

SOUTH COAST REGION

Relay Program 2010

Athletes to arrive by 7.15am. First call 7.45am

<u>Track</u>		<u>Field</u>	
4 x 70 Shuttle	U7BG U8BG	High Jump High Jump Long Jump Shot Put Discus	U13BG U10BG U15BG 17BG U14BG U12BG
U17 400 Sprint Medley Relay	U11BG U12BG U13BG	Discus (circle 3) Long Jump (pit 3) Shot Put High Jump Discus (circle 3) Long Jump (pit 3)	U7B U8B U9BG U11BG U7G U8G
4 x 100 Shuttle	U7BG U8BG	Discus High Jump Long Jump Shot Put	U15BG 17BG U14BG U12BG U13BG
4 x 100	U9BG U10BG U11BG	High Jump Shot Put (circle 3) Discus (circle 3) High Jump Shot Put (circle 3) Discus (circle 3)	U15BG U7B U8B U9BG U7G U8G
Medal Presentation LUNCH	U7 & U8	U15 100m Sprint Discus	U11BG
4 x 100	U14BG U17BG U13BG U15BG U12BG	Shot Put Long Jump (pit 3) Shot Put (circle 3) Long Jump Long Jump (pit 3)	U10BG U7B U8B U14BG U7G
4 x 200	U9BG U10BG	Shot Put Shot Put (circle 3) Long Jump Discus	U17BG U8G U11BG U13BG
Medley Relay	U14BG U15BG U17BG	Shot Put Discus Long Jump	U12BG U9 BG U10 BG