

Derbyshire Sportshall

TIMETABLE

Match 6

8th Feb 2009

Track

Field

1.30pm Start

Standing Long Jump

U11G 1 lap
U11B 1 lap

1.30pm

U11G
U11B
U13B
U13G
U15B
U15G

U13G 2 lap
U13B 2 lap
U15G 2 lap
U15B 2 lap
U11G 3 lap
U11B 3 lap

Shot

U13G 8 lap Parlaaf
U13B 8 lap Parlaaf

1.30pm

U13B
U13G
U15G
U15B

U15G 4 lap
U15B 4 lap

Sitting Throw

U11B
U11G

Under 9's 1 lap

Speed Bounce

10 minute interval.

1.30pm

U15G
U15B
U11G
U11B
U13B
U13G

Relays

U13G 4 x 2
U13B 4 x 2
U11G 4 x 1
U11B 4 x 1
U15G 4 x 2
U15B 4 x 2

**All Athletes are limited to 3 events
and a Relay**

Results & Presentations

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