

## **REGIONAL RELAY DAY TIMETABLE**

We shall be adopting approximately the same programme of events as last year. This timetable provides athlete recovery time between events, a lunch break at all stations, and a shorter day for U7-8. The times given are block times, and the order of calls may vary.

TRACK			FIELD		
TIME	EVENT	GROUPS	TIME	EVENT	GROUPS
8:30	4xMed	U11G,12B,13G,13B, 15-17G,15-17B,14G, 14B,12G,11B	8:30	2xLong Jump	U12G,10B
				2xDiscus	U11B
				2xShot Put	U10G
				2xDiscus	U8G
				2xShot Put	U8B
				2xHigh Jump	U9G/B
			9:35	2xLong Jump	U12B
				2xShot Put	U7G
				2xDiscus	U7B,11G
				2xHigh Jump	U13G/B
				2xLong Jump	U10G
				2xShot Put	U10B
10:40	4x70S	U8G,8B,7G,7B	10:45	2xLong Jump	U15-17G/B
				2xShot Put	U8G
				2xDiscus	U8B,12G
11:20	4x200	U9G,9B,10G,10B		2xShot Put	U13B
				2xHigh Jump	U11G/B
12:00		Break		2xLong Jump	U14G/B
		U15G&B 100m	12:15	2xDiscus	U12B,7G
		U17G&B 400m		2xShot Put	U13G,7B
				2xLong Jump	U8G/B
1:00	4x100	U9G,9B,14G,14B,12G, 13G,13B,11G,11B		2xHigh Jump	U15G/B
			1:15	2xLong Jump	U7G/B
				2xShot Put	U9G,14&17G
				2xHigh Jump	U10G/B
				2xDiscus	U9B
2:00	4x100S	U8G,8B,7G,7B	2:00	2xDiscus	U13B
				2xShot Put	U14&17B
				2xLong Jump	U11G/B
				2xDiscus	U13G
2:40	4x100	U15-17G,12B,15-17B, 10G,10B		2xShot Put	U12G
			3:00	2xHigh Jump	U14G/B
				2xDiscus	U9G
				2xShot Put	U9B
				2xDiscus	U15-17G/B
				2xShot Put	U12B