

NORFOLK Sportshall Athletics League Programme 2019

(These times may vary during the day)

U15 GIRLS

1.00 Speed Bounce
1.25 2 Lap
2.00 Standing Long Jump
2.30 Vertical Jump
3.00 Shot
3.30 4 Lap

U15 BOYS

1.00 Standing Long Jump
1.30 2 Lap
1:40 Standing Triple Jump
2:20 Shot
3.15 Speed Bounce
3.35 4 Lap

U13 GIRLS

1.00 Standing Triple Jump
1.15 Obstacle Relay
1.30 Standing Long Jump
1.40 Shot
1.55 2 Lap
2.10 6 Lap
2.40 8 Lap Paarlau
2.40 Speed Bounce
3.00 Vertical Jump
3.15 4 Lap
3.45 4 x 2 Lap Relay

U13 BOYS

1.00 Shot
1.20 Obstacle Relay
1.30 Vertical Jump
1.45 2 Lap
2.00 6 Lap
2.15 Standing Triple Jump
2.30 8 Lap Paarlau
3.00 Speed Bounce
3.10 4 Lap
3.30 Standing Long Jump
3.40 4 x 2 Lap Relay

U11 GIRLS

1.00 Obstacle Relay
1.10 Vertical Jump
1.35 2 Lap
2.00 Speed Bounce
2.15 6 Lap Paarlau
2.45 Chest Push
2.50 2 Lap Hurdles
3.05 Standing Long Jump
3.25 4 Lap
4:00 4x 1 Relay

U11 BOYS

1.10 Obstacle Relay
1.20 Speed Bounce
1.40 2 Lap
2.00 Vertical Jump
2.20 6 Lap Paarlau
2.30 Standing Long Jump
3.00 2 Lap Hurdles
3.20 4 Lap
3.25 Chest Push
3:50 4 x 1 Relay

Clear the Hall by 4.20pm

Athletes MUST report to Track / Field Judges before the start of events. If event timings clash - Report to both event Judges - TRACK events take precedence