

There are several ways to enter:

1. Telephone Julie Stott on either **01422 284410** or **07920 545642**.
2. Email **julie.stott@calderdale.gov.uk** with details of your entry.
3. Fill in the form below, tear off the slip below and hand it to your Upbeat Instructor at your class.
4. Fill in the form below, tear off and post to Upbeat, Spring Hall Mansion, Huddersfield Road, Halifax, HX3 0AQ.

PLEASE NOTE – Deadline for entries is 5pm Fri 20 July

What will happen next?

Once we have received your entry, we will contact you within 3 days to confirm your booking. You will be sent a timetable of the afternoon and given a specific time for your event. You will be given an entrant number. If the event is already full, we will place you on a waiting list and try our best to arrange you a time slot.

Final details will be sent out to all competitors on Monday 23 July 2012

Name Age

Address

Postcode Tel/Mob No

Email

Sport Category

Event

Please Read and Sign the following Disclaimer- 'I understand that I partake in the activity at my own risk. I am aware of the physicality of event that I am entering and am confident that I have practiced the activity sufficiently so that I can compete in the event safely and without bringing harm to myself in doing so'. Please note - Under 18's entries should be signed by a parent / legal guardian.

Signature

Print Date

Please send to:
Upbeat Olympics, Spring Hall Mansion, Huddersfield Rd, Halifax HX3 0AQ
Tel 01422 284410 Email: upbeat@calderdale.gov.uk

UPBEAT Olympics

change
4 life
Eat well Move more Live longer

Event Information and Entry Form

Fri 27 July. 1 – 5pm
North Bridge
Leisure Centre
Halifax



NHS
Calderdale

Calderdale
Council

Tel: 01422 284410

email: upbeat@calderdale.gov.uk

Athletics. 4 events

Indoor Sportshall Athletics for Children and Families. Track events include baton relay, running races, obstacle relay. Field events include Standing high jump/ long jump/ triple jump, foam javelin, speed bounce:

1. Track Team – 3-5 people per team. Under 12's only
2. Field Team – 3-5 people per team. Under 12's only.
3. Mixed age baton relay. 2 or 4 people. Half under 12/Half Over 18
4. Mixed age obstacle relay. 2 or 4 people. Half under 12/Half Over 18

Badminton. 6 events

Mini tournament, 5 minute matches.

1. Age 12-17 Singles
2. Age 18-39 Singles
3. Age 40-59 Singles
4. Age 60+ Singles
5. Adult Doubles Both over 18
6. Child/Adult Doubles-U12 &18+

Table Tennis. 6 events

Mini tournament, 5 minute matches.

1. 15 & under girls
2. 15 & under boys
3. 16-40 Ladies
4. 16-40 Men
5. Over 40 Ladies
6. Over 40 Men

Trampolining. 3 events

For safety reasons, entries will only be accepted after attendance at Upbeat Families Trampolining class and upon the agreement of the Coach. At the class, participants will receive pre-competition coaching. For details of the class, please call us. All past/present Upbeat members are welcome. Age related set moves.

1. Age 10 and under
2. Age 11-16
3. Age 17+

Gymnastics. 4 events

For safety reasons, entries will only be accepted after attendance at Upbeat Families Gymnastics class and upon the agreement of the Coach. At the class, participants will receive pre-competition coaching. For details of the class, please call us. All past/ present Upbeat members are welcome. Age related set moves.

1. Girls Individual- no age limit
2. Boys Individual – no age limit
3. Pairs -mixed or unisex
4. Teams- 3 or more people

The Events below take place in the Lifestyles Gym for over 18's. The running will take place on treadmills, The cycling will be on static bikes and the rowing on rowing machines.

Rowing. 6 events

Rowing Machine

1. 500m – Age 18-49
2. 500m – Age 50+
3. 1000m – Age 18-49
4. 1000m – Age 50+
5. 1500m – Age 18-49
6. 1500m – Age 50+

Running. 6 events

Treadmill

1. 400m – Age 18-49
2. 400m – Age 50+
3. 800m – Age 18-49
4. 800m – Age 50+
5. 1500m – Age 18-49
6. 1500m – Age 50+

Cycling. 4 events

Static Exercise Bike

1. 2.5km – Age 18-49
2. 2.5km – Age 50+
3. 5km – Age 18-49
4. 5km – Age 50+

Walking. 4 events

Treadmill

1. 400m – Age 18-49
2. 400m – Age 50+
3. 800m – Age 18-49
4. 800m – Age 50+

Triathlon. 2 events

2.5km Cycle / 500m Rower / 400m Run

1. Age 18+ Women
2. Age 18+ Men

For details of how to enter:
Please See Overleaf

