

Teams must be declared at least 60mins before the scheduled start time.				
Track				
Event No	Time	Event	Age	Round
1	10:00	4 x 100m Relay	U13 Girls	1
2	10:25	4 x 100m Relay	U15 Girls	1
3	10:50	4 x 100m Relay	U13 Boys	1
4	11:05	4 x 100m Relay	U15 Boys	1
5	11:20	4 x 100m Relay	U17 Women	1
6	11:35	4 x 100m Relay	U17 Men	1
7	11:45	4 x 100m Relay	Senior Women	1
8	11:55	4 x 100m Relay	Senior Men	1
9	12:10	4 x 100m Relay	U13 Girls	Semi Final
10	12:20	4 x 100m Relay	U15 Girls	Semi Final
11	12:40	4 x 100m Relay	U13 Boys	Final
12	12:45	4 x 100m Relay	U15 Boys	Final
13	12:50	4 x 100m Relay	U17 Women	Final
14	12:55	4 x 100m Relay	U17 Men	Final
15	13:00	4 x 100m Relay	Senior Women	Final
16	13:05	4 x 100m Relay	Senior Men	Final
17	13:10	4 x 100m Relay	U13 Girls	Final
18	13:15	4 x 100m Relay	U15 Girls	Final
Lunch				
19	13:50	4 x 300m Relay	U15 Girls	Timed Finals
20	14:05	4 x 300m Relay	U15 Boys	Timed Finals
21	14:20	4 x 300m Relay	U17 Women	Timed Finals
22	14:40	4 x 400m Relay	U17 Men	Timed Finals
23	14:45	4 x 400m Relay	Senior Women	Timed Finals
24	14:50	4 x 400m Relay	Senior Men	Timed Finals
25	15:05	3 x 800m Relay	U13 Girls	Timed Finals
26	15:35	3 x 800m Relay	U13 Boys	Timed Finals
27	15:55	3 x 800m Relay	U15 Girls	Timed Finals
28	16:15	3 x 800m Relay	U15 Boys	Timed Finals
29	16:35	3 x 800m Relay	U17 Women	Timed Finals
30	16:55	3 x 800m Relay	U17 Men	Timed Finals
31	17:15	3 x 800m Relay	Senior Women	Timed Finals
32	17:25	3 x 800m Relay	Senior Men	Timed Finals
If heats are not required Finals will be run at Heat Time				