



Event Schedule

12pm – **Welcome Teams**

12:15 pm – **DMR**

Women

Men

12:45 pm – **SMR (1-1-2-4)**

Women

Men

1:00 pm – **3 Minute Race Walk**

Women

Men

1:15 pm – **2 x [4 x 200m Relay]**

Women

Men

1:30 pm – **Backwards 100m Dash**

Women

Men

1:45 pm – **Joggers Mile**

Mixed

2:00 pm – **Reverse Elimination Race**

Women

Men

2:15 pm – **4 x 400m Relay**

Women

Men