



VALOUR STATE RELAY CHAMPIONSHIPS

SATURDAY, 12 NOVEMBER 2023

TRACK PROGRAM

Event No.	Age Group - Event	Heat Or Final	Call Room By	Start Time
#1	Girls U 8/U 11 - Middle Distance	Timed Final	8:40:00	9:00:00
#2	Boys U 8/U 11 - Middle Distance	Timed Final	9:10:00	9:30:00
#3	Girls U 11 - 4 x 100m	Heats	9:40:00	10:00:00
#4	Boys U 11 - 4 x 100m	Heats	9:55:00	10:15:00
#5	Mixed U 11 - 4 x 100m	Heats	10:10:00	10:30:00
#6	Mixed U 8/U 11 - 4 x 100m	Heats	10:20:00	10:40:00
	Opening Ceremony			10:50:00
#7	Girls U 10 - 4 x 100m	Heats	11:00:00	11:20:00
#8	Boys U 10 - 4 x 100m	Heats	11:20:00	11:40:00
#9	Mixed U 10 - 4 x 100m	Heats	11:40:00	12:00:00
#10	Girls U 8 - 4 x 100m	Heats	11:50:00	12:10:00
#11	Boys U 8 - 4 x 100m	Heats	12:05:00	12:25:00
#12	Mixed U 8 - 4 x 100m	Heats	12:20:00	12:40:00
#13	Girls U 9 - 4 x 100m	Heats	12:30:00	12:50:00
#14	Boys U 9 - 4 x 100m	Heats	12:45:00	13:05:00
#15	Mixed U 9 - 4 x 100m	Heats	13:00:00	13:20:00
	Break			13:30:00
#16	Mixed U 9- 4 x 200m	Timed Final	13:35:00	14:00:00
#17	Mixed U 8 - 4 x 200m	Timed Final	13:56:00	14:21:00
#18	Mixed U 11 - 4 x 400m	Timed Final	14:24:00	14:49:00
#19	Mixed U 10 - 4 x 400m	Timed Final	14:48:00	15:13:00
#20	Girls U 8 - 4 x 100m	Final	15:12:00	15:37:00
#21	Boys U 8 - 4 x 100m	Final	15:17:00	15:42:00
#22	Mixed U 8 - 4 x 100m	Final	15:22:00	15:47:00
#23	Girls U 9 - 4 x 100m	Final	15:27:00	15:52:00
#24	Boys U 9 - 4 x 100m	Final	15:32:00	15:57:00
#25	Mixed U 9 - 4 x 100m	Final	15:37:00	16:02:00
#26	Girls U 10 - 4 x 100m	Final	15:42:00	16:07:00
#27	Boys U 10 - 4 x 100m	Final	15:47:00	16:12:00
#28	Mixed U 10 - 4 x 100m	Final	15:52:00	16:17:00
#29	Mixed U 8/U 11 - 4 x 100m	Final	15:57:00	16:22:00
#30	Girls U 11 - 4 x 100m	Final	16:02:00	16:27:00
#31	Boys U 11 - 4 x 100m	Final	16:07:00	16:32:00
#32	Mixed U 11 - 4 x 100m	Final	16:12:00	16:37:00



VALOUR STATE RELAY CHAMPIONSHIPS

SATURDAY, 12 NOVEMBER 2023

FIELD PROGRAM

*WUT = events will be on the Warm-Up Track

Event No.	Age Group - Event	Area	Straight To Event	Start Time
#33	Girls U 10 - Shot	Shot 1	8:40:00	9:00:00
#33	Girls U 10 - Discus	Discus 1	8:40:00	9:00:00
#33	Girls U 10 - Discus	Discus 2	8:40:00	9:00:00
#34	Girls U 11 -Long	Long 2	8:40:00	9:00:00
#34	Girls U 11 -High	High 2	8:40:00	9:00:00
#34	Girls U 11 - Triple	Triple 4	8:40:00	9:00:00
#35	Boys U 11 - Long	Long 1	8:40:00	9:00:00
#35	Boys U 11 - High	High 3	8:40:00	9:00:00
#35	Boys U 11 -Triple	Triple 3	8:40:00	9:00:00
			Call Room Time	Start Time
#36	Girls U 8 - Shot	Shot 1	9:45:00	10:05:00
#36	Girls U 8 - Discus	Discus 1	9:45:00	10:05:00
#36	Girls U 8 -Discus	Discus 2	9:45:00	10:05:00
#37	Girls U 9 -Long	Long 1	9:50:00	10:10:00
#37	Girls U 9 - Long	Long 2	10:00:00	10:20:00
#37	Girls U 9 - Long	Long 3	9:50:00	10:10:00
#38	Mixed U 8-11 4 x Long Jump (Junior)	Long 4	10:00:00	10:20:00
#39	Boys U 8 - Shot	Shot 1	10:45:00	11:05:00
#39	Boys U 8 -Discus	Discus 1	10:45:00	11:05:00
#39	Boys U 8 - Discus	Discus 2	10:45:00	11:05:00
#40	Boys U 9 -Long	Long 1	11:05:00	11:25:00
#40	Boys U 9 -Long	Long 2	11:15:00	11:35:00
#40	Boys U 9 -Long	Long 3	11:05:00	11:25:00
#41	Girls U 11 -Shot	Shot 3 W	12:40:00	13:00:00
#41	Girls U 11 -Discus	Discus 3 W	12:40:00	13:00:00
#41	Girls U 11 -Javelin	Javelin 2 W	12:10:00	12:30:00
#42	Boys U 10 - Shot	Shot 1	11:50:00	12:10:00
#42	Boys U 10 - Discus	Discus 1	11:50:00	12:10:00
#42	Boys U 10 - Discus	Discus 2	11:50:00	12:10:00



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#43	Girls U 10 - Long	Long 1	12:30:00	12:50:00
#43	Girls U 10 - Long	Long 2	12:40:00	13:00:00
#43	Girls U 10 - Long	Long 3	12:30:00	12:50:00
#44	Boys U 11 -Shot	Shot 3 W	13:45:00	14:05:00
#44	Boys U 11 -Discus	Discus 3 W	13:45:00	14:05:00
#44	Boys U 11 -Javelin	Javelin 2 W	13:30:00	13:50:00
#45	Boys U 9 - Shot	Shot 1	13:05:00	13:25:00
#45	Boys U 9 - Discus	Discus 1	13:05:00	13:25:00
#45	Boys U 9 - Discus	Discus 2	13:05:00	13:25:00
#46	Girls U 8 Long	Long 1	13:55:00	14:15:00
#46	Girls U 8 Long	Long 2	14:05:00	14:25:00
#46	Girls U 8 Long	Long 3	13:55:00	14:15:00
#47	Boys U 10 - Long	Long 5 W	14:50:00	15:10:00
#47	Boys U 10 - Long	Long 6 W	14:50:00	15:10:00
#47	Boys U 10 - Long	Long 7 W	14:50:00	15:10:00
#48	Girls U 9 - Shot	Shot 1	14:10:00	14:30:00
#48	Girls U 9 - Discus	Discus 1	14:10:00	14:30:00
#48	Girls U 9 - Discus	Discus 2	14:10:00	14:30:00
#49	Boys U 8 Long	Long 1	15:10:00	15:30:00
#49	Boys U 8 Long	Long 2	15:20:00	15:40:00
#49	Boys U 8 Long	Long 3	15:10:00	15:30:00

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