

FROSTBITE LEAGUE DISTANCES

GIRLS

UNDER 12	10 METRES
12 TO 13 YEARS	20 METRES
14 TO 15 YEARS	20 METRES
16 TO 17 YEARS	30 METRES

BOYS

UNDER 12 YEARS	20 METRES
12 TO 13 YEARS	20 METRES
14 TO 15 YEARS	30 METRES
16 TO 18 YEARS	30 METRES

compounds

indoors small 10 frostbite large 10

