

Devon Sportshall League Timetable - Plymouth 2024/2025

			11:00	High Jump Chest Push Chest Push	U13 & U15 Girls & Boys U10 Girls & Boys U11 Girls & Boys
11:30	2 Laps 2 Laps	U13 Girls & Boys U15 Girls & Boys	11:15	Standing Long Jump Standing Triple Jump Speed Bounce	U10 Girls U11 Girls & Boys U10 Boys
11:50	2 Laps 1 Lap	U11 Girls & Boys U10 Girls & Boys	11:35	Standing Long Jump Speed Bounce Standing Triple Jump Vertical Jump	U13 Boys U11 & U13 Girls U15 Girls & Boys U10 Boys
12:15	4 laps 4 laps 4 laps	U13 Girls & Boys U15 Girls & Boys U11 Girls & Boys	11:55	Standing Long Jump Vertical Jump Speed Bounce Standing Triple Jump	U15 Girls & Boys U10 Girls U11 Boys U13 Girls & Boys
12:40	2 Laps	U10 Girls & Boys			
	Track Break				
13:10	2 Lap Hurdles 2 Lap Hurdles	U15 Girls & Boys U13 Girls & Boys	12:15	Vertical Jump Shot Putt Speed Bounce Standing Long Jump	U11 Boys U13 & U15 Girls U15 Girls & Boys U11 Girls
13:25	2 Lap Hurdles	U11 Girls & Boys	12:35	Standing Long Jump Speed Bounce Vertical Jump	U13 Girls U10 Girls U13 Boys
13:40	1 Lap Hurdles	U10 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
13:50	3 x 2 Lap Relay Obstacle Relay Obstacle Relay Obstacle Relay	U15 Girls & Boys U13 Girls & Boys U11 Girls & Boys U10 Girls & Boys	13:35	Standing Long Jump Vertical Jump	U10 Boys U11 & U13 Girls

