

DERBYSHIRE SPORTSHALL LEAGUE

PROGRAMME MATCH 2

19.11.23

TRACK

1pm start

U11G 1 Lap
U11B 1 Lap

U13G 2 Lap
U13B 2 Lap
U15G 2 Lap
U15B 2 Lap
U11G 3 Lap
U11B 3 Lap

U13G 4 Lap
U13B 4 Lap

U15G 8 Lap Parlaaf
U15B 8 Lap Parlaaf

U9s 1 Lap (Non-scoring)

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

FIELD

STANDING LONG JUMP

1pm U15B
U11B
U13B
U13G
U11G
U15G

1pm **SHOT**
U13B
U13G

U15G
U15B

HI-STEPPER
U11B
U11G

SPEED BOUNCE

1pm U15G
U15B
U11G
U11B
U13B
U13G

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

The Parlaaf is classed as an individual event.