

Relay Sports: 31 January (Week 3)

Time	No	Event	Age
4.00	1	4 x 200m	u19
4.05	2	4 X 200m	u16
4.10	3	4 X 200m	u14
4.15	4	Shot	u19
4.15	5	Javelin	u16
4.15	6	Shot	u14
4.35	7	3 000m Team	Open
4.45	8	Shot	u16
4.45	9	Javelin	u19
4.55	10	4 x 800m	u16
5.05	11	4 X 800m	u19
5.15	12	4 X 400m	u14
5.25	13	4 X 400m	u16
5.35	14	4 X 400m	u19
5.45	15	Medley	u14
5.50	16	Medley	u16
5.55	17	Medley	u19