

NORFOLK Sportshall Athletics League Programme

(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

U13 GIRLS

1.00	Standing Triple Jump
1.15	Obstacle Relay
1.30	Standing Long Jump
1.45	2 Lap
2.00	6 Lap
2.10	Shot
2.30	8 Lap Paarlaf
2.40	Speed Bounce
3.00	Vertical Jump
3.10	4 Lap
3.40	4 x 2 Lap Relay

U11 GIRLS

1.00	Obstacle Relay
1.10	Vertical Jump
1.30	Seated Ball Throw
1.35	2 Lap
2.00	Speed Bounce
2.15	6 Lap Paarlaf
2.50	2 Lap Hurdles
3.05	Standing Long Jump
3.25	4 Lap

U15 BOYS

1.00	Standing Long Jump
1.30	2 Lap
2.00	Standing Triple Jump
2.30	Shot
3.15	Speed Bounce
3.35	4 Lap

U13 BOYS

1.00	Shot
1.20	Obstacle Relay
1.30	Vertical Jump
1.55	2 Lap
2.10	6 Lap
2.30	Standing Triple Jump
2.40	8 Lap Paarlaf
3.00	Speed Bounce
3.15	4 Lap
3.30	Standing Long Jump
3.45	4 x 2 Lap Relay

U11 BOYS

1.10	Obstacle Relay
1.20	Speed Bounce
1.40	2 Lap
2.00	Vertical Jump
2.20	6 Lap Paarlaf
2.30	Standing Long Jump
3.00	2 Lap Hurdles
3.20	4 Lap
3.25	Seated Ball Throw

Clear the Hall by 5.00pm

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**

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