

McDONALD'S MET NORTH REGIONAL RELAY CHAMPIONSHIPS

Saturday 9 November 2019 – ASPLEY LAC, BOWDEN PARK,

MAIDENCOMBE ST, GEEBUNG QLD 4034

PROGRAM OF EVENTS

☺Times shown are indicative only & can change depending on nominations

TIME	TRACK EVENTS		FIELD EVENT	
8:30am	U7 - 4 x 70m	Shuttle	U12 - Discus	
	U8 - 4 x 70m	Shuttle	U13 - High Jump	
			15,16,17 - Long Jump	
			U14 - Shot Put	
9:00am			U7 - Long Jump	
9:30am	U11 - Swedish		U8 - Long Jump	
	U12 - Swedish		U9 - Shot Put	
	U13 - Medley		U10 - High Jump	
	U14 - Medley		U11 - Discus	
10:00am				
10:30am	Darryl Paroz Memorial Trophy Presentation (Girls Under 15 Long Jump Relay)			
10:50am	U7 - 4 x 100m	Shuttle	15,16,17 - Discus	
	U8 - 4 x 100m	Shuttle	U14 - High Jump	
	U9 - 4 x 100m	Circular	U10 - Long Jump	
11.45am	U15 B&G 100m runoff for R/Relays Team U17 B&G 100m runoff for R/Relays Team			
12.00pm			U12 - Long Jump	
			U13 - Shot Put	
			U7 - Discus	
12:30pm	U10 - 4 x 100m	Circular	U8 - Shot Put	
	U11 - 4 x 100m	Circular	U9 - High Jump	
1:00pm	Presentation of U7 & U8's Participation Medals			
1:45pm	U12 - 4 x 100m	Circular	U11 - Long Jump	
	U13 - 4 x 100m	Circular		
	U14 - 4 x 100m	Circular	U10 - Shot Put	
	15,16,17 - 4 x 100m	Circular		
2.30pm			U9 - Discus	
			U14 - Long Jump	
			U15 - High Jump	
			U11 - Shot Put	
3.20pm	U9 - 4 x 200m		16,17 - Shot Put	
	U10 - 4 x 200m		U12 - High Jump	
			U13 - Discus	
4:00pm	15,16,17, - Swedish			

***Medley Relays** - The order of running the Medley Relay shall be 200m, 200m, 400m 800m

***Swedish Relays** - The order of running the Swedish Relay shall be 100m, 300m, 200m, 400m

- ☺ 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