



**2011 NSW SENIOR STATE RELAY CHAMPIONSHIPS  
SATURDAY 19<sup>TH</sup> NOVEMBER – DRAFT TRACK PROGRAM**

|          |       |                              |      |         |
|----------|-------|------------------------------|------|---------|
| 9:30 AM  | Men   | 4x1500 metre Relay Race Walk | Open | Finals  |
| 9:30 AM  | Men   | 4x1500 metre Relay Race Walk | U18  | Finals  |
| 9:30 AM  | Men   | 4x1500 metre Relay Race Walk | U14  | Finals  |
| 9:30 AM  | Women | 4x1500 metre Relay Race Walk | Open | Finals  |
| 9:30 AM  | Women | 4x1500 metre Relay Race Walk | U18  | Finals  |
| 9:30 AM  | Women | 4x1500 metre Relay Race Walk | U14  | Finals  |
| 10:15 AM | Men   | 4x1500 metre Relay           | 160+ | Finals  |
| 10:45 AM | Men   | 4x400 metre Relay            | Open | Prelims |
| 11:00 AM | Women | 4x800 metre Relay            | Open | Finals  |
| 11:00 AM | Women | 4x800 metre Relay            | 160+ | Finals  |
| 11:20 AM | Men   | 4x400 metre Relay            | U18  | Finals  |
| 11:35 AM | Women | 4x400 metre Relay            | U16  | Finals  |
| 11:45 AM | Women | 4x400 metre Relay            | U20  | Finals  |
| 11:45 AM | Women | 4x400 metre Relay            | 120+ | Finals  |
| 11:55 AM | Men   | 4x400 metre Relay            | 160+ | Finals  |
| 12:05 PM | Men   | 4x200 metre Relay            | U16  | Finals  |
| 12:15 PM | Women | 4x200 metre Relay            | U14  | Finals  |
| 12:25 PM | Women | 4x200 metre Relay            | U18  | Finals  |
| 12:35 PM | Men   | 4x200 metre Relay            | U20  | Finals  |
| 12:45 PM | Women | 4x200 metre Relay            | Open | Prelims |
| 1:00 PM  | Men   | 4x200 metre Relay            | 120+ | Finals  |
| 1:15 PM  | Women | 4x200 metre Relay            | 160+ | Finals  |
| 1:23 PM  | Men   | 4x200 metre Relay            | 200+ | Finals  |
| 1:30 PM  | Men   | 4x100 metre Relay            | Open | Prelims |
| 1:45 PM  | Men   | 4x100 metre Relay            | U14  | Finals  |
| 1:52 PM  | Women | 4x100 metre Relay            | U16  | Prelims |
| 2:01 PM  | Men   | 4x100 metre Relay            | U18  | Prelims |
| 2:12 PM  | Women | 4x100 metre Relay            | U20  | Finals  |
| 2:20 PM  | Men   | 4x100 metre Relay            | 160+ | Finals  |
| 2:27 PM  | Women | 4x100 metre Relay            | 120+ | Finals  |
| 2:35 PM  | Men   | 4x400 metre Relay            | Open | Finals  |
| 2:42 PM  | Men   | 4x800 metre Relay            | U16  | Finals  |
| 2:42 PM  | Men   | 4x800 metre Relay            | U20  | Finals  |
| 2:57 PM  | Men   | 4x800 metre Relay            | 120+ | Finals  |
| 2:57 PM  | Men   | 4x800 metre Relay            | 200+ | Finals  |
| 3:12 PM  | Women | 4x800 metre Relay            | U14  | Finals  |
| 3:27 PM  | Women | 4x800 metre Relay            | U18  | Finals  |
| 3:42 PM  | Women | 4x200 metre Relay            | Open | Finals  |
| 3:49 PM  | Men   | 4x100 metre Relay            | Open | Finals  |
| 3:54 PM  | Women | 4x100 metre Relay            | U16  | Finals  |
| 3:59 PM  | Men   | 4x100 metre Relay            | U18  | Finals  |
| 4:04 PM  | Women | 1600 Sprint Medley           | Open | Finals  |
| 4:22 PM  | Men   | 4x800 metre Relay            | Open | Finals  |
| 4:12 PM  | Men   | 4x100 metre Relay            | 240+ | Finals  |
| 4:17 PM  | Women | 4x100 metre Relay            | 200+ | Finals  |
| 4:35 PM  | Women | 4x1500 metre Relay           | U16  | Finals  |
| 4:35 PM  | Women | 4x1500 metre Relay           | U20  | Finals  |
| 4:35 PM  | Women | 4x1500 metre Relay           | 120+ | Finals  |
| 5:00 PM  | Men   | 4x1500 metre Relay           | U18  | Finals  |
| 5:00 PM  | Men   | 4x1500 metre Relay           | U14  | Finals  |

**2011 NSW SENIOR STATE RELAY CHAMPIONSHIPS  
SUNDAY 20<sup>TH</sup> NOVEMBER – DRAFT TRACK PROGRAM**

|          |       |                    |      |         |
|----------|-------|--------------------|------|---------|
| 9:00 AM  | Men   | 4x800 metre        | 240+ | Finals  |
| 9:20 AM  | Women | 4x400 metre Relay  | Open | Finals  |
| 9:28 AM  | Men   | 4x400 metre Relay  | U16  | Finals  |
| 9:35 AM  | Men   | 4x400 metre Relay  | U20  | Finals  |
| 9:45 AM  | Women | 4x400 metre Relay  | U18  | Finals  |
| 9:55 AM  | Men   | 4x200 metre Relay  | Open | Prelims |
| 10:08 AM | Women | 4x200 metre Relay  | U16  | Finals  |
| 10:18 AM | Men   | 4x200 metre Relay  | U14  | Finals  |
| 10:24 AM | Men   | 4x200 metre Relay  | 160+ | Finals  |
| 10:31 AM | men   | 4x200 metre Relay  | 240+ | Finals  |
| 10:39 AM | Men   | 4x200 metre Relay  | U18  | Finals  |
| 10:49 AM | Women | 4x200 metre Relay  | U20  | Finals  |
| 10:55 AM | Women | 4x800 metre Relay  | U16  | Finals  |
| 11:08 AM | Men   | 4x800 metre Relay  | U14  | Finals  |
| 11:20 AM | Men   | 4x800 metre Relay  | U18  | Finals  |
| 11:32 AM | Men   | 4x400 metre Relay  | 200+ | Finals  |
| 11:40 AM | Women | 4x100 metre Relay  | U18  | Prelims |
| 12:00 PM | Men   | 4x100 metre Relay  | U16  | Finals  |
| 12:05 PM | Men   | 4x100 metre Relay  | U20  | Finals  |
| 12:12 PM | Men   | 4x100 metre Relay  | 120+ | Finals  |
| 12:20 PM | Men   | 4x100 metre Relay  | 200+ | Finals  |
| 12:30 PM | Men   | 4x200 metre Relay  | Open | Finals  |
| 12:38 PM | Women | 4x800 metre Relay  | U20  | Finals  |
| 12:38 PM | Women | 4x800 metre Relay  | 200+ | Finals  |
| 12:38 PM | Women | 4x800 metre Relay  | 120+ | Finals  |
| 12:51 PM | Men   | 4x800 metre Relay  | 160+ | Finals  |
| 1:04 PM  | Women | 4x100 metre Relay  | 160+ | Finals  |
| 1:10 PM  | Women | 4x100 metre Relay  | U14  | Prelims |
| 1:16 PM  | Women | 4x200 metre Relay  | 200+ | Finals  |
| 1:16 PM  | Women | 4x200 metre Relay  | 120+ | Finals  |
| 1:24 PM  | Men   | 4x400 metre Relay  | 120+ | Finals  |
| 1:32 PM  | Women | 4x400 metre Relay  | 160+ | Finals  |
| 1:40 PM  | Men   | 1600 Sprint Medley | Open | Finals  |
| 1:50 PM  | Men   | 4x1500 metre Relay | U20  | Finals  |
| 1:50 PM  | Men   | 4x1500 metre Relay | 200+ | Finals  |
| 2:20 PM  | Women | 4x1500 metre Relay | Open | Finals  |
| 2:50 PM  | Men   | 4x1500 metre Relay | U16  | Finals  |
| 2:50 PM  | Men   | 4x1500 metre Relay | 120+ | Finals  |
| 3:20 PM  | Men   | 4x1500 metre Relay | Open | Finals  |
| 3:47 PM  | Women | 4x1500 metre Relay | U18  | Finals  |
| 3:47 PM  | Women | 4x1500 metre Relay | U14  | Finals  |
| 3:47 PM  | Women | 4x1500 metre Relay | 160+ | Finals  |
| 4:20 PM  | Women | 4x100 metre Relay  | U18  | Finals  |
| 4:25 PM  | Women | 4x100 metre Relay  | Open | Finals  |
| 4:30 PM  | Women | 4x100 metre Relay  | U14  | Finals  |
| 11:50 PM | Women | 4x100 metre Relay  | Open | Prelims |

**2011 NSW SENIOR STATE RELAY CHAMPIONSHIPS  
SATURDAY 19<sup>TH</sup> NOVEMBER – DRAFT FIELD PROGRAM**

|          |       |               |         |        |
|----------|-------|---------------|---------|--------|
| 9:45 AM  | Men   | Shot Put      | Open    | Finals |
| 9:45 AM  | Men   | Discus Throw  | U18     | Finals |
| 9:45 AM  | Women | Long Jump     | Open    | Finals |
| 9:45 AM  | Women | Shot Put      | Masters | Finals |
| 11:30 AM | Men   | Discus Throw  | Open    | Finals |
| 11:40 AM | Men   | Shot Put      | U18     | Finals |
| 11:45 AM | Women | High Jump     | U18     | Finals |
| 12:45 PM | Women | Shot Put      | U14     | Finals |
| 12:45 PM | Men   | Shot Put      | U14     | Finals |
| 1:30 PM  | Women | Javelin Throw | U18     | Finals |
| 1:40 PM  | Women | High Jump     | Open    | Finals |
| 2:25 PM  | Women | Long Jump     | U14     | Finals |
| 3:15 PM  | Men   | Javelin Throw | Open    | Finals |
| 3:15 PM  | Men   | High Jump     | U18     | Finals |
| 3:35 PM  | Women | Long Jump     | U18     | Finals |

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SUNDAY 20<sup>TH</sup> NOVEMBER – DRAFT FIELD PROGRAM**

|          |       |               |         |        |
|----------|-------|---------------|---------|--------|
| 9:30 AM  | Men   | Long Jump     | Open    | Finals |
| 9:30 AM  | Women | Discus Throw  | Open    | Finals |
| 9:30 AM  | Women | Shot Put      | U18     | Finals |
| 11:00 AM | Men   | Javelin Throw | U18     | Finals |
| 11:30 AM | Men   | Long Jump     | U14     | Finals |
| 12:00 AM | Women | Discus Throw  | U18     | Finals |
| 12:45 PM | Women | Shot Put      | Open    | Finals |
| 1:00 PM  | Men   | High Jump     | Open    | Finals |
| 1:30 PM  | Women | Discus Throw  | U14     | Finals |
| 1:30 PM  | Men   | Discus Throw  | U14     | Finals |
| 2:30 PM  | Men   | Shot Put      | Masters | Finals |
| 3:00 PM  | Men   | Long Jump     | U18     | Finals |