

Devon Sportshall League Timetable - Plymouth 2022/2023

			11:00	High Jump Chest Push Chest Push	U13 & U15 Boys & Girls U10 Girls & Boys U11 Girls & Boys
11:15	2 Laps 2 Laps	U13 Girls & Boys U15 Girls & Boys	11:15	Standing Long Jump Standing Triple Jump Speed Bounce	U10 Girls U11 Boys & U11 Girls U10 Boys
11:40	2 Laps 1 Lap	U11 Girls & Boys U10 Girls & Boys	11:35	Standing Long Jump Speed Bounce Standing Triple Jump Vertical Jump	U13 Boys U13 Girls U15 Boys & Girls U10 Boys
12:15	4 laps 4 laps	U13 Girls & Boys U15 Girls & Boys	11:55	Standing Long Jump Vertical Jump Speed Bounce Standing Triple Jump	U15 Boys U10 Girls U11 Boys U13 Boys & Girls
12:35	4 laps	U11 Girls & Boys	12:15	Vertical Jump Shot Putt Speed Bounce Standing Long Jump	U11 Boys U13 & U15 Girls U15 Boys & Girls U11 Girls
12:50	2 Laps	U10 Girls & Boys			
		Track Break			
13:30	2 Lap Hurdles 2 Lap Hurdles	U15 Girls & Boys U13 Girls & Boys	12:35	Standing Long Jump Speed Bounce Vertical Jump	U13 Girls U10 Girls U13 Boys
13:45	2 Lap Hurdles	U11 Girls & Boys	12:55	Soft Javelin Soft Javelin Speed Bounce Standing Long Jump Shot Putt	U10 Girls & Boys U11 Girls & Boys U13 Boys U11 Boys U13 & U15 Boys
14:00	1 Lap Hurdles	U10 Girls & Boys	13:35	Standing Long Jump Vertical Jump	U10 Boys U11 Girls
14:15	3 x 2 Lap Relay Obstacle Relay Obstacle Relay Obstacle Relay	U15 Girls & Boys U13 Girls & Boys U11 Girls & Boys U10 Girls & Boys	13:55	Standing Long Jump Vertical Jump Speed Bounce	U15 Girls U13 Girls U11 Girls

