

DERBYSHIRE SPORTSHALL LEAGUE

PROGRAMME MATCH 3

29.11.26

TRACK

1pm Start

U12G 1 Lap
U12B 1 Lap

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

U14G 8 lap Parlaaf
U14B 8 lap Parlaaf

U16G 4 Lap
U16B 4 Lap

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

FIELD

STANDING TRIPLE JUMP

1pm U16B
U12B
U14B
U14G
U12G

1pm **SHOT**
U14B
U14G

U16G
U16B

CHEST PUSH

U12B
U12G

VERTICAL HIGH JUMP

1pm U16G
U12G
U12B
U14B
U14G

**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