limited to 1 individual track event, 1 relay and any 3 field events. Athletes competing in too many events shall have their best performance(s) disqualified.
 7. U13 athletes are limited to 2 individual track events, 1 relay and any 3 field events. Athletes competing in too many events shall have their best performance(s) disqualified.
 8. U15 athletes are limited to any 2 individual track events, one relay and any 3 field events. Athletes competing in too many events shall have their best performance(s) disqualified.
 9. Any queries please contact robin or Lindsay
- Running Order – see foot of document.

5. Declarations

- 5.1. The first match is on 19th October 2024. **Clubs must let Lindsay Hole know the number of teams they will be entering by 30th September.**

Clubs will be allocated a block of numbers for their athletes. The same number is to be used by an athlete all season. Lindsay Hole will let team managers have two sets of numbers.

Lindsay will issue a standard 'athletes data list' to Team Managers. **This to be submitted to Lindsay by 10th October by Team Managers with an initial list of athletes.** This will enable them to be pre-entered into the results programme and speed up issuing of first set of results.

No Team declaration sheets are required.

6. Age Groups

- 6.1. Under 11 competitors must be at least 8 years old on the day of competition and be born on or after 1st September 2013.

Under 13 competitors shall have been born between 1st Sept 2011 and 31st August 2013.

Under 15 competitors shall have been born between 1st Sept 2009 and 31st August 2011.

7. Entry Fees

- 7.1. Entries by email to Lindsay Hole at: woodlands20@hotmail.com

Payments by BACS to: 30-99-68 Account: 00581390 Dorset County AA

- £75 per team and £10 per U15 individual – fee covers matches 1, 2 and 3. Fees payable to DCAA 15 days before match 1. NB U11 Girls Team plus U11 Boys Team = Two teams.
- £5 per athlete entry fee to match 4 the County Individual and Club Relay Championships. Fees payable to DCAA before match 4.

- 7.2. **Timetable – Running Order**

7.3. See below.

The timetable has been arranged to give athletes experience of as many of the events that will be contested at the SW Championships as possible, whilst aiming to ensure that the event does not over run.

8. Learning from 2023/24 events

- 8.1.
- Generally use five lanes for track events
 - Team managers to brief their athletes on track events, particularly relays
 - Penalty in speed bounce, high stepper and relays of 0.5 seconds per infringement
 - The relatively informal field event procedure where athletes allowed to take their attempts when they arrive to be continued. This will enable athletes to compete in their preferred field events, even if two are running at the same time.
 - Track slips to include full details of event and heat number. To be sequentially numbered from 1 to X
 - Batons to be used in relays to replicate South West championships.

League Matches - Matches 1, 2 and 3 – Running Order

Track		Field	
Phase 1 – Starting at 1.45pm			
U13	Boys then Girls	Match 1 – Obstacle Relay Matches 2 and 3 – Relay TBC	
U11	Boys then Girls	Match 1 – Obstacle Relay Matches 2 and 3 – Relay TBC	
Phase 2			
U11	Boys then Girls	1 Lap 2 Lap	<u>U13/15 events</u> Part 1: – Boys Shot and Speed Bounce – Girls Standing Long Jump, Standing Triple Jump and Vertical Jump Part 2: – Boys Standing Long Jump, Standing Triple Jump and Vertical Jump – Girls Shot and Speed Bounce
U11	Boys then Girls	4 x 1 Lap Relay	
Phase 3			
U13/15	Boys then Girls	2 Lap 4 Lap 6 Lap	<u>Under 11 events</u> Part 1: – Boys: Chest Push, Standing Long Jump, Standing Triple Jump and Hi Stepper – Girls: Balance Beam, Vertical Jump, Target Throw and Speed Bounce Part 2: – Boys: Balance Beam, Vertical Jump, Target Throw and Speed Bounce – Girls: Chest Push, Standing Long Jump, Standing Triple Jump and Hi Stepper Part 3: – Javelin
U13/15	Boys then Girls	8 Lap Paarlauf	
U13/15	Boys then Girls	4 x 2 Lap Relay	

County Individual and Club Relay Championships

Track		Field	
Phase 1 – Starting at 1.45pm			
U11	Boys then Girls	Obstacle Relay	
U13	Boys then Girls	Obstacle Relay	
Phase 2			
U11	Boys then Girls	1 Lap Heats 2 Lap Heats	<u>U13/15 events</u> Part 1: – Boys Shot and Speed Bounce – Girls Standing Long Jump, Standing Triple Jump and Vertical Jump Part 2: – Boys Standing Long Jump, Standing Triple Jump and Vertical Jump – Girls Shot and Speed Bounce
U11	Boys then Girls	4 x 1 Lap Relay (Time Trial)	
U11	Boys then Girls	1 Lap Final 2 Lap Final	
Phase 3			
U13/15	Boys then Girls	2 Lap Heats	<u>Under 11 events</u> Part 1: – Boys: Chest Push, Standing Long Jump, Standing Triple Jump and Hi Stepper – Girls: Balance Beam, Vertical Jump, Target Throw and Speed Bounce Part 2: – Boys: Balance Beam, Vertical Jump, Target Throw and Speed Bounce – Girls: Chest Push, Standing Long Jump, Standing Triple Jump and Hi Stepper Part 3: – Javelin
U13/15	Boys then Girls	4 Lap (Time Trial) 6 Lap (Time Trial)	
U13/15	Boys then Girls	8 Lap Paarlauf Relay	
U13/15	Boys then Girls	2 Lap Final	
U13/15	Boys then Girls	4 x 2 Lap Relay (Time Trial)	