

# coles

## **2019 RELAY CARNIVAL**

**Woden Park Athletics Centre  
Saturday 14<sup>th</sup> December 2019**



## **LAACT BOARD OF MANAGEMENT**

President	:	David Lemon
Administration Director	:	Janice Clarke
Finance Director	:	Nicole Roberts
Marketing and Public Relations Director	:	Rory O'Sullivan
Development Director	:	Stuart Todd
Competition and Technical Director	:	Vacant

## **LAACT ASSOCIATION OFFICERS**

Records Officer	James Peek
IT Officer	Garry Stevens and Darren Smailes
Equipment Officer	Andrew Moorby
Officer of Officials	Simone Jordan
Health and Safety Officer	Michelle Moule

**Carnival Manager:** Leanne Wilkinson (Belconnen)  
**Assistant Carnival Manager:** Bruce Hoogendoorn (Woden)

## **TIMETABLE**

- 7.15am** Equipment Officer and designated Centre representatives commence set up
- 8.15am** Chief Officials report to Officer of Officials
- 8.45am** First call for first events
- 9.00am** First events start U6, U7 and U8 athletes only
- Not Before 10.30am** First events start for U9 and above

*Hint: With the younger athletes, the order of running in the track events should be written on the athlete's arm, or some other clear indication of order provided to the marshals*

### CENTRE UNIFORMS

Centre	Abbr	Singlet/T-Shirt
Bega Valley	BEGA	White, green and yellow
Belconnen	BELC	Light blue with maroon
Calwell	CALW	Red with gold
Cooma	COOM	White with black
Corroboree	CORR	White, blue and gold
Ginninderra	GINN	Yellow and black
Goulburn Mulwaree	MULW	Aqua, maroon and white
Gungahlin	GUNG	White with black side stripes & red shoulder stripes
Jindabyne	JIND	Lime green, navy and white
Lanyon	LANY	Aqua and royal blue
Murrumbateman	MURR	Grey and white
Queanbeyan	QUEA	White and bottle green
Southern Tablelands	SOUT	Orange and black
Tuggeranong	TUGG	Sky blue with gold
Weston Creek	WEST	Red and black
Woden	WODE	Light green and gold

### Proud Sponsors of Little Athletics ACT

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## RULES OF COMPETITION

### RC/1 GENERAL

<b>Authority and Precedence</b>	All events will be conducted under the rules of competition of the current IAAF Handbook, LAA Standard Rules and LAACT Rules. The order of precedence of the rules is LAACT (Carnival Booklet) followed by LAA Standard then IAAF.		
<b>Footwear Policy</b>	The wearing of footwear is mandatory at all LAACT sanctioned events.		
<b>Definition of Spikes</b>	<p>"Spikes" are defined as footwear which have some sharp objects on or attached to the shoe (especially the sole). The objects may be metal or of some other rigid material.</p> <p>"Spikes" includes any shoe capable of taking spikes whether these spikes are fitted or removed. This includes the replacement of the spikes with blanks.</p>		
<b>Use of Spikes</b>	<b>Age Group</b>	<b>Events</b>	<b>Synthetic Tracks</b>
	U6 & U8	All events	NO SPIKES
	U9 to U17	All <b>laned</b> track events and jumps.	Smooth Pyramid or 'Christmas tree' spikes, no longer than 7mm
	U13 to U17	<b>Unlaned</b> track events	Smooth Pyramid or 'Christmas tree' spikes, no longer than 7mm
<b>Spikes put on and removal</b>	<p>For track events, the spikes may only be put on immediately prior to the start of the event and must be removed on completion of the event and while competitors are still in their lanes.</p> <p>For field events, the spikes may only be put on immediately prior to the start of the event and must be removed at the event site on completion of the event.</p>		
<b>Personnel allowed to be in the Competition Area</b>	<p>Only identified Officials and those competitors actually competing in an event are permitted into the competition area. On completion of an event, athletes must leave the competition area immediately.</p> <p>Referees will be identified by the wearing of a pink coloured vest.</p> <p>Chief Officials will be identified by the wearing of a red vest. Other Officials will be identified by the wearing of an orange or yellow vest. Anyone without a vest or not competing in an event, is <b>NOT</b> to be inside the competition area.</p> <p>Parents, who are not Officials, spectators and children of Officials are NOT permitted inside the competition area.</p>		

<b>Photography</b>	<p>Photography inside the competition area and enclosed boundaries of event areas is only permitted to be taken by appointed official photographers. Anyone else in the competition area and enclosed boundaries of event areas is <b>NOT</b> permitted to take photographs.</p> <p>Photographs will be taken of children competing. The photographers will then delete any photographs where they can identify an athlete who is not allowed to be photographed. This will occur before any photographs are published.</p>
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## **RC/2 CONDUCT OF EVENTS**

<b>Event Scheduling</b>	<p>The Carnival Manager in consultation with the Competition and Technical Director and Track and/or Field Referee has discretion to cancel or reschedule, over the period of the Championships, any/all event/s.</p> <p>Every endeavour will be made to notify Centres as soon as possible following a decision to cancel all events via email and website.</p> <p>Any event/s that cannot be held during the Championships will not be rescheduled and recorded as not being held.</p>
<b>Role of Field Event Chiefs, Chief and Start Marshal on Uniforms</b>	<p>Field Event Chiefs, the Chief Marshal and the Start Marshal have a responsibility to ensure that athletes are in their correct uniform. Once an athlete commences an event, that athlete cannot be disqualified on the grounds of incorrect uniform.</p>
<b>Event Precedence and Procedure</b>	<p>Track events will take precedence over field events. Competitors must notify the Chief official before they leave the field event and must return immediately after their track event is finished. Failure to do this may mean the competitor is not allowed to return to the field event, as stated below</p> <p>Any competitor who leaves a field event to compete in a track event may return to the field event and complete his/her full complement of trials, with the exception of the High Jump. Two (2) minutes will then be given to the returning competitor/s between trials. In the High Jump, a competitor will return to the event at the height to which the bar has been raised to through normal competition.</p> <p>Where necessary, to allow for competitors returning from track events, a field event will be deemed closed to all competitors ten (10) minutes after the completion of all trials/ jumps. The Field Referee is to ensure that no extraordinary delay has occurred that prevents the return of athletes before the event is closed.</p>

<b>Team Officials</b>	Team Managers and Chief's are responsible for ensuring that all Officials required for allocated Carnival Teams are located at the appropriate event area.
<b>Reporting for Competition</b>	<p>Competitors in track events will report to the designated marshalling area immediately after the first call for an event. Competitors in field events will report direct to the event area immediately after the first call for that event.</p> <p>Each event will receive two marshalling calls only, approximately five (5) minutes apart. Under no circumstances will marshalling calls be made for individual competitors.</p> <p>Competitors are to be escorted to the Marshalling or Event Area by a Centre Official who is not to leave until the group of competitors are registered by the Marshal/Official and clearance gained for the use of "spikes". If a competitor is at another event, the Marshal is to be advised of the name of the missing competitor and in what event they are competing. Competitors are not to report to the Marshalling Area unless their event has been called.</p> <p>Events cannot commence until the two marshalling calls have been made.</p>
<b>Clashes</b>	The Clash Marshal is to be informed by Team Managers before the start of competition of any known or likely competitor clash between track and field events. The Clash Manager will inform the Marshal/Event Official of those likely clashes and will continue to monitor the competition for other potential program clashes and advise the Marshal/Event Officials.
<b>On Field assistance including Coaching</b>	<p>Athletes must NOT receive coaching from within the competition area whilst competing in an event. Athletes who receive coaching from within the competition area during an event may be disqualified.</p> <p>No person is permitted to offer advice to an athlete from within the competition area other than an Official. Such advice is not to be coaching and is limited to factual feedback.</p>
<b>Athletes with Disabilities</b>	Any athlete with a disability is encouraged to compete but in doing so uses the equipment supplied and complies with the Rules of Competition as per able bodied athletes.

<b>Field Event Chiefs</b>	<p>Field Event Chiefs should make all U13- U17 athletes aware that they may seek the relevant Field Event Referee's presence to adjudicate on the legitimacy of a throw or jump, but that no retroactive re-instatement of any attempt not observed by the relevant Field Events Referee will be permitted.</p> <p>If a U13- U17 athlete makes an immediate oral protest, the Field Event Chief may have the attempt measured and recorded pending adjudication by the relevant Field Event Referee.</p>
<b>Records</b>	<p>Any records set need to be verified by the Track or Field Referee as appropriate. For track events, where hand timing is used, this requires verification of the result using three watches on first place. Where electronic timing, including timing gates not started and/or finished manually, is used, the Track Referee must sight the electronic result prior to verifying the record</p> <p>For field events, the appropriate mark etc. needs to remain in place for verification. The High Jump height needs to be verified by the Field referee before the athlete commences the trial and must be rechecked if the crossbar is dislodged before any subsequent trial commences.</p> <p>Australian Best Performance track records will only be recognised by verification of a hand held watch or electronic timing.</p> <p>Australian Best Performance field records must be verified by the use of a calibrated steel tape or bar or with a fibreglass tape which has been tested for accuracy against a certified steel tape.</p> <p>It is the responsibility of the event Chief Official and the relevant Referee to complete and countersign the correct paper word recording a newly achieved record before the paperwork leaves the competition area.</p> <p>Composite track relay teams will not be accredited with records.</p>

### **RC/3 CENTRE RESPONSIBILITIES**

<b>Uniforms</b>	<p>All athletes must compete in their approved Centre Uniform, complete with current age patch, LAA sponsor's logo and registration number. Any sponsorship on athlete's uniforms which conflicts with current LAA and/or LAAC sponsors must be covered prior to competition.</p>
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<b>Responsibility for Uniforms</b>	It is the Centre's responsibility to ensure the completeness of an athlete's uniform. Any difficulties should be cleared with the Carnival Manager, who has been granted discretion on these matters, prior to the athlete's first event of the day.
<b>Team Managers</b>	<p>Each Centre must provide a Team Manager.</p> <p>The Team Manager is responsible for all aspects of the management of the Centre activities on the day including the provision of likely competitor track and field clashes to the Clash Manager prior to the start of competition.</p> <p>Team Managers should be able to anticipate calls for track events and have competitors ready to report to the designated marshalling area.</p> <p>The Centre Team Manager or Team Manager of Officials is responsible for ensuring that the required team Officials from the Centre are provided for the whole of the Carnival at the appropriate event area.</p> <p>Team Managers are to inform marshalling of the need for the formation of composite teams and must assist marshalling in the formation of the composite teams.</p>

#### **RC/4 PROTESTS**

<b>First Step</b>	<p>Before a protest is lodged, in the first instance a verbal approach may be made by an athlete (U13 and above only)/ Team Manager to the Chief Official (Field Events) or Track Referee at the event.</p> <p>If not satisfied with the Chief Official's explanation for the decision, the Field Referee must then be asked for a decision.</p>
<b>Written Protest</b>	If not satisfied with the decision of the Track or Field Referee, as appropriate, a written protest may then be lodged with the Carnival Manager, by the Team Manager, to be adjudicated by the Jury of Appeal.
<b>Timing of Protest</b>	The protest must be lodged not more than fifteen (15) minutes after the event result has been posted and be accompanied by a deposit of \$50.00 which will be forfeited if the appeal is unsuccessful.
<b>The Jury of Appeal</b>	The Jury of Appeal will consist of the Carnival Manager, the Officer of Officials and a Referee who was not involved in the original decision.
<b>Conflict of Interest</b>	If any member/s of the Jury of Appeal are associated in any way with the protesting Team or were involved in the original decision, the Carnival Manager will appoint a replacement/s to the Jury on the day for that appeal only.



## RC/5 RELAYS

<b>Field Event Teams</b>	<p>Athletes <b>must</b> compete in their own age group in the field relay teams.</p> <p>Centres may enter one field relay team per age group with a minimum of two competitors in that team in order to score points and no limit on the maximum number of competitors per team.</p> <p>If there is only one competitor in a team, no points will be scored by that team.</p>
<b>Track Event Teams</b>	<p>A Centre complete age group relay team is comprised of athletes of the same age group.</p> <p>Complete relay teams <b>must</b> be formed from the same age group before the use of younger age groups.</p> <p>Athletes may compete in older age groups in Track Relays where a Centre is having difficulty in fielding a complete team, except that U6, U7 &amp; U8 may <b>not</b> compete in the Swedish medley circular relay and such a team must contain at least one member of the older Age Group.</p> <p>Centres may enter more than one track relay team per age group. Mixed gender teams are not permitted</p>
<b>Composite Track Event Teams</b>	<p>Composite teams comprising same or same and younger age group athletes from different Centres may compete in track relays.</p> <p>Where the same Centre is represented by a same age group athlete in more than one composite team, only one of those composite teams may use younger age group athletes.</p> <p>The composition of these teams must be given to the recorders.</p> <p>Mixed gender teams are not permitted.</p> <p>Team Managers are to inform marshalling of the need for the formation of composite teams and must assist marshalling in the formation of the composite teams.</p>

<b>Points Scoring</b>	<p>Only the highest finishing track relay team from each Centre or composite Centres will score points.</p> <p>Composite teams comprising athletes from different Centres will share the points designated for their relevant placing in the event. The Centre sharing is a ratio of the placing points based on the number of athletes from a Centre in the team.</p> <p>In the field relays, the two top age group performances from each Centre Team will be added together and that performance total will score points.</p>	
<b>Overall Winner</b>	The Centre points score will be based on the total points gained in all four (4) relay events. The Centre accumulating the highest aggregate points score will receive the Mick Morris Relay Championship Award.	
<b>Points Score</b>	Once placings have been decided, points for each relay event will be allocated as per the table below:	
	13 points for 1st place	6 points for 7 <sup>th</sup> place
	11 points for 2 <sup>nd</sup> place	5 points for 8 <sup>th</sup> place
	10 points for 3 <sup>rd</sup> place	4 points for 9 <sup>th</sup> place
	9 points for 4 <sup>th</sup> place	3 points for 10 <sup>th</sup> place
	8 points for 5 <sup>th</sup> place	2 points for 11 <sup>th</sup> place
	7 points for 6 <sup>th</sup> place	1 point for 12 <sup>th</sup> place
<p><b>a.</b> Teams that compete in a track relay but are disqualified receive one (1) point for competing</p> <p><b>b.</b> Teams competing in a field relay that fail to obtain a measurable performance receive one (1) point for competing.</p>		
<b>Track Events</b>	U6-8	4 x 50 metre shuttle relay 4 x 100 metre shuttle relay
	U9-10	4 x 70 metre shuttle relay 4 x 100 metre circular relay
	U11-17	4 x 100 metre circular relay 1000 metre Swedish medley circular relay (1x100m, 1x300m, 1x200m, 1x400m)
	Open	4 x 100 metre circular relay 4 x 400 metre circular relay
<b>Field Events</b>	U7-9	Long Jump and Shot Put
	U10 & 12	Long Jump and Discus
	U11	Long Jump and Shot Put
	U13, 15-17	High Jump and Shot Put
	U14	High Jump and Discus

## LONG JUMP

<b>Take Off Area</b>	<p>The size of the long jump take-off area for both boys and girls is as follows:</p> <p>Under 7: 1 metre sq mat; mat edge nearest the pit to be no more than ½ metre from the edge of the pit.</p> <p>Under 8: 1 metre sq mat; mat edge nearest the pit to be no more than 1 metre from the edge of the pit.</p> <p>Under 9 to U10: 1.22 metre x 0.5 metre mat; mat edge nearest the pit to be 1 metre from the edge of the pit.</p> <p>Under 11 to U17: 1.22 metre x 0.2 metre; board marking or mat edge nearest the pit to be 1 metre and no more than 2 metres from the edge of the pit.</p>
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## TRACK EVENTS

<b>Starting Blocks</b>	Starting blocks may only be used by U11 and above Age Groups in the 4 X 100m and Swedish medley circular relay.
<b>Relay Heats</b>	<p>a. In the shuttle relays, if more than ten (10) Centres compete in any one relay, heats will be run.</p> <p>b. If more than eight (8) Centres participate in the 4 x 100 metre and Swedish medley circular relay, heats will be run.</p> <p>In both instances no final will be run but the final placings will be based on the times recorded in the heats.</p>
<b>Swedish Medley Circular Relay</b>	<p>Swedish medley circular relay:</p> <p>a. Classed as a <b>laned</b> event</p> <p>b. Order of running will be 100m, 300m, 200m, 400m (<b>note</b> only 100m will be in lanes)</p> <p>c. Race begins at the 200m start</p> <p>d. Change over zones used in order will be: third 4 x 100m, unlaned 4 x 200m (commencing at the 200m start point, 4 x 400m (no acceleration zone).</p> <p>e. 300m leg becomes single lane at a designated cut in point in the straight. That point is a line marked by cones across the track.</p>
<b>Lane Draw</b>	The lane draw will be advised on the day.
<b>Track Disqualification</b>	<p>A relay team will be disqualified if they are responsible for two (2) false starts or on the basis of a technical rule.</p> <p>At the discretion of the Track Referee, a relay team will be disqualified for a conduct breach that is deemed to be in contravention of the ACTLAA By- Laws (Code of Behaviour for athletes). The team may also, but not necessarily, be disqualified if other relevant Codes of Behaviour sections within the By-Laws have been deemed to be contravened.</p>

<b>Track Relay Placing and Ribbons</b>	<p>Ribbons will be awarded to the Teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.</p> <p>Where there are heats, the top three teams by time will be awarded ribbons.</p> <p>Ribbons will be awarded as soon as possible after the completion of the event.</p>
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## FIELD EVENTS

<b>Field Trials</b>	<p>In the Long Jump, Shot Put and Discus events, each competitor will be allowed two (2) trials only. For each competitor, the trials for Shot Put and Discus will be successive and measured after the second trial.</p> <p>Each competitor is allowed only one practice trial.</p>
<b>Field Relay Placing and Ribbons</b>	<p>For field relays, performance of the two (2) top competitors from each Centre Team will be added together to determine the overall team placing.</p> <p>Ribbons will be awarded at the event site to the Teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.</p>
<b>Field Disqualification</b>	<p>At the discretion of the Field Referee, a competitor will be disqualified for a conduct breach that is deemed to be in contravention of the ACTLAA By-Laws (Code of Behaviour for athletes). The competitor may also, but not necessarily, be disqualified if other relevant Codes of Behaviour sections within the By-Laws have been deemed to be contravened.</p>
<b>Throwing Implements</b>	<p>Competitors are not permitted to use their own throwing implements.</p> <p>If necessary, the relevant Field Referee in consultation with the Carnival Manager will be responsible for certifying that implements supplied are legal.</p> <p>Discuses may be made from rubber or synthetic compound or wood or synthetic compound with a metal rim.</p>
<b>Weights</b>	<p>The weights of the throwing implements are as follows:</p>

Boys	U7	U8	U9-U12	U13-U14	U15-U16	U17
Shot	1kg	1.5kg	2kg	3kg	4kg(Red)	5kg (green)
Girls	U7	U8	U9-U12	U13-U17		
Shot	1kg	1.5kg	2kg	3kg		
	(blue)	(yellow)	(orange)	(white)		
Boys	U7	U8-U11	U12-U13	U14-U16		U17
Discus	350g	500g	750g	1kg		1.5kg
Girls	U7	U8-U11	U12-U13	U14-U17		
Discus	350g	500g	750g	1kg		

## HIGH JUMP

<b>High Jump Rules</b>	<p>The following rules apply to High Jump:</p> <p>a. <b>The bar will rise in increments of 5cm only.</b></p> <p>b. Where only one competitor remains, that competitor is entitled to continue jumping until they forfeit their right to compete further.</p> <p>c. Competitors are to advise their starting height if higher than those nominated and may pass at any height.</p> <p>D. The starting heights are:</p>	
	<b>Girls</b>	<b>Boys</b>
Under 13	100 cm	100 cm
Under 14	100 cm	100 cm
Under 15, 16 & 17	100 cm	100 cm

## THE SWEDISH MEDLEY RELAY

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

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

Runner 2 (300m) - The second runner receives the baton within the third 4x100 takeover zone. Once athletes enter the straight, they may cut across at a designated point to run on the inside. The designated point is a line marked by cones across the track.

Runner 3 (200m) - The third runner commences at the 200 metres start point within the unlaned 4x200 change zone. Athletes are lined up in the takeover

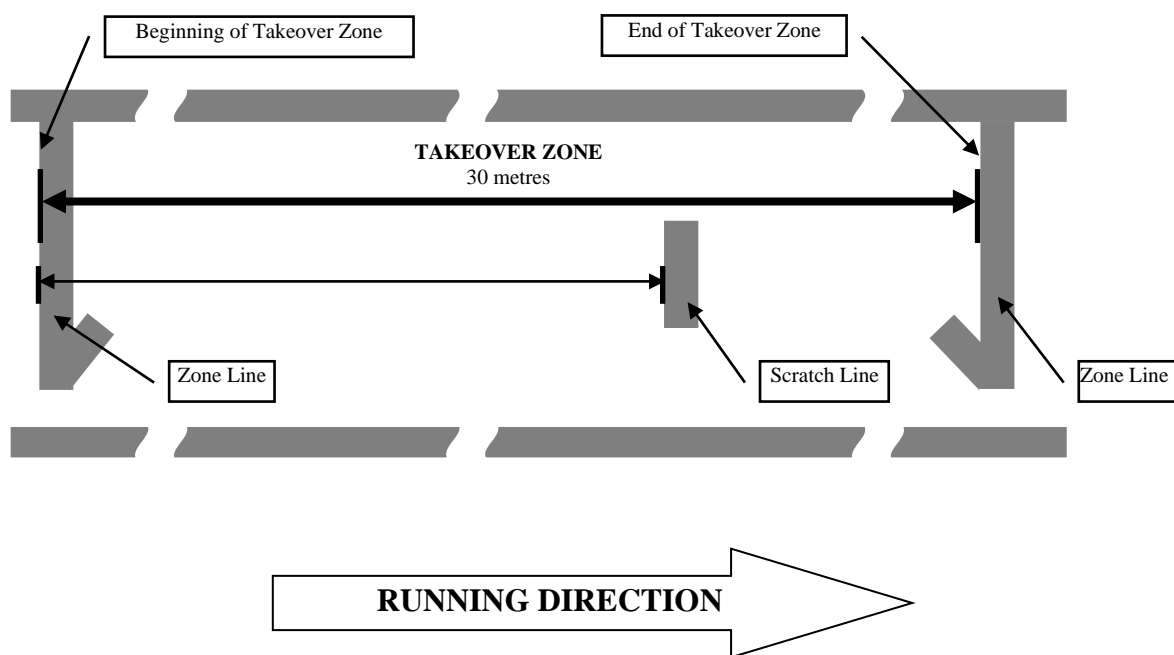
zone based on the order of their teams position as they cross the finish line. Once placed in order by the competition officials, they may not change order.

Runner 4 (400m) - The final change over occurs in the 4x400 change zone. There is **no** acceleration zone. Athletes enter the takeover 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 is run in lanes. Thereafter, each athlete is entitled, (subject always to the rules of obstruction and interference) to run in lane 1.

### 4X100M RELAY TAKEOVER ZONE

1. In the 4 x 100m, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
2. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.6 is observed.



*Note: Unless a track has been specifically marked for 30m takeover zones, the existing line marked on the track to denote the acceleration line shall be used as the incoming zone line.*

# **RELAY CARNIVAL RECORDS**

Event	Record	Centre	Date	Event	Record	Centre	Date
<b>6 Girls</b>				<b>6 Boys</b>			
4 x 50 Metres Relay	40.95s/E	Cal	Dec 03	4 x 50 Metres Relay	42.95s	Cor	Dec 17
4 x 100 Metres Relay	1:25.3s	Lan	Nov 16	4 x 100 Metres Relay	1:20.7s	Wod	Nov 16
<b>7 Girls</b>				<b>7 Boys</b>			
4 x 50 Metres Relay	38.24s/S	Wes	Nov 90	4 x 50 Metres Relay	37.04s/S	Qbn	Nov 89
4 x 100 Metres Relay	1:12.04s/S	Bel	Dec 88	4 x 100 Metres Relay	1:10.44s/S	Tug	Dec 88
Long Jump Relay	5.68m	Qbn	Nov 01	Long Jump Relay	6.42m	Wod	Nov 90
Shot Put (1 Kg) Relay	12.00m	Ginn	Nov 16	Shot Put (1 Kg) Relay	12.14m	Gin	Dec 15
<b>8 Girls</b>				<b>8 Boys</b>			
4 x 50 Metres Relay	35.34s/S	Bel	Nov 89	4 x 50 Metres Relay	34.04s/S	Qbn	Nov 89
4 x 100 Metres Relay	1:06.44s/S	Wod	Dec 88	4 x 100 Metres Relay	1:03.74s/S	Bel	< 85
Long Jump Relay	7.25m	Mul	Dec 17	Long Jump Relay	7.19m	Qbn	Nov 95
Shot Put (1.5 Kg) Relay	14.85m	Gin	Dec 17	Shot Put (1.5 Kg) Relay	12.18m	Qbn	Nov 95
<b>9 Girls</b>				<b>9 Boys</b>			
4 x 70 Metres Relay	46.04s/S	Gin	Nov 90	4 x 70 Metres Relay	44.94s/S	Tug	Nov 90
4 x 100 Metres Relay	1:04.44s/S	Cal	Nov 97	4 x 100 Metres Relay	1:01.54s/S	Tug	< 84
Long Jump Relay	7.23m	Cal	Nov 13	Long Jump Relay	7.38m	Wes	Nov 92
Shot Put (2 Kg) Relay	11.12m	Cal	Nov 13	Shot Put (2 Kg) Relay	15.09m	Bel	Nov 00
<b>10 Girls</b>				<b>10 Boys</b>			
4 x 70 Metres Relay	43.18s/E	Wod	Dec 18	4 x 70 Metres Relay	43.14s/S	Wes	Nov 90
					43.14s/S	Cal	Nov 93
4 x 100 Metres Relay	59.94s/S	Tug	< 84	4 x 100 Metres Relay	58.84s/S	Eri	Nov 91
Long Jump Relay	7.95m	Wod	Nov 04	Long Jump Relay	8.34m	Eri	Nov 92
Discus (500g) Relay	42.68m	Gin	Nov 92	Discus (500g) Relay	51.92m	Tug	Nov 90
<b>11 Girls</b>				<b>11 Boys</b>			
4 x 100 Metres Relay	58.24s/S	Wod	Mar 88	4 x 100 Metres Relay	56.74s/S	Wes	< 85
	58.24s/S	Tug	Mar 88		56.74s/S	Cal	Nov 93
4 x Swedish Relay	2:51.4s	Wod	Dec 17	4 x Swedish Relay	2:46.5s	Wod	Dec 17
Long Jump Relay	8.13m	Wod	Nov 00	Long Jump Relay	8.83m	Cal	Nov 04
Shot Put (2 Kg) Relay	15.74m	Eri	Nov 92	Shot Put (2 Kg) Relay	18.71m	Qbn	Nov 98
<b>12 Girls</b>				<b>12 Boys</b>			
4 x 100 Metres Relay	56.24s/S	Tug	Nov 91	4 x 100 Metres Relay	54.14s/S	Wes	Mar 86
4 x Swedish Relay	2:42.97s	Cor	Dec 18	4 x Swedish Relay	2:41.95s	Wod	Dec 18
Long Jump Relay	9.35m	Wod	Nov 90	Long Jump Relay	9.69m	Wes	Nov 95
Discus (750g) Relay	45.54m	Lan	Nov 95	Discus (750g) Relay	61.38m	Cal	Nov 16
<b>13 Girls</b>				<b>13 Boys</b>			
4 x 100 Metres Relay	53.84s/S	Qbn	Mar 86	4 x 100 Metres Relay	52.30s/E	Gin	Dec 15
4 x Swedish Relay	2:38.8s	Wod	Nov 16	4 x Swedish Relay	2:29.4s	Gin	Nov 16
High Jump Relay	2.95m	Coo	Nov 92	High Jump Relay	3.30m	Bel	Nov 93
Shot Put (3 Kg) Relay	17.57m	Wod	Nov 91	Shot Put (3 Kg) Relay	22.54m	Tug	Nov 92
<b>14 Girls</b>				<b>14 Boys</b>			
4 x 100 Metres Relay	51.84s/S	Tug	Nov 93	4 x 100 Metres Relay	49.44s/S	Wes	Mar 87
4 x Swedish Relay	2:33.16s	Cal	Dec 18	4 x Swedish Relay	2:25.5s	Gin	Dec 17
High Jump Relay	3.00m	Coo	Nov 93	High Jump Relay	3.25m	Cal	Dec 15
Discus (1 Kg) Relay	60.93m	Gin	Nov 16	Discus (1 Kg) Relay	76.61m	Gun	Dec 18
<b>15 Girls</b>				<b>15 Boys</b>			
4 x 100 Metres Relay	51.58s/E	Wod	Dec 15	4 x 100 Metres Relay	47.2s	Wod	Nov 16
					47.2s	Gin	Dec 17
4 x Swedish Relay	2:32.5s	Bel	Nov 16	4 x Swedish Relay	2:20.8s	Wod	Nov 16
High Jump Relay	3.05m	Wod	Dec 15	High Jump Relay	3.50m	Tug	Nov 89
					3.50m	Tug	Nov 98
Shot Put (3 Kg) Relay	19.29m	Wes	Nov 93	Shot Put (4 Kg) Relay	25.91m	Wes	Nov 89
<b>16 Girls</b>				<b>16 Boys</b>			
4 x 100 Metres Relay	51.91s/E	Gin	Nov 13	4 x 100 Metres Relay	47.0s	Wod	Dec 17
4 x Swedish Relay	2:36.9s	Gin	Nov 16	4 x Swedish Relay	2:11.6s	Wod	Nov 16
High Jump Relay	2.75m	Qbn	Nov 14	High Jump Relay	3.25m	Gou	Dec 15
	2.75m	Wod	Dec 18	Shot Put (4 Kg) Relay	20.75m	Gou	Dec 12
Shot Put (3kg) Relay	16.96m	Cal	Dec 15				
<b>17 Girls</b>				<b>17 Boys</b>			
4 x 100 Metres Relay	51.30s	Qbn	Nov 16	4 x 100 Metres Relay	44.9s	Wod	Dec 17
4 x Swedish Relay	2:34.8s	Gun	Dec 17	4 x Swedish Relay	2:07.3s	Wod	Dec 17
High Jump Relay	2.75m	Gun	Dec 17	High Jump Relay	3.50m	Wod	Dec 17
Shot Put (3 Kg) Relay	16.30m	Cal	Nov 16	Shot Put (5 Kg) Relay	22.63m	Wod	Dec 17

**FINAL**  
**RELAY CARNIVAL SCHEDULE OF EVENTS**  
**14<sup>th</sup> December 2019 9am start**

FIELD				
F1	U7	Boys	Long Jump	Area 1 + 2
F2	U7	Girls	Long Jump	Area 3 + 4
F3	U8	Boys	Shot Put	Area 1 + 2 + 4
F4	U8	Girls	Shot Put	Area 1 + 2
F5	U7	Boys	Shot Put	Area 4 + 1
F6	U7	Girls	Shot Put	Area 2 + 4
F7	U8	Boys	Long Jump	Area 1 + 2 + 1
F8	U8	Girls	Long Jump	Area 3 + 4
Events to Start <b>Not Before 10:30am</b>				
F9	U15	Boys	Shot Put	Area 1
F10	U13	Boys	High Jump	Area 2
F11	U13	Girls	High Jump	Area 1
F12	U14	Girls	Discus	Area 1
F13	U14	Boys	Discus	Area 2
F14	U15	Girls	Shot Put	Area 2
F15	U16/17	Boys	Shot Put	Area 4
F16	U16/17	Girls	Shot Put	Area 1
F17	U9	Girls	Long Jump	Area 3 + 4
F18	U9	Boys	Long Jump	Area 1 + 2
F19	U12	Boys	Long Jump	Area 3 + 4
F20	U12	Girls	Long Jump	Area 1 + 2
F21	U11	Girls	Shot Put	Area 2 + 4
F22	U11	Boys	Shot Put	Area 1
F23	U10	Girls	Discus	Area 1 + 2
F24	U10	Boys	Discus	Area 1 + 2
F25	U16/17	Girls	High Jump	Area 1
F26	U16/17	Boys	High Jump	Area 2
F27	U13	Boys	Shot Put	Area 2
F28	U13	Girls	Shot Put	Area 4
F29	U12	Boys	Discus	Area 1 + 2
F30	U12	Girls	Discus	Area 1 + 2
F31	U14	Boys	High Jump	Area 2
F32	U14	Girls	High Jump	Area 1
F33	U15	Girls	High Jump	Area 1
F34	U15	Boys	High Jump	Area 2
F35	U9	Girls	Shot Put	Area 1 + 2
F36	U9	Boys	Shot Put	Area 4 + 1
F37	U11	Boys	Long Jump	Area 4
F38	U11	Girls	Long Jump	Area 1 + 2
F39	U10	Boys	Long Jump	Area 3 + 4
F40	U10	Girls	Long Jump	Area 1 + 2

TRACK			
S1	U6	Boys	4 x 50
S2	U6	Girls	4 x 50
S3	U6	Boys	4 x 100
S4	U6	Girls	4 x 100
S5	U8	Boys	4 x 50
S6	U8	Girls	4 x 50
S7	U7	Boys	4 x 50
S8	U7	Girls	4 x 50
S9	U8	Boys	4 x 100
S10	U8	Girls	4 x 100
S11	U7	Boys	4 x 100
S12	U7	Girls	4 x 100
Events to Start <b>Not Before 10:30am</b>			
S13	U10	Boys	4 x 70
S14	U10	Girls	4 x 70
S15	U9	Boys	4 x 70
S16	U9	Girls	4 x 70
C1	U12	Boys	4 x 100
C2	U12	Girls	4 x 100
C3	U11	Boys	4 x 100
C4	U11	Girls	4 x 100
C5	U10	Boys	4 x 100
C6	U10	Girls	4 x 100
C7	U9	Boys	4 x 100
C8	U9	Girls	4 x 100
C9	U13	Boys	4 x 100
C10	U13	Girls	4 x 100
C11	U14	Boys	4 x 100
C12	U14	Girls	4 x 100
C13/14/15	U15/16/17	Boys	4 x 100
C16/17/18	U15/16/17	Girls	4 x 100
C19	U11	Boys	4 x Swedish
C20	U11	Girls	4 x Swedish
C21	U12	Boys	4 x Swedish
C22	U12	Girls	4 x Swedish
C23	U13	Boys	4 x Swedish
C24	U13	Girls	4 x Swedish
C25	U14	Boys	4 x Swedish
C26	U14	Girls	4 x Swedish
C27/28/29	U15/16/17	Boys	4 x Swedish
C30/31/32	U15/16/17	Girls	4 x Swedish



