

**MET NORTH REGIONAL RELAY CHAMPIONSHIPS**  
**8 NOVEMBER 2014 – CITY NORTH LAC, Keith Bevis Oval, Windsor Pk,**  
**Grafton St, Albion**  
**PROGRAM 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 14	15,16,17 - Long Jump	
				15, 16	U14 - Shot Put	
9:15am				17, 18	U7 - Long Jump	
9:15am				19, 20	U7 - Shot Put	
9:30am	21, 22	U11 - Medley		27, 28	U8 - Long Jump	
	23, 24	U12 - Medley		29, 30	U10 - High Jump	
	25, 26	U13 - Medley		31, 32	U11 - Discus	
10:00am				33, 34	U9 - Shot Put	
<b>10:30am</b>	<b>Darryl Paroz Memorial Trophy Presentation</b> (Girls Under 15 Long Jump Relay)					
10:50am	35, 36	U7 - 4 x 100m	Shuttle	41 to 46	15,16,17 - Discus	
	37, 38	U8 - 4 x 100m	Shuttle	47, 48	U14 - High Jump	
	39, 40	U9 - 4 x 100m		49, 50	U10 - Long Jump	
11.30am	51, 52 U15 B&G 100m runoff for R/Relays Team 53, 54 U17 B&G 400m runoff for R/Relays Team					
12.00pm				55, 56	U12 - Long Jump	
				57, 58	U13 - Shot Put	
				59, 60	U7 - Discus	
12:30pm	61, 62	U10 - 4 x 100m		65, 66	U8 - Shot Put	
	63, 64	U11 - 4 x 100m		67, 68	U9 - High Jump	
<b>1:00pm</b>	<b>Presentation of U7 &amp; U8's Participation Medals</b>					
1:45pm	69, 70	U12 - 4 x 100m		81, 82	U11 - Long Jump	
	71, 72	U13 - 4 x 100m		83, 84	U8 - Discus	
	73,74	U14 - 4 x 100m		85, 86	U10 - Shot Put	
	75 to 80	15,16,17 - 4 x 100m				
2.30pm				87, 88	U9 - Discus	
				89, 90	U14 - Long Jump	
				91, 92	U15 - High Jump	
				93, 94	U12 - Shot Put	
3.20pm	95, 96	U9 - 4 x 200m		99, 102	16,17 - Shot Put	
	97, 98	U10 - 4 x 200m		103, 104	U11 - High Jump	
				105,106	U13 - Discus	
4:00pm	107, 108	U14 - Medley				
	109 to 114	15,16,17 - Medley				

\***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.
- ☺ **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