

Sportshall Fun in Athletics & Sportshall Regional Final - Combined Programme

On the track ...

Obstacle Relay – u11 girls
Obstacle Relay – u11 boys
Obstacle Relay – u13 boys
Obstacle Relay – u13 girls

2 Lap Race – u13 girls - heats
2 Lap Race – u13 boys – heats
4 Lap Race – u13 girls – heats
4 Lap Race – u13 boys - heats
2 Lap Race – u13 non-scoring

2 Lap Race – u15 girls - time trials
2 Lap Race – u15 boys - time trials
4 Lap Race – u15 girls - time trials
4 Lap Race – u15 boys - time trials
2 Lap Race – u15 non-scoring

1 + 1 Lap Relay - u11 girls
1 + 1 Lap Relay - u11 boys
2 + 2 Lap Relay - u11 girls
2 + 2 Lap Relay - u11 boys
6 Lap Paarlaf - u11 girls
6 Lap Paarlaf - u11 boys

4 x 1 Lap Relay – u13 girls - finals
4 x 1 Lap Relay – u13 boys - finals
6 Lap Race – u13 girls - time trials
6 Lap Race – u13 boys - time trials
2 Lap Race – u13 girls - finals
2 Lap Race – u13 boys - finals
4 Lap Race – u13 girls - finals
4 Lap Race – u13 boys - finals

Hurdles Relay – u11 girls
Hurdles Relay – u11 boys
Over / Under Relay – u11 girls
Over / Under Relay – u11 boys
4 x 2 Lap Relay – u11 girls
4 x 2 Lap Relay – u11 boys

8 Lap Paarlaf – u15 girls - time trials
8 Lap Paarlaf – u15 boys - time trials
8 Lap Paarlaf – u13 girls - time trials
8 Lap Paarlaf – u13 boys - time trials

4 x 2 Lap Relay – u13 girls - finals
4 x 2 Lap Relay – u13 boys - finals
4 x 2 Lap Relay – u15 girls - finals
4 x 2 Lap Relay – u15 boys - finals

4 x 1 Lap Relay – u11 girls
4 x 1 Lap Relay – u11 boys

... and in the field

St. Long Jump – u15 girls
Vertical Jump – u15 girls
Shot – u15 boys
Speed Bounce – u15 boys

St Long Jump – u11 girls
St Triple Jump – u11 girls
Vertical Jump – u11 girls
Balance Test – u11 boys
Hi-Stepper – u11 boys
Speed Bounce – u11 boys

St. Long Jump – u13 girls
St. Triple Jump – u13 girls
Vertical Jump – u13 boys
Shot – u13 boys
Speed Bounce – u13 boys

St. Long Jump – u15 boys
St. Triple Jump – u15 boys
Shot – u15 girls
Speed Bounce – u15 girls

St Long Jump – u11 boys
St Triple Jump – u11 boys
Vertical Jump – u11 boys
Balance Test – u11 girls
Hi-Stepper – u11 girls
Speed Bounce – u11 girls

St. Long Jump – u13 boys
St. Triple Jump – u13 boys
Vertical Jump – u13 girls
Shot – u13 girls
Speed Bounce – u13 girls

Chest Push – u11 girls
Javelin – u11 girls
Target Throw – u11 girls

Chest Push – u11 boys
Javelin – u11 boys
Target Throw – u11 boys

