

DERBYSHIRE SPORTSHALL LEAGUE

PROGRAMME MATCH 3

3.12.23

TRACK

FIELD

1pm Start

U11G 1 Lap

U11B 1 Lap

U13G 2 Lap

U13B 2 Lap

U15G 2 Lap

U15B 2 Lap

U11G 2 Lap

U11B 2 Lap

U13G 8 lap Parlaaf

U13B 8 lap Parlaaf

U15G 4 Lap

U15B 4 Lap

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

STANDING TRIPLE JUMP

1pm U15B

U11B

U13B

U13G

U11G

SHOT

1pm U13B

U13G

U15G

U15B

CHEST PUSH

U11B

U11G

VERTICAL HIGH JUMP

1pm U15G

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