

Team Managers must declare teams at least 60mins before the scheduled start time.

Track				
Event No	Time	Event	Age	Round
1	10:00	4 x 100m Relay	U15 Girls	1
2	10:20	4 x 100m Relay	U15 Boys	1
3	10:30	4 x 100m Relay	U17 Women	1
4	10:45	4 x 100m Relay	U17 Men	1
5	11:00	4 x 100m Relay	Senior Women	1
6	11:05	4 x 100m Relay	Senior Men	1
7	11:15	Medley (200/600/200/600m)	U13 Girls	Timed Finals
8	11:36	Medley (200/600/200/600m)	U13 Boys	Timed Finals
9	11:50	3 x 800m Relay	Senior Women	Timed Finals
10	12:10	3 x 800m Relay	Senior Men	Timed Finals
11	12:30	4 x 100m Relay	U15 Girls	Semi Final
Lunch				
12	13:10	3 x 800m Relay	U17 Women	Timed Finals
13	13:30	3 x 800m Relay	U17 Men	Timed Finals
14	13:50	4 x 100m Relay	U15 Boys	Final
15	13:55	4 x 100m Relay	U17 Women	Final
16	14:00	4 x 100m Relay	U17 Men	Final
17	14:05	4 x 100m Relay	Senior Women	Final
18	14:10	4 x 100m Relay	Senior Men	Final
19	14:15	4 x 100m Relay	U15 Girls	Final
20	14:20	4 x 300m Relay	U17 Women	Timed Finals
21	14:40	4 x 400m Relay	U17 Men	Timed Finals
22	15:00	4 x 400m Relay	Senior Women	Timed Finals
23	15:10	4 x 400m Relay	Senior Men	Timed Finals
24	15:20	Medley (300/800/200/600m)	U15 Girls	Timed Finals
25	15:41	Medley (300/800/200/600m)	U15 Boys	Timed Finals
If heats are not required Finals will be run at Heat Time				