

Funetics fixtures for U10 & U12 athletes - entries now open!



- 📍 Match 2 – Great Yarmouth - Sunday 24th May (CLOSING DATE 20th May) [Entry](#)
- 📍 Match 3 – Norwich - Saturday 13th June [Entry](#)
- 📍 Match 4 – King’s Lynn (West Norfolk AC) - Sunday 28th June [coming soon](#)
- 📍 Match 5 – King’s Lynn (Ryston Runners) - Sunday 26th July [coming soon](#)
- 🏆 East Regional Funetics Multi Challenge - Sunday 23rd August [coming soon](#)

For Under 10s and Under 12s to compete in - England Athletics competition format for children. It focuses on fundamental movement skills—running, jumping, and throwing—in a fun, safe, and inclusive environment. The program aims to encourage early engagement in athletics through regulated, age-appropriate competitions.

For these events to run smoothly, we need the support of volunteers. We are looking for people to step up and support as a group leader and scorer.



[England Athletics Funetics Competitions Norfolk](#)

U10s will undertake

- 50m Sprint
- 400m Run
- Standing Long Jump
- Vortex Throw

u12s will undertake

- 75m Sprint
- 600m Run
- Long Jump
- Vortex Throw

Timetable for events:

- 9:30 registration and number collection
- 9:50- warm up
- 10.00-10.35rotation 1
- 10.35-11.10rotation 2
- 11.10-11.45rotation 3
- 11.45-12.20 rotation4
- 12.30 medal/certificates presentation