

All teams must be declared at least 60mins before the scheduled start time				
Track				
Event No	Time	Event	Age	Round
01	10:30	3 x 800m Relay	U18 Women	Timed Finals
02	10:40	3 x 800m Relay	U18 Men	Timed Finals
03/h	10:50	4 x 100m Relay	U18 Women	1
04/h	11:00	4 x 100m Relay	U16 Boys	1
05/h	11:10	4 x 100m Relay	Senior Men	1
06/h	11:20	4 x 100m Relay	U16 Girls	1
07	11:45	Medley (600/200/600/200m)	U14 Girls	Timed Finals
08	12:10	Medley (600/200/600/200m)	U14 Boys	Timed Finals
Lunch				
09	13:00	3 x 800m Relay	Senior Women	Timed Finals
10	13:10	3 x 800m Relay	Masters Women	Timed Finals
11	13:20	3 x 800m Relay	Senior Men	Timed Finals
12	13:30	3 x 800m Relay	Masters Men	Timed Finals
03/f	13:40	4 x 100m Relay	U18 Women	Final
13	13:45	4 x 100m Relay	U18 Men	Final
04/f	13:50	4 x 100m Relay	U16 Boys	Final
14	13:55	4 x 100m Relay	Senior Women	Final
05/f	14:00	4 x 100m Relay	Senior Men	Final
06/f	14:05	4 x 100m Relay	U16 Girls	Final
15	14:10	4 x 400m Relay	U18 Women	Timed Finals
16	14:20	4 x 400m Relay	U18 Men	Timed Finals
17	14:30	4 x 400m Relay	Senior Women	Timed Finals
18	14:40	4 x 400m Relay	Senior Men	Timed Finals
19	14:50	Medley (300/800/200/600m)	U16 Girls	Timed Finals
20	15:20	Medley (300/800/200/600m)	U16 Boys	Timed Finals
If heats are not required Finals will be run at Heat Time				