

## Devon Sportshall League Timetable 2018 - Plymouth

11:30	2 Laps	U13 Girls & Boys	11:00	High Jump	U13/U15
	2 Laps	U15 Girls & Boys		Sitting Throw/Chest Push *	U11 Girls & Boys
				Sitting Throw/Chest Push *	U10 Girls & Boys
12:00	2 Laps	U11 Girls & Boys	11.15	Standing Long Jump	U11 Girls
	1 Lap	U10 Girls & Boys		Standing Triple Jump	U11 Boys & U13 Boys
				Speed Bounce	U15 Boys
12:30	6 Laps / 4 laps *	U13 Girls & Boys	11:45	Standing Long Jump	U10 Girls
	6 Laps /4 laps *	U15 Girls & Boys		Speed Bounce	U11 Boys
				Standing Triple Jump	U15 & U17 Boys
				Vertical Jump	U10 Boys
			12:05	Standing Long Jump	U15 & U17 Boys
				Vertical Jump	U13 Boys
				Speed Bounce	U13 Girls
13:15	4 laps	U11 Girls & Boys		Standing Triple Jump	U15 & U17 Girls
			12.15	High Jump	U11
13:30	2 Laps	U10 Girls & Boys	12:35	Vertical Jump	U11 Boys
				Standing Long Jump	U13 Boys
13:45	2 Lap Hurdles	U15 Girls & Boys		Standing Triple Jump	U11 & U13 Girls
	2 Lap Hurdles	U13 Girls & Boys		Speed Bounce	U15 Girls
			13:05	Standing Long Jump	U13 Girls
14:15	2 Lap Hurdles	U11 Girls & Boys		Speed Bounce	U10 Boys
				Vertical Jump	U10 Girls
			13:35	Speed Bounce	U13 Boys
14:20	1 Lap Hurdles	U10 Girls & Boys		Standing Long Jump	U11 Boys
				Shot Putt	U13, U15 & U17 Girls
15:00	3 x 2 Lap Relay	U15 Girls & Boys	14:05	Standing Long Jump	U10 Boys
	Obstacle Relay	U13 Girls & Boys		Speed Bounce	U10 Girls
	Obstacle Relay	U11 Girls & Boys		Vertical Jump	U11 Girls
	Obstacle Relay	U10 Girls & Boys		Shot Putt	U13, U15 & U17 Boys
			14:30	Soft Javelin	U10 Girls & Boys
				Standing Long Jump	U15 & U17 Girls
				Vertical Jump	U13 Girls
				Speed Bounce	U11 Girls
			14.45	Soft Javelin	U11 Girls & Boys

\* These events will alternate

Chest push and 4 laps at meetings 2, 4 and 5

Sitting throw and 6 laps at meetings 1 and 3