DERBYSHIRE AA SPORTSHALL LEAGUE

PROGRAMME MATCH 5   **5.2.23**

TRACK   **FIELD**

1pm Start   **STANDING TRIPLE JUMP**

U11G	1 Lap
U11B	1 Lap

1pm   U15B
       U11B
       U13B
       U13G
       U11G

U13G	2 Lap
U13B	2 Lap
U15G	2 Lap
U15B	2 Lap
U11G	2 Lap
U11B	2 Lap

SHOT

1pm   U13B
       U13G
       U15G
       U15B

U13G	4 Lap
U13B	4 Lap

CHEST PUSH
U11B
U11G

U15G	8 Lap Paarlauf
U15B	8 Lap Paarlauf

VERTICAL HIGH JUMP

U9s	1 Lap	(Non-scoring)

1pm   U15G
       U11G
       U11B
       U13B
       U13G

INTERVAL

RELAYS

U13G	4 x 2
U13B	4 x 2
U15G	4 x 2
U15B	4 x 2
U11G	4 x 1
U11B	4 x 1

**ALL athletes are limited to a maximum of
4 events including a relay.**

Results and Records will be published on http://derbyshireathletics.org.uk

A DERBYSHIRE ATHLETICS PROMOTION