

**McDONALD'S MET NORTH REGIONAL RELAY CHAMPIONSHIPS**  
**Saturday 5 November 2016 – STRATHPINE LAC, John Oxley Reserve,**  
**Ogg Rd, Murrumba Downs**  
**PROGRAM OF EVENTS**

☺Times shown are indicative only & can change depending on nominations

TIME	TRACK EVENTS		FIELD EVENT	
8:30am	U7 - 4 x 70m	Shuttle	U12 - Discus	
	U8 - 4 x 70m	Shuttle	U13 - High Jump	
			15,16,17 - Long Jump	
			U14 - Shot Put	
9:15am			U7 - Long Jump	
9:30am	U11 - Medley		U7 - Shot Put	
	U12 - Medley		U8 - Long Jump	
	U13 - Medley		U10 - High Jump	
10:00am			U11 - Discus	
10:00am			U9 - Shot Put	
<b>10:30am</b>	<b>Darryl Paroz Memorial Trophy Presentation</b> (Girls Under 15 Long Jump Relay)			
10:50am	U7 - 4 x 100m	Shuttle	15,16,17 - Discus	
	U8 - 4 x 100m	Shuttle	U14 - High Jump	
	U9 - 4 x 100m	Circular	U10 - Long Jump	
11.30am	U15 B&G 100m runoff for R/Relays Team U17 B&G 400m runoff for R/Relays Team			
12.00pm			U12 - Long Jump	
			U13 - Shot Put	
			U7 - Discus	
12:30pm	U10 - 4 x 100m	Circular	U8 - Shot Put	
	U11 - 4 x 100m	Circular	U9 - High Jump	
<b>1:00pm</b>	<b>Presentation of U7 &amp; U8's Participation Medals</b>			
1:45pm	U12 - 4 x 100m	Circular	U11 - Long Jump	
	U13 - 4 x 100m	Circular	U8 - Discus	
	U14 - 4 x 100m	Circular	U10 - Shot Put	
	15,16,17 - 4 x 100m	Circular		
2.30pm			U9 - Discus	
			U14 - Long Jump	
			U15 - High Jump	
			<b>U11 - Shot Put</b>	
3.20pm	U9 - 4 x 200m		16,17 - Shot Put	
	U10 - 4 x 200m		<b>U12 - High Jump</b>	
			U13 - Discus	
4:00pm	U14 - Medley			
	15,16,17 - Medley			

\***Medley Relays** - The order of running the Medley Relay shall be 200m, 200, 400m 800m

- ☺ All programme times are indicative only and events may be called out of order or changed according to circumstances – Please listen to the announcer for event calls, first and final.
- ☺ **Event times can be brought forward by 30mins. Athletes should be available at least half an hour (30 minutes) before advertised time. Always check with your team manager**
- ☺ Footwear is compulsory at all times on and off the track and field
- ☺ All relays for U9 – U17 are circular