

**Lee Valley Athletics Centre**

**Indoor Competitions 2019/20**

**Sunday 1st December** Open Meeting – All Ages. Events include 60M Sprint, 60M Hurdles, 300M, 600M, Pole Vault, Long Jump, High Jump. £8.50 per event.

**Saturday 14th December** Southern Indoor Combined Events seaa.org.uk

**Sunday 15th December** Southern Indoor Combined Events seaa.org.uk

**Saturday 21st December** Minithon – School years 3-7. Events include High Jump, Long Jump, 60M Sprint, Shot Put, 200M, 600M. £16 for 3 events.

**Wednesday 1st January** New Years Day Open. Events 60M, 200M, 300M, 400M, 800M & Shot Put. £7 per event.

**Saturday 11th January** Southern Indoor Champs seaa.org.uk

**Sunday 12th January** Southern Indoor Champs seaa.org.uk

**Saturday 25th January** U13 & U15 London Indoor Games. Most events £8 per event.

**Sunday 26th January** U15 & U17 London Indoor Games. Most events £8 per event.

**Saturday 8th February** Eastern & Essex County Championships easternaa.co.uk essexroadrunning.org.uk

**Sunday 9th February** Eastern & Essex County Championships easternaa.co.uk essexroadrunning.org.uk

**Wednesday 19th February** Middle Distance Evening. 800M & 1500M. U13 upwards. £7 per event.

**Saturday 22nd February** U13 & U15 Open Meeting. Events include 60M Sprint, 60M Hurdles, 200M, 300M, 800M, Long Jump, Shot Put. £7/£8.50 per event.

**Saturday 21st March** Minithon – School years 3-7. Events include High Jump, Long Jump, 60M Sprint, Shot Put, 200M, 600M. £16 for 3 events.

**Sunday 29th March** U13 & U15 Pentathlon. £15 per entry.

* **All of the above events are indoors and are held at Lee Valley Athletics Centre Lee Valley Leisure Complex, Meridian Way, Edmonton, London, N9 0AR visitleevalley.org.uk**
* **Make sure that your Athletics profile is up to date at thepowerof10.info**
* **Make sure that you check if you have qualified for the National Indoor Championships at Sheffield (usually last weekend in February) at englandathletics.org**