CK RELAYS SCHEDULE 2023

 TRACK

9:00 am Sprint Hurdles (NG,JG,SG,NB,JB,SB)

 3000 m Distance Medley Relay (800-200-400-1600) Open Girls, Open Boys

 200 m (NG,NB,JG,JB,SG,SB)

 Co-ed 4 x 100 Relay (2 girls, 2 boys, girls run FIRST) Novice, Open

 400 m (NG,NB,JG,JB,SG,SB)

 800 m (NG,NB,JG,JB,SG,SB)

TRACK BREAK

1:45 pm Intermediate Hurdles (SB, SG, JG, NG, JB, NB)

 4 x 100 Relay (NG, NB, JG, JB, SG, SB)

 1500 m (NG,NB,JG,JB,SG,SB)

 800 m Medley Relay (200-100-100-400) (NG,NB,JG,JB,SG,SB)

FIELD

9:00 am JG TJ, SG HJ, JB Discus, SB Javelin

10:00 JB TJ, SB HJ, JG Discus, SG Javelin

11:00 NG HJ, SG TJ, SB Discus, NG Javelin

12:45 NB HJ, SB TJ, SG Discus, NB Javelin

1:45 NG TJ, JG HJ, NB Discus, JB Javelin

2:45 NB TJ, JB HJ, NG Discus, JG Javelin