**CK RELAYS SCHEDULE 2024**

Track events will be on a rolling start

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 Triple Jump

SG High Jump

JB Discus

SB Javelin

10:00 JB Triple Jump

SB High Jump

JG Discus

SG Javelin

11:00 NG HJ

SG Triple Jump

SB Discus

NG Javelin

12:45 NB High Jump

SB Triple Jump

SG Discus

NB Javelin

1:45 NG Triple Jump

JG High Jump

NB Discus

JB Javelin

2:45 NB Triple Jump

JB High Jump

NG Discus

JG Javelin