

# DERBYSHIRE SPORTSHALL LEAGUE

PROGRAMME MATCH 3

15.11.15

## TRACK

## FIELD

### 1.30pm 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

1.30pm U15B  
U11B  
U13B  
U13G  
U11G

1.30pm SHOT  
U13B

U13G  
U15G  
U15B

### CHEST PUSH

U11B  
U11G

### VERTICAL HIGH JUMP

1.30pm U15G  
U11G  
U11B  
U13B  
U13G

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

**Results and Records will be published on <http://derbyshireathletics.org.uk>**

**A DERBYSHIRE ATHLETICS PROMOTION**