

Suncoast Regional Relays - DRAFT Program

Saturday 9th November 2019 - NAMBOUR

8:00	Under 8	Shot Put	12:00	Under 9	Shot Put
	Under 9	High Jump		Under 10	Long Jump
	Under 13	Discus	12:15	Under 16	Discus
	Under 14	Long Jump (Tartan)		Under 17	Discus
8:15	Under 15	Swedish Medley	12:30	Under 11	4 x 100m
8:30	Under 16	Swedish Medley		Under 13	High Jump
8:45	Under 17	Swedish Medley	13:00	Under 12	4 x 100m
	Under 7	Long Jump (Grass Pit 3)		Under 14	Shot Put
9:00	Under 11	Shot Put		Under 15	Long Jump
	Under 12	Long Jump (Tartan)	13:30	Under 9	Discus
9:15	Under 10	High Jump		Under 17	4 x 100m
	Under 14	Medley	13:45	Under 16	4 x 100m
	Under 15	Discus	14:00	Under 10	Shot Put
9:30	Under 13	Medley		Under 12	High Jump
9:45	Under 8	Long Jump (Grass Pit 3)	14:15	Under 15	4 x 100m
10:00	Under 9	4 x 200m	14:30	Under 11	Discus
	Under 16	Shot Put		Under 14	4 x 100m
	Under 17	Shot Put		Under 16	Long Jump
10:15	Under 7	Discus		Under 17	Long Jump
10:30	Under 10	4 x 200m	14:45	Under 13	4 x 100m
	Under 11	Long Jump	15:00	Under 9	4 x 100m
11:00	Under 13	Shot Put	15:30	Under 10	4 x 100m
	Under 14	High Jump		Under 15	High Jump
11:15	Under 12	Discus	15:45	Under 12	Swedish Medley
	Under 15	100m Regional Runoff	16:00	Under 11	Swedish Medley
	Under 17	100m Regional Runoff			
11:30	Under 8	4 x 100m Shuttle			
11:45	Under 7	4 x 70m Shuttle			