

Event _____

Team _____

Event Date _____

Team manager _____

Suffolk Sportshall league Team Mixed U11s			Track Events					Field Events				
			Obstacle Relay	1 + 1 Lap Relay	2 + 2 Lap Relay	6 Lap Paarlauf	Hurdles Relay	4 x 1 Lap Relay	Javelin	Standing Long Jump	St Tripple Jump	Verticle Jump
Nos	Nos of athletes per Event		4	2	2	4	4	4	4	4	4	4
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

1. Please tick the appropriate box for each athlete's events.
2. An athlete is limited to two track events and two field events.
3. Please keep a copy of team sheets for your record..



Event _____

Team _____

Date _____

Team Manager _____

U13 S TEAM SHEET 5 girls 5 Boys Per Team			Track Events					Field Events				
			Obstacle Relay	2 lap	4 Lap	8 lap paarlauf Relay	4 @ 1 Relay	4 @ 2 Relay	Standing Long Jump	Standing Trippir jump	Verticle Jump	Shot
	NOS	Nos of Boys per Event	2	1	1	2	2	2	2	2	2	2
1												
2												
3												
4												
5												
		Nos Of Girls Per Event	2	1	1	2	2	2	2	2	2	2
6												
7												
8												
9												
10												

1. Please tick the appropriate box for each athlete's events.
2. The 2 and 4 lap race will be competed by 1 boy and 1 girl from each team
3. In the Field Events there will be 2 boys and 2 girls competeing in each event
4. Please keep a copy of team sheets for your record..

