

# Kent County Athletic Association

## **SPORTS HALL ATHLETICS U11 (Year 5 and 6) DECATHLON and County Trials 2023/2024** (held in the spirit of UK Athletics rules)

**DATE:** Sunday 14<sup>th</sup> January 10.00 am-1.30pm

**Venue:** The Stour Centre, Ashford, TN23 1ET

Once again the trials will involve a Sportshall athletics decathlon competition involving events for the regional fun in athletics event on Sunday 18th February 2024. The top performers from the decathlon competition and the KCAA Sportshall League Events in October, November and December will be selected and invited to represent Kent at the South East Regional Fun in Athletics event to be held on Sunday 18th February 2024.

### **THE EVENTS**

Standing Long Jump	Standing Triple Jump
Balance Test	Hi Stepper
Vertical Jump	Speed Bounce
Chest Push (1KG ball)	1 lap race
Foam Javelin	2 lap race

**TIMES:** Athletes should arrive in time to register at 10am for a **10.30am start**. We should be on our way home by 2.00pm

Medals awarded to top three Boys and Girls.

Results will be posted on the KCAA website [www.kcaa.org.uk](http://www.kcaa.org.uk).

### **HOW TO ENTER:**

Please complete the entry form through the link below and send the payment online through BACS.

[Entry Form Link for Decathlon](#) or <https://forms.office.com/r/jL574wt2vc>

**ENTRY FEES:** £10 per athlete. Payment must be by BACS transfer.

Our BACS account details are Bank: Barclays Plc. Sort Code: 20-06-72 Account No.: 40546445 Account Name: Kent County Athletic Association. Enter reference DEC plus your athletes name.

Note to parents - please be aware that this is not a club/team competition so we ask that a parent/responsible adult are present to supervise your child.

**ENTRIES CLOSE:** THURSDAY 11<sup>th</sup> JANUARY

**Any queries please email Chris Hogwood on: [chris-tonbridgeac@hotmail.co.uk](mailto:chris-tonbridgeac@hotmail.co.uk)**

Please note that the final Kent Squad will be selected following review of results from the U11 Sportshall Decathlon and the KCAA Sportshall Events on 15<sup>th</sup> October, 5<sup>th</sup> November and 10<sup>th</sup> December. The Kent selection panel's decision is final