

Lincoln Wellington Sports Hall Athletics Open Day



Come and Try Day for both
able bodied and disabled athletes.

All you need to do is register between
09.00 - 09.45 on the day and pay just **£2**

Events starts at 10.10

You can only enter 3 events plus relays

From 10am to 2pm on Sunday 6th November

At the Yarborough Leisure Centre

Age group's 8-9 10-11 12-13 & 14-15

Field Events 10.00 - 11.45 Hall

Standing Long Jump	10.00 - 10.40
Standing Triple Jump	11.00 - 12.00
Standing Shot Putt	10.40 - 11.30
Speed Bounce (20secs)	11.15 - 12.00
Seated Shot Putt	10.00 - 10.40 disabled athletes
Seated Chest Push	10.50 - 11.30 Able 8-11 & disabled athletes 8-15
Seated overhead throw	11.30 - 12.00 disabled athletes

Note: All age groups go in the same time zone and each athlete gets two attempts

Track Events 12.00 - 14.00 Gym

1 lap	12.00 - 12.20
1 lap wheelchair turnabout	12.20 - 12.30
2 lap	12.30 - 12.50
2 lap wheelchair turnabout	12.50 - 13.00
1 lap hurdle	13.00 - 13.15
1 lap relay	13.15 - 13.35
1 lap wheelchair turnabout relay	13.40 - 13.45
1 lap mixed wheelchair and able bodied	13.45 - 14.00