**DSSA Athletics: COMBINED EVENTS CHAMPIONSHIPS 2023**

Incl. Nottinghamshire Schools open

**Mount St Mary’s College, Spinkhill, Wednesday May 24th 1pm – 7pm** *Closing Date: 19/5/23@3pm*

* All competitions will be pentathlons including the events listed below.
* Please ensure all nominees have received adequate preparation and instruction for this event, particularly regarding hurdles and high jump. *Senior boys must have experience of pole vault.*
* Please contact the organiser asap if you have any athletes who would like to compete and be considered for the county team but are doing exams on this day/unable to attend.
* This competition will be used to support selection for the Regional Schools Combined Events at Derby on 24/25th June

* **It is a condition of entry that all athletes are accompanied by a teacher or nominated adult who is willing to help in some way.**

**Junior Boys Pentathlon** (80mHurdles; Shot; Long Jump; High Jump; 800m). **\*\*Order of events may vary\*\***

**Junior Girls Pentathlon** (75mHurdles; Shot; High Jump; Long Jump; 800m).

**Inter/Senior Boys Pentathlon** (High Jump; 100mHurdles; Discus; Javelin; 1500m) +Long Jump if time

**Inter/Senior Girls Pentathlon** (80mHurdles; High Jump; Javelin; Long Jump; 800m) + Shot if time

**All entries must be made by using the Microsoft forms entry form no later than *FRIDAY19th  MAY @3pm*.**

[**https://forms.gle/xm9gqM2h4JpFhBC69**](https://forms.gle/xm9gqM2h4JpFhBC69)

**Any queries, please contact Jordan Mitchell at Ashfield School on: Jordan.Mitchell@Ashfield.ttct.co.uk**

**No entries on the day**