

DERBYSHIRE SPORTSHALL LEAGUE

PROGRAMME MATCH 4

18-Dec-11

TRACK

1.30pm 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 6 Lap
U13B 6 Lap

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 LONG JUMP

1.30pm U11G
U11B
U13B
U13G
U15B
U15G

SHOT

1.30pm U13B
U13G
U15G
U15B
CHEST PUSH
U11B
U11G

SPEED BOUNCE

1.30pm U15G
U15B
U11G
U11B
U13B
U13G

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

Results, Programr & Records available at www.dcaa.org.uk.

A DERBYSHIRE ATHLETICS ASSOCIATION PROMOTION