

DERBYSHIRE SPORTSHALL LEAGUE

PROGRAMME MATCH 3

30.11.25

TRACK

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

FIELD

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 i**

A DERBYSHIRE ATHLETICS PROMOTION

individual event