

REGION RELAY CHAMPIONSHIPS TIMETABLE
SUNDAY 15/11/09

EVENT	TIME	AGE
4 x 100m M/S		
1	10.00am	9
		10
2	10.04am	11
3	10.08am	12
4	10.12am	13
		14
		15
4x100m		
5	10.30am	8G
		8B
6	10.34am	9G
		9B
7	10.38am	10G
8	10.42am	10B
9	10.46am	11G
10	10.50am	11B
11	10.54am	12G
12	10.58am	12B
13	11.02am	13G
		14G
		15G
14	11.06am	13B
		14B
		15B
Medley		
15	11.20am	9G
		9B
16	11.26am	10G
		10B
16	11.32am	11G
17	11.36am	11B
18	11.40am	12G
		12B
19	11.44am	13G
		14G
		15G
20	11.48am	13B
		14B
		15B

EVENT	TIME	AGE
Mixed Age Medley		
21	12.00pm	U9 - 12G
		U9 - 12B
		U13-15G
		U13-15B

LUNCH BREAK

EVENT	TIME	AGE
Mixed Sex		
4 x 200m		
22	12.40pm	9
		10
		11
23	12.46pm	12
		14
		15
4 x 200m		
24	1.00pm	8G
		8B
25	1.06pm	9G
		9B
26	1.12pm	10G
		10B
27	1.18pm	11G
28	1.24pm	11B
29	1.30pm	12G
		13G
30	1.36pm	12B
31	1.42pm	14G
		15G
32	1.46pm	13B
		14B
		15B

Please note these times are only approximate
 If we are running ahead of schedule the events
 will be brought forward