



AAA Tom Pink Relays

Suggested Order of Events

Time	Event		
12 Noon	4 x 100m Relay	Under 11 Girls	Heats
	4 x 100m Relay	Under 11 Boys	Heats
12.30pm	1500m Continuous Relays	Under 13 Girls	Heats
	1500m Continuous Relays	Under 13 Boys	Heats
	1500m Continuous Relays	Under 15 Girls	Heats
	1500m Continuous Relays	Under 15 Boys	Heats
1.30pm	3 x 500m	Under 11 Girls	Time Trials
	3 x 500m	Under 11 Boys	Time Trials
	3 x 500m	Under 13 Girls	Time Trials
	3 x 500m	Under 13 Boys	Time Trials
	3 x 500m	Under 15 Girls	Time Trials
	3 x 500m	Under 15 Boys	Time Trials
2.30pm	4 x 100m Mixed Relay	Under 11 Girls and Boys	Heats
2.50pm	Mixed Medley Relay	Under 13 Girls and Boys	Heats
	Mixed Medley Relay	Under 15 Girls and Boys	Heats
3.30pm	4 x 100m Relay	Under 11 Girls	Final
	4 x 100m Relay	Under 11 Boys	Final
	1500m Continuous Relays	Under 13 Girls	Final
	1500m Continuous Relays	Under 13 Boys	Final
	1500m Continuous Relays	Under 15 Girls	Final
	1500m Continuous Relays	Under 15 Boys	Final
4.30pm	4 x 100m Mixed Relay	Under 11 Girls and Boys	Final
	Mixed Medley Relay	Under 13 Girls and Boys	Final
	Mixed Medley Relay	Under 15 Girls and Boys	Final
5.00pm	Presentations		

This is a suggested order of events but the programme timing will depend on the entries received.

The time table is based on there being 2 heats in all the relays other than the 3 x 500m relays for which I have assumed 10 entries in each