

North Yorkshire Sports Athletics Event / Trials

For Under 11's (School Year 5 and 6), Under 13's (Years 7 & 8) and Under 15's (Years 9 & 10)
Ages are on 31 August 2018. North Yorkshire events will take place:

Sunday 21 October, 10.00 to 1.00 All Age Groups, Richmond School, Darlington Rd, Richmond DL10 7BQ

Sunday 28 October, Ashville College, Yew Tree Lane, Harrogate HG2 9LA. This will fill quickly
10.15 to 1pm for Year 6 only (Year 5 can ask to go on reserve list), 1.20 to 4.00 for U13 and U15

Sunday 11 November, 1pm to 4pm, All age groups, Scarborough Rugby Club

Sunday 2 December, 10.30 to 1.30 All Age Groups. Upper Wharfedale School, Threshfield, Grassington.

Sunday 6 January, 1pm to 4pm, All Age Groups, York University Sports Centre YO10 5NA. Not intended for City of York AC athletes who will do their trial during club training sessions.

Places will be limited, must book in advance. Cost £6, £10 for 2 from same family, pay at venue. It is expected that most athletes will only attend one venue – but they can attend more if they wish.

Final Trial / Team Practice, by invitation after the above events,

Sunday 13 January, Ashville, Harrogate, Under 11 from 1.30 to 4.30.

Sunday 27 January, Ashville, Harrogate, Under 13 and Under 15, 1.30 to 4.30.

We will then select a North Yorkshire Team for the Yorkshire event on 17 February at Halifax

National Final, Manchester 13 April for Under 13, & 14 April for Under 15. Halifax is the last event for Under 11

To book a place, please email nyorkshiresportshall@hotmail.co.uk from the email address you wish us to use.

Give name, boy / girl if not obvious, date of birth, age group, phone number, school

General enquiries to Dave Paver 01937 581165 Emergency contact (on the day only) 07778 950200

News on available places, bad weather cancellation, on www.davepaver.co.uk Sportshall page

Many may have done Sportshall athletics before – but the event will be suitable for those who have not.

Events will be fully explained.

Events available for Under 13 and Under 15

Track - 2 lap , 4 lap , 6 lap (Under 13 only) - Variety of Relays

(2 lap takes about 25 secs, 4 lap about 55 secs, 6 lap about 85 secs, very tough)

Field - Speed Bounce , Standing Long Jump , Standing Triple Jump , Vertical Jump

U13 and U15 Shot will not be available at these trials, but will be needed for Halifax

Events available for Under 11

Various running events, all Sprint based (ie not Endurance) and use Reversaboards.

If athletes have not used reversaboards before, they will be fine as they will soon get used to them.

Field events – Standing Long, Standing Triple, Vertical Jump, Balance Test, High Stepper, Speed Bounce,

Chest Push, Soft Javelin, Target Throw.

Separate event – North Yorkshire Indoor Athletics event, Sheffield Indoor Track, Sunday 16 December.

Year 5 up to Adult. Normal athletics events, track, hurdles, long, triple, high jumps, shot. Excellent facility.

Forms at the Sportshall events, or from nyorkshiresportshall@hotmail.co.uk or www.cityofyorkathleticclub.net

Available from about 8 Oct