

TIMES ARE INDICATIVE ONLY AND CAN CHANGE DEPENDING ON NOMINATIONS

MET NORTH REGIONAL RELAY CHAMPIONSHIPS
5 NOVEMBER 2011 – REDCLIFFE LAC, Langdon Pk, Cr Mabel St & Oxley Ave,

MARGATE
PROGRAMME OF EVENTS

Times shown are indicative only & can change depending on nominations

TIME	EVENT No	TRACK EVENTS		EVENT No	FIELD EVENT	
8:30am	1, 2	U7 - 4 x 70m	Shuttle	5, 6	U12 - Discus	
	3, 4	U8 - 4 x 70m	Shuttle	7, 8	U13 - High Jump	
				9 to 12	U15 - Long Jump	U17 also
				13, 14	U14 - Shot Put	
				15, 16	U7 - Long Jump	
9:30am	17, 18	U11 - Medley		23, 24	U9 - Shot Put	
	19, 20	U12 - Medley		25, 26	U8 - Long Jump	
	21, 22	U13 - Medley		27, 28	U10 - High Jump	
				29, 30	U11 - Discus	
10:15am	Darryl Paroz Memorial Trophy Presentation (Girls Under 15 Long Jump Relay)					
10:50am	31, 32	U7 - 4 x 100m	Shuttle	37, 38	U7 - Shot Put	
	33, 34	U8 - 4 x 100m	Shuttle	39 to 42	U15 - Discus	U17 also
	35, 36	U9 - 4 x 100m		43, 44	U14 - High Jump	
				45, 46	U10 - Long Jump	
11:30am	49, 50 U15 B&G 100m runoff for R/Relays Team 51, 52 U17 B&G 400m runoff for R/Relays Team			47, 48	U12 - Long Jump	
12:00pm				53, 54	U13 - Shot Put	
				55, 56	U7 - Discus	
12:30pm	57, 58	U10 - 4 x 100m		61, 62	U8 - Shot Put	
	59, 60	U11 - 4 x 100m		63, 64	U9 - High Jump	
	LUNCH	Presentation of U7 & U8s Participation Medals		LUNCH		
1:45pm	65 to 68	U12 - 4 x 100m	U17 also	75, 76	U11 - Long Jump	
	69, 70	U13 - 4 x 100m		77, 78	U8 - Discus	
	71, 72	U14 - 4 x 100m		79, 80	U10 - Shot Put	
	73, 74	U15 - 4 x 100m				
2:30pm				81, 82	U9 - Discus	
				83, 84	U14 - Long Jump	
				85, 86	U15 - High Jump	
				87, 88	U17 - Shot Put	
3:20pm	89, 90	U9 - 4 x 200m		93, 94	U12 - Shot Put	
	91, 92	U10 - 4 x 200m		95, 96	U11 - High Jump	
				97, 98	U13 - Discus	
4:00pm	99, 100	U14 - Medley		NOTE "U17 also" means U16/17 events follow U15		
	101 to 104	U15 - Medley	U17 also			

Medley Relays - The order of running the Medley Relay shall be 200m, 200, 400m 800m

⊙ All programme times are indicative only and events may be called out of order or changed according to circumstances – Please listen to the announcer for event calls, first and final.

NB → ⊙ Event times can be brought forward by 30mins. Athletes should be available at least half an hour (30 minutes) before advertised time. Always check with your team manager

⊙ Footwear is compulsory at all times on and off the track and field

⊙ All relays for U9 – U17 are circular

NB. FINAL PROGRAMME TIMES CAN BE BROUGHT FORWARD BY 30 MINUTES

ALWAYS CHECK WITH YOUR TEAM MANAGERS