

BOSTON AND DISTRICT ATHLETIC CLUB
JUNIOR SPORTSHALL 2023/24
TIMETABLE ONE

TRACK

FIELD

**1/ U/7 & U/9 2 Laps
U13 & U15 3 Laps**

**A/ U11 Vertical Jump
U13 & U15 Speed Bounce**

U/7 Std. Long Jump

U/9 Std. Triple Jump

**2/ U/7 & U/9 3 Laps
U/11 3 Laps**

**B/ U/11 Std. Long Jump
U/13 & U/15 Std. Triple Jump**

U/7 Speed Bounce

U/9 Vertical Jump

C/ U/11 Std. Triple Jump

U/9 Speed Bounce

**3/ U/7, U/9 & U/11 4 Laps
U/13 & U15 4 Laps**

**D/ U/9 Std. Long Jump
U/13 & U/15 Shot
U/7 Chest Push**

**4/ U/11 6 Laps
U/13 & U/15 6 Laps**

**E/ U/13 & U/15 Std. Long Jump
U/11 Chest Push**

F/ U/11 Speed Bounce

**5/ U/7 & U/9 Relays
U/11 Relays
U/13 & U/15 Relays**

**U/9 Chest Push
U/7 Std. Triple Jump**