**CK RELAYS SCHEDULE 2025**

Track events will be on a rolling start

 TRACK

9:30 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 SG High Jump (OH 1.25m)

JB Discus

SB Javelin

10:00 SB High Jump (OH 1.45m)

 JG Discus

 SG Javelin

11:00 NG HJ (OH 1.15m)

SB Discus

NG Javelin

12:45 NB High Jump (OH1.35)

SG Discus

NB Javelin

1:45 JG High Jump (OH 1.20m)

NB Discus

JB Javelin

2:45 JB High Jump (OH 1.40)

NG Discus

JG Javelin