

**BOSTON AND DISTRICT ATHLETIC CLUB**  
**JUNIOR SPORTSHALL ATHLETICS COMPETITIONS**

**At the B-Hive, Punchbowl Lane, Boston, PE20 3SB**

**10am – 12.30pm approx. (Registration starts at 9.15am)**

**EVENTS FOR**

**Under 7 Boys and Girls, Under 9 Boys and Girls, Under 11 Boys and Girls  
Under 13 Boys and Girls**

**Entry Fee £5**

**Refreshments available**

**Saturday October 1st 2016**

**Saturday November 5th 2016**

**Saturday December 3rd 2016**

**Saturday January 7th 2017**

**Saturday February 4th 2017**

**Saturday March 4th 2017**

**Timetables will vary depending on entries but events will include:**

**One lap, two lap and four lap runs.**

**Standing Long Jump.**

**Standing Triple Jump.**

**Vertical Jump.**

**Speed Bounce.**

**Chest Pass**