

**Suffolk Sports-Hall League Timetable: Mid Suffolk Leisure
Centre, Stowmarket: 2nd December 2007**

TRACK EVENTS	Ath's per team	FIELD EVENTS	Ath's per team
11:00			
T1 U11 Obstacle Relay	4		
T2 U13 Obstacle Relay	4		
T3 Disabled Obstacle Relay	4		
11:15		11:15	
T5 U11 1 + 1 Lap	2	F1 U13 girls Standing LJ	2
T6 Disabled 1 + 1 Lap	2	F2 U13 boys Standing TJ	2
T7 U11 2 + 2 Lap	2		
T8 Disabled 2 + 2 Lap	2	11:30	
T9 U11 girls 6 Lap Paarlauf	2	F3 U13 boys Standing LJ	2
T10 U11 boys 6 Lap Paarlauf	2	F4 U13 girls Standing TJ	2
T11 Disabled 4 x 2 Lap Relay	4		
T12 U11 Hurdles Relay	4		
T13 Disabled Hurdles Relay	4	11:45	
T14 U11 4 x 1 Lap Relay	4	F5 U13 girls Vertical Jump	2
T15 Disabled 4 x 1 Lap Relay	4		
		11:50 F6, F7 and F8 will not start until the track has finished	
		F6 U11 Seated ball throw	4
		F7 Disabled Seated ball throw	4
		F8 U13 boys & girls Shot	2 + 2
		12:00	
		F9 U13 boys Vertical Jump	2
		12:15	
		F10 U13 boys & girls Speed Bounce	2B + 2G
12:30		12:30	
Catch Up / Break		Catch Up / Break	
1:00		1:00	
T16 U13 4 x 1 Lap relay	4	F11 U11 & Disabled Standing LJ	4
T17 U13 girls 2 Lap Race	1	F12 U11 & Disabled Standing TJ	4
T18 U13 boys 2 Lap Race	1		
T19 U13 girls 4 Lap Race	1	1:30	
T20 U13 boys 4 Lap Race	1	F13 U11 & Disabled Vertical Jump	4
T21 U13 girls 8 Lap Paarlauf	2		
T22 U13 boys 8 Lap Paarlauf	2	1:45	
T23 U13 4 x 2 Lap Relay	4	F14 U11 & Disabled Speed Bounce	4
2:00			
T24 U13 Full Team Relay 10 laps			
T25 Disabled Full Team Relay 10 laps	All		
T26 U11 Full Team Relay 10 Laps	All		
T24-26 are non scoring events	All		