

DERBYSHIRE SPORTSHALL LEAGUE

PROGRAMME MATCH 2

1.11.26

TRACK

FIELD

1pm start

U12G 1 Lap
U12B 1 Lap

U14G 2 Lap
U14B 2 Lap
U16G 2 Lap
U16B 2 Lap
U12G 3 Lap
U12B 3 Lap

U14G 4 Lap
U14B 4 Lap

U16G 8 Lap Parlaaf
U16B 8 Lap Parlaaf

8& under 1 Lap (Non-scoring)

INTERVAL

RELAYS

U14G 4 x 2
U14B 4 x 2
U16G 4 x 2
U16B 4 x 2
U12G 4 x 1
U12B 4 x 1

STANDING LONG JUMP

1pm U16B
U12B
U14B
U14G
U12G
U16G

1pm **SHOT**
U14B
U14G

U16G
U16B
HI-STEPPER
U12B
U12G

SPEED BOUNCE

1pm U16G
U16B
U12G
U12B
U14B
U14G

**ALL athletes are limited to a maximum of
4 events including a relay. The Parlaaf is clas**

A DERBYSHIRE ATHLETICICS PROMOTION