

Program Information

Item 1 to 16

Are normal 4x100m relay heats for the final later in the day.

Item 17,18,19 & 20

Medley Relay (800m, 400m, 200m, 200m)

Primary Schools Open team (Only Primary school athletes can be in the team)

High Schools Open Team (Only High school athletes can be in the team)

Item no 21, 22, 23 & 24

4x100m Shuttle Relay

Primary Schools (G11, G12, G13 & G14)

Primary Schools (B11, B12, B13 & B14)

High Schools (G15, G16, G18 & G20)

High Schools (B15, B16, B18 & B20)

Item no 33 &34

4x800m Open relay

High Schools (G 15-20)

(B 15-20)