

DRAFT PROGRAM*Event times may be brought forward up to 30 minutes***7:30am**

1	Boys U 17 Swedish Medley	Finals
2	Girls U 17 Swedish Medley	Finals
3	Boys U 12 Long Jump	Finals
4	Girls U 12 Long Jump	Finals
5	Boys U 7 Long Jump	Finals
6	Girls U 7 Long Jump	Finals
7	Boys U 8 Shot Put	Finals
8	Girls U 8 Shot Put	Finals
9	Boys U 9 High Jump	Finals
10	Girls U 9 High Jump	Finals

7:40am

11	Boys U 16 Swedish Medley	Finals
12	Girls U 16 Swedish Medley	Finals

8.10am

13	Boys U 13 Medley	Finals
14	Girls U 13 Medley	Finals

8.20am

15	Boys U 14 Medley	Finals
16	Girls U 14 Medley	Finals

8.30am

17	Boys U 15 Swedish Medley	Finals
28	Girls U 15 Swedish Medley	Finals
29	Boys U 13 Discus	Finals
20	Girls U 13 Discus	Finals

9.00am

21	Boys U 8 Long Jump	Finals
22	Girls U 8 Long Jump	Finals
23	Boys U 16 Shot Put	Finals
24	Girls U 16 Shot Put	Finals

9.30am

25	Boys U 7 Discus	Finals
26	Girls U 7 Discus	Finals
27	Boys U 10 High Jump	Finals
28	Girls U 10 High Jump	Finals

9.40am

29	Boys U 9 Shot Put	Finals
30	Girls U 9 Shot Put	Finals

10am

31	Boys U 17 100m Regional Relay Team runoff	
32	Girls U 17 100m Regional Relay Team runoff	
33	Boys U 15 Long Jump	Finals
34	Girls U 15 Long Jump	Finals

10.20am

35	Boys U 9 4x200m	Finals
36	Girls U 9 4x200m	Finals

10.30am

37	Boys U 12 Discus	Finals
38	Girls U 12 Discus	Finals

10.40am

39	Boys U 10 4x200m	Finals
40	Girls U 10 4x200m	Finals

11.00am

41	Boys U 11 Long Jump	Finals
42	Girls U 11 Long Jump	Finals

11.20am

43	Boys U 7 4x70m Shuttle	Finals
44	Girls U 7 4x70m Shuttle	Finals
45	Boys U 9 Discus	Finals
46	Girls U 9 Discus	Finals

11.40am

47	Boys U 8 4x100m Shuttle	Finals
48	Girls U 8 4x100m Shuttle	Finals
49	Boys U 14 Shot Put	Finals
50	Girls U 14 Shot Put	Finals

12.00pm**U 7 and U 8 Medal Presentation**

51	Boys U 13 High Jump	Finals
52	Girls U 13 High Jump	Finals
53	Boys U 15 100m Regional Relay Team runoff	
54	Girls U 15 100m Regional Relay Team runoff	

12.30pm

55	Boys U 14 Long Jump	Finals
56	Girls U 14 Long Jump	Finals
57	Boys U 16 4x100m	Finals
58	Girls U 16 4x100m	Finals
59	Boys U 10 Shot Put	Finals
60	Girls U 10 Shot Put	Finals

12.40pm

61	Boys U 17 4x100m	Finals
62	Girls U 17 4x100m	Finals

1.00pm

63	Boys U 15 4x100m	Finals
64	Girls U 15 4x100m	Finals

1.10pm

65	Boys U 12 4x100m	Finals
66	Girls U 12 4x100m	Finals
67	Boys U 11 Discus	Finals
68	Girls U 11 Discus	Finals

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1.30pm

69	Boys U 15 High Jump	Finals
70	Girls U 15 High Jump	Finals

1.40pm

71	Boys U 11 4x100m	Finals
72	Girls U 11 4x100m	Finals

1.50pm

73	Boys U13 4x100m	Finals
74	Girls U13 4x100m	Finals

2.00pm

75	Boys U 17 Shot Put	Finals
76	Girls U 17 Shot Put	Finals
77	Boys U 16 Long Jump	Finals
78	Girls U 16 Long Jump	Finals

2.30pm

79	Boys U 14 4x100m	Finals
80	Girls U 14 4x100m	Finals

2.40pm

81	Boys U 9 4x100m	Finals
82	Girls U 9 4x100m	Finals

2.50pm

83	Boys U 10 4x100m	Finals
84	Girls U 10 4x100m	Finals

3.00pm

85	Boys U 13 Shot Put	Finals
86	Girls U13 Shot Put	Finals
87	Boys U 14 High Jump	Finals
88	Girls U 14 High Jump	Finals
89	Boys U 15 Discus	Finals
90	Girls U 15 Discus	Finals
91	Boys U 17 Long Jump	Finals
92	Girls U 17 Long Jump	Finals

3:30pm

93	Boys U 12 Swedish Medley	Finals
94	Girls U 12 Swedish Medley	Finals

3.50pm

95	Boys U 11 Swedish Medley	Finals
96	Girls U 11 Swedish Medley	Finals
97	Boys U 16 Discus	Finals
98	Girls U 16 Discus	Finals

4.00pm

99	Boys U 10 Long Jump	Finals
100	Girls U 10 Long Jump	Finals
101	Boys U 12 High Jump	Finals
102	Girls U 12 High Jump	Finals

4.10pm

103	Boys U 11 Shot Put	Finals
104	Girls U 11 Shot Put	Finals

4.45pm

105	Boys U 17 Discus	Finals
106	Girls U 17 Discus	Finals

Swedish Medley

The Swedish Medley Relay is conducted over 1000 metres and involves legs of 100, 300, 200 and 400 metres.

Runner 1 (100m): The race begins at the 200m start point, and the first runner runs 100m entirely in their lane.

Runner 2 (300m): The second runner receives the baton within the third 4x100m change over zone. The second runner may use the acceleration zone. Once athletes enter the straight, they may cut across to run on the inside.

Runner 3 (200m): The third runner commences at the 200m start point within the unplanned 4x200m change zone. There is no acceleration zone. Athletes are lined up in the changeover zone based on the order of their teams' position as they cross the finish line. Once placed in order by the competition officials, they may not change order.

Runner 4 (400m): The final change over occurs in the 4x400m change zone. There is no acceleration zone. Athletes enter the changeover zone based on the order of their teams' position as they reach the 200m to go point. Once placed in order by the competition officials, they may not change order.

NOTE: Only the first leg of the relay is run in lanes. Thereafter, each athlete is entitled, (subject always to the rules of obstruction and interference) to run in lane one (1).