



RELAY CHAMPIONSHIP TIMETABLE FOR U11 – U17 AGE GROUPS

TIME	U11	U12	U13	U14	U15+17
5.45pm	Announcements Assemble in Age Group Home Base areas				
5.50pm	Team Meeting	Team Meeting	Team Meeting	Team Meeting	Team Meeting
6.20pm	High Jump or Shot Put	Novelty Relay + Cheer Off	Novelty Relay + Cheer Off	Hurdles or 400m	Hurdles or 400m
6.40pm	Novelty Relay + Cheer Off	Hurdles or 400m	Hurdles or 400m	Long Jump or Discus	Long Jump or Discus
7.00pm	Hurdles or 400m	Long Jump or Discus	Long Jump or Discus	100m	100m
7.20pm	Long Jump or Discus	100m	100m	High Jump or Shot Put	High Jump or Shot Put
7.40pm	100m	High Jump or Shot Put	High Jump or Shot Put	Novelty Relay + Cheer Off	Novelty Relay + Cheer Off

Age groups will have 15 minutes at each event and athletes must assemble at their home bases after each event for a few minutes so that they can be organised by their age managers for their next event. A siren will sound for the start and finish of each event time.