



1. Call Room Opening announcements will be made at the commencement of the day's competition and for the events immediately after the lunch break. No other announcements will be made and athletes are required to enter the Call Room for each event as per the official program timetable.
2. Athletes must arrive in the Call Room before the closing time of their event. The Call Room opens 30 minutes prior to the event starting time and closes 20 minutes prior to the event.
3. Athletes must present to the Call Room in correct **Centre Uniform** including the **Coles badge sewn on** and **Subway Name Tag**. Logos on shorts may be covered with tape (same colour as shorts), but tape will not be provided in the Call Room.
4. Progression from Heats to Finals will be the Heat winners, plus the next fastest times, to make up full fields of a maximum of 8.
5. Medley Relays: Where there are more than 8 declared entries, teams will be placed in heats up to a maximum of 8 athletes per heat. A series of timed races will be used to determine the overall placing of the teams.
6. Where there is only enough teams in the heats of an event to make a final, the event will be run as a **FINAL** at the Heat time.

## LITTLE ATHLETICS SUN SMART MEASURES



Little Athletics Victoria has a policy of promoting Sun Smart measures at all Little Athletics events for athletes and spectators.



HEALTH THROUGH ATHLETICS



### Athletes

- ✓ Make sure that you have good fluid intake before competing.
- ✓ Cover up between your events and stay covered up for as long as possible before track events.
- ✓ Share your shade and sunscreen with others.

### Everyone should wear sun protection

- ✓ Shirts, polo tops (preferably long sleeve with collar)
- ✓ Wear wide brimmed or legionnaire hats.
- ✓ Wear long trousers, tracksuits or similar.
- ✓ Don't forget your sunglasses.
- ✓ Apply SPF 30+ sunscreen to exposed parts of the body

**Adults – act as sun smart role models for your children**



## LIVE RESULTS



Live results can be found on the NMR website, NMR Team App or Track Meet mobile

### **For NMR Team App**

Follow these steps:

1. Download Team App from the Apple or Google Play App Store
2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for NMR Little Athletics
4. Choose your applicable access group(s)
5. If you don't have a smartphone go to [nmrlittleathletics.teamapp.com](http://nmrlittleathletics.teamapp.com) to sign up and view the App online.



### **For Track Meet mobile**

Track Meet Mobile is a platform which connects with our results platform for Region and State Championship Competitions. This app is free to download from the Apple or Google Play App Store. Please note that to access results, you need to pay either the \$2.99 monthly fee, or \$9.99 yearly fee. If you do not wish to pay, you will be able to see the schedule of events and athletes/teams competing.

### **SPIKE LENGTH & SHAPE**



Spikes must NOT exceed 7mm.  
All holes must be filled with a complete set of spikes or no more than 2 blanks.

### **UNIFORMS**

Athletes must wear their correct Centre Uniform with the Coles patch above the the LAVic logo. Shorts/Leggings need to have no unapproved branding or logos larger than 30mm x 30mm. Subway name tags must be worn.

## Little Athlete's Code of Behaviour

Play by the rules.

Never argue with an official. If you disagree, ask your Team Manager to deal with the matter.

Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.

Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.

Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.

Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.

Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.

Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.

Avoid use of bad language

## Officials' Code of Behaviour

Compliment all participants on their efforts.

Be consistent, objective and courteous in calling all infractions.

Condemn unsporting behaviour and promote respect for all opponents.

Ensure that the 'spirit of the game' for children is not lost by using common sense and not over-emphasising errors.

Ensure the equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.

Publicly encourage rule changes, which will reinforce the principles of good sporting behaviour. Actions speak louder than words.

Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children

Hold a current Working with Children Check

Avoid use of bad language

## Parents' Code of Behaviour

Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.

Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her ability by reducing the emphasis on winning.

Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.

Encourage children to always participate according to the rules

Never ridicule or yell at a child for making a mistake or losing an event.

Remember children are involved in Little Athletics for **their** enjoyment, not yours.

If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.

Support all efforts to remove all verbal and physical abuse at Little Athletics activities.

Recognise the value and importance of being a volunteer official and/or coach. They give of their time and resources to provide recreational activities for the children and deserve your support.

Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.

Avoid use of bad language.

## Coaches' Code of Behaviour

Be reasonable in your demands on young athlete's time, energy and enthusiasm.

Teach athletes the rules of the sport are mutual agreements, which no one should evade or break.

Whenever possible, group athletes to give a reasonable chance of success.

Avoid over-coaching the better performing athletes, the "just averages" athletes need and deserve equal time.

Avoid situations with your athletes that could be construed as compromising

Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment. Never ridicule or yell at the children for making mistakes or losing an event.

Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.

Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.

Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.

Develop respect for the ability of opponents as well as for the judgement of officials and coaches.

Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.

Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.

Demonstrate appropriate social behaviour, by not harassing athletes, other coaches or officials, smoking on the arena or being intoxicated.

Not publicly criticise or disagree with the work of other coaches

Hold a current Working with Children Check

Avoid use of bad language



**NORTHERN METRO REGION  
SUBWAY RELAY CHAMPIONSHIPS**



**SATURDAY 25th NOVEMBER 2017**

**MEADOWGLEN INTERNATIONAL ATHLETICS STADIUM,  
EPPING (WHITTLESEA CITY)**

**ATHLETES ARE TO BE AT THE CALL ROOM NO LATER THAN 20 MINUTES BEFORE THE SCHEDULED EVENT TIME**

**MORNING SESSION**

Event #	Start Time	Gender	Age	Event	Type	Entries
1	9:00 AM	Mixed	U12	4 x 200 M	Heats	12
2	9:08 AM	Boys	U9	4 x 200 M	Final	6
3	9:12 AM	Girls	U9	4 x 200 M	Final	3
4	9:16 AM	Girls	U12	4 x 200 M	Final	4
5	9:20 AM	Girls	U10	4 x 200 M	Final	6
6	9:24 AM	Boys	U10	4 x 200 M	Final	5
7	9:28 AM	Girls	U11	4 x 200 M	Final	4
8	9:32 AM	Boys	U11	4 x 200 M	Final	7
9	9:36 AM	Girls	U13	4 x 200 M	Final	3
10	9:40 AM	Boys	U12	4 x 200 M	Final	5
11	9:44 AM	Boys	U13	4 x 200 M	Final	6
12	9:48 AM	Boys	U14	4 x 200 M	Final	2 **
13	9:48 AM	Boys	U15	4 x 200 M	Final	2 **
14	9:56 AM	Girls	U14	4 x 200 M	Final	4 **
15	9:56 AM	Girls	U15	4 x 200 M	Final	2 **
16	10:12 AM	Mixed	U9	4 x 200 M	Final	4
17	10:16 AM	Mixed	U10	4 x 200 M	Final	5
18	10:20 AM	Mixed	U11	4 x 200 M	Final	7
19	10:24 AM	Mixed	U12	4 x 200 M	Final	
20	10:28 AM	Mixed	U13	4 x 200 M	Final	4
21	10:32 AM	Mixed	U14	4 x 200 M	Final	5
22	10:36 AM	Mixed	U15	4 x 200 M	Final	3
23	10:55 AM	Girls	U9-11	Medley	Final	5
24	11:00 AM	Boys	U9-11	Medley	Final	4
25	11:05 AM	Girls	U12-13	Medley	Final	3
26	11:10 AM	Boys	U12-13	Medley	Final	2
27	11:15 AM	Girls	U14-15	Medley	Final	2
28	11:20 AM	Boys	U14-15	Medley	Final	3
29	11:40 AM	Mixed	U10	4 x 100 M	Heats	10
30	11:46 AM	Mixed	U11	4 x 100 M	Heats	12
31	11:52 AM	Mixed	U12	4 x 100 M	Heats	15
32	11:58 AM	Mixed	U13	4 x 100 M	Heats	12
33	12:10 PM	Boys	U11	4 x 100 M	Heats	10
34	12:16 PM	Boys	U12	4 x 100 M	Heats	11
35	12:22 PM	Boys	U10	4 x 100 M	Heats	10

**LUNCH BREAK**

**AFTERNOON SESSION**

Event #	Start Time	Gender	Age	Event	Type	Entries
36	1:15 PM	Mixed	U13	4 x 100 M	Final	
37	1:18 PM	Mixed	U14	4 x 100 M	Final	8
38	1:21 PM	Mixed	U15	4 x 100 M	Final	5
39	1:24 PM	Mixed	U9	4 x 100 M	Final	4
40	1:27 PM	Mixed	U10	4 x 100 M	Final	
41	1:30 PM	Mixed	U11	4 x 100 M	Final	
42	1:33 PM	Mixed	U12	4 x 100 M	Final	
43	1:45 PM	Boys	U13	4 x 100 M	Final	7
44	1:48 PM	Girls	U13	4 x 100 M	Final	7
45	1:51 PM	Boys	U14	4 x 100 M	Final	4
46	1:54 PM	Girls	U14	4 x 100 M	Final	5
47	1:57 PM	Boys	U15	4 x 100 M	Final	3
48	2:00 PM	Girls	U15	4 x 100 M	Final	3
49	2:03 PM	Girls	U9	4 x 100 M	Final	4
50	2:06 PM	Girls	U11	4 x 100 M	Final	7
51	2:09 PM	Boys	U9	4 x 100 M	Final	8
52	2:12 PM	Boys	U10	4 x 100 M	Final	
53	2:15 PM	Girls	U10	4 x 100 M	Final	8
54	2:18 PM	Boys	U11	4 x 100 M	Final	
55	2:21 PM	Girls	U12	4 x 100 M	Final	7
56	2:24 PM	Boys	U12	4 x 100 M	Final	
57	2:40 PM	Boys	U13	Medley	Final	5
58	2:45 PM	Girls	U13	Medley	Final	5
59	2:50 PM	Boys	U14	Medley	Final	4
60	2:55 PM	Girls	U14	Medley	Final	7
61	3:00 PM	Boys	U15	Medley	Final	1
62	3:05 PM	Girls	U15	Medley	Final	2
63	3:15 PM	Boys	U11	Medley	Final	9
64	3:20 PM	Girls	U11	Medley	Final	4
65	3:25 PM	Boys	U9	Medley	Final	6
66	3:30 PM	Girls	U9	Medley	Final	3
67	3:35 PM	Boys	U10	Medley	Final	8
68	3:40 PM	Girls	U10	Medley	Final	4
69	3:45 PM	Boys	U12	Medley	Final	4
70	3:50 PM	Girls	U12	Medley	Final	5

\*\* Events to run combined

# 2017 SUBWAY NMR RELAY CHAMPIONSHIPS - LANE DRAWS

Call Room Opens 30 minutes before event start time - Call Room Closes 20 minutes before event start time

**9:00 AM** Event 1 Mixed Under 12 - 4x200 Heats  
8 Advance: Top 1 Each Heat plus Next 6 Best Times  
VBP: 1:49.74  
NMR: 1:54.49  
Heat 1 of 2  
2 Keilor A  
3 Keilor B  
4 Preston-Reservoir B  
5 Whittlesea City A  
6 Diamond Valley A  
7 Sunbury B  
Heat 2 of 2  
2 Sunbury A  
3 Diamond Valley B  
4 Preston-Reservoir A  
5 Coburg A  
6 Essendon A  
7 Keilor C

**9:08 AM** Event 2 Boys Under 9 - 4x200 FINAL  
VBP: 2:06.00  
NMR: 2:13.11  
2 Whittlesea City A  
3 Keilor A  
4 Diamond Valley B  
5 Diamond Valley A  
6 Essendon A  
7 Preston-Reservoir A

**9:12 AM** Event 3 Girls Under 9 - 4x200 FINAL  
VBP: 2:11.60  
NMR: 2:21.70  
3 Coburg A  
4 Keilor A  
5 Diamond Valley A

**9:16 AM** Event 4 Girls Under 12 - 4x200 FINAL  
VBP: 1:50.80  
NMR: 1:55.58  
3 Essendon A  
4 Diamond Valley A  
5 Essendon B  
6 Whittlesea City A

**9:20 AM** Event 5 Girls Under 10 - 4x200 FINAL  
VBP: 2:03.20  
NMR: 2:10.57  
2 Keilor C  
3 Whittlesea City A  
4 Keilor B  
5 Keilor A  
6 Diamond Valley A  
7 Sunbury A

**9:24 AM** Event 6 Boys Under 10 - 4x200 FINAL  
VBP: 1:59.40  
NMR: 2:05.60  
2 Keilor B  
3 Keilor A  
4 Essendon A  
5 Whittlesea City A  
6 Essendon B

**9:28 AM** Event 7 Girls Under 11 - 4x200 FINAL  
VBP: 1:57.92  
NMR: 2:02.90  
3 Keilor A  
4 Essendon A  
5 Diamond Valley A  
6 Diamond Valley B

**9:32 AM** Event 8 Boys Under 11 - 4x200 FINAL  
VBP: 1:54.70  
NMR: 1:59.72  
2 Whittlesea City B  
3 Essendon A  
4 Keilor A  
5 Whittlesea City A  
6 Essendon B  
7 Diamond Valley B  
8 Diamond Valley A

**9:36 AM** Event 9 Girls Under 13 - 4x200 FINAL  
VBP: 1:45.87  
NMR: 1:51.61  
3 Essendon A  
4 Keilor A  
5 Whittlesea City A

**9:40 AM** Event 10 Boys Under 12 - 4x200 FINAL  
VBP: 1:48.80  
NMR: 1:52.06  
2 Sunbury A  
3 Preston-Reservoir A  
4 Whittlesea City A  
5 Diamond Valley A  
6 Keilor A

**9:44 AM** Event 11 Boys Under 13 - 4x200 FINAL  
VBP: 1:42.37  
NMR: 1:47.53  
2 Essendon A  
3 Whittlesea City A  
4 Keilor B  
5 Keilor A  
6 Diamond Valley A  
7 Sunbury A

**9:48 AM** Event 12 Boys Under 14 - 4x200 FINAL  
VBP: 1:36.34  
NMR: 1:37.09  
2 Whittlesea City A  
3 Keilor A

**9:48 AM** Event 13 Boys Under 15 - 4x200 FINAL  
 VBP: 1:34.01  
 NMR: 1:36.86  
 5 Keilor A  
 6 Diamond Valley A

**9:56 AM** Event 14 Girls Under 14 - 4x200 FINAL  
 VBP: 1:44.65  
 NMR: 1:49.65  
 1 Diamond Valley A  
 2 Keilor A  
 3 Keilor B  
 4 Essendon A

**9:56 AM** Event 15 Girls Under 15 - 4x200 FINAL  
 VBP: 1:44.04  
 NMR: 1:46.17  
 6 Keilor A  
 7 Diamond Valley A

**10:12 AM** Event 16 Mixed Under 9 - 4x200 FINAL  
 VBP: 2:14.02  
 NMR: 2:19.13  
 3 Keilor B  
 4 Sunbury A  
 5 Diamond Valley A  
 6 Keilor A

**10:16 AM** Event 17 Mixed Under 10 - 4x200 FINAL  
 VBP: 1:46.09  
 NMR: 2:06.98  
 2 Preston-Reservoir A  
 3 Keilor A  
 4 Coburg A  
 5 Sunbury A  
 6 Whittlesea City A

**10:20 AM** Event 18 Mixed Under 11 - 4x200 FINAL  
 VBP: 1:58.02  
 NMR: 1:59.76  
 2 Preston-Reservoir A  
 3 Keilor A  
 4 Keilor B  
 5 Diamond Valley A  
 6 Essendon A  
 7 Coburg A  
 8 Keilor C

**10:24 AM** Event 19 Mixed Under 12 - 4x200 FINAL

**10:28 AM** Event 20 Mixed Under 13 - 4x200 FINAL  
 VBP: 1:47.72  
 NMR: 1:50.86  
 3 Whittlesea City A  
 4 Preston-Reservoir A  
 5 Diamond Valley A  
 6 Coburg A

**10:32 AM** Event 21 Mixed Under 14 - 4x200 FINAL  
 VBP: 1:42.52  
 NMR: 1:45.35  
 2 Sunbury A  
 3 Essendon A  
 4 Keilor A  
 5 Coburg A  
 6 Preston-Reservoir A

**10:36 AM** Event 22 Mixed Under 15 - 4x200 FINAL  
 VBP: 1:39.12  
 NMR: 1:40.99  
 3 Keilor A  
 4 Keilor B  
 5 Diamond Valley A

**10:55 AM** Event 23 Girls Under 9-11 Medley FINAL  
 VBP: 2:09.05  
 NMR: 2:19.42  
 2 Keilor A  
 3 Coburg A  
 4 Sunbury A  
 5 Whittlesea City A  
 6 Essendon A

**11:00 AM** Event 24 Boys Under 9-11 Medley FINAL  
 VBP: 2:03.59  
 NMR: 2:14.52  
 3 Keilor A  
 4 Whittlesea City A  
 5 Whittlesea City B  
 6 Sunbury A

**11:05 AM** Event 25 Girls Under 12-13 Medley FINAL  
 VBP: 1:53.15  
 NMR: 2:07.23  
 3 Sunbury A  
 4 Coburg A  
 5 Whittlesea City A

**11:10 AM** Event 26 Boys Under 12-13 Medley FINAL  
 VBP: 1:53.46  
 NMR: 1:56.42  
 3 Whittlesea City A  
 4 Coburg A

**11:15 AM** Event 27 Girls Under 14-15 Medley FINAL  
 VBP: 1:50.95  
 NMR: 2:01.21  
 3 Whittlesea City A  
 4 Keilor A

**11:20 AM** Event 28 Boys Under 14-15 Medley FINAL  
 VBP: 1:40.43  
 NMR: 1:40.43  
 3 Keilor A  
 4 Coburg A  
 5 Whittlesea City A

**11:40 AM** Event 29 Mixed Under 10 - 4x100 Heats  
 8 Advance: Top 1 Each Heat plus Next 6 Best Times  
 VBP: 58.31  
 NMR: 59.74  
 Heat 1 of 2  
 2 Keilor B  
 3 Whittlesea City A  
 4 Coburg A  
 5 Diamond Valley A  
 6 Whittlesea City C  
 Heat 2 of 2  
 2 Keilor A  
 3 Whittlesea City B  
 4 Preston-Reservoir A  
 5 Keilor C  
 6 Diamond Valley B

**11:46 AM** Event 30 Mixed Under 11 - 4x100 Heats  
 8 Advance: Top 1 Each Heat plus Next 6 Best Times  
 VBP: 55.86  
 NMR: 57.24  
 Heat 1 of 2  
 2 Coburg A  
 3 Keilor B  
 4 Sunbury A  
 5 Essendon B  
 6 Keilor D  
 7 Whittlesea City B  
 Heat 2 of 2  
 2 Preston-Reservoir A  
 3 Essendon A  
 4 Diamond Valley A  
 5 Keilor C  
 6 Keilor A  
 7 Whittlesea City A

**11:52 AM** Event 31 Mixed Under 12 - 4x100 Heats  
 8 Advance: Top 1 Each Heat plus Next 6 Best Times  
 VBP: 51.42  
 NMR: 54.54  
 Heat 1 of 2  
 1 Preston-Reservoir A  
 2 Sunbury A  
 3 Whittlesea City A  
 4 Keilor C  
 5 Coburg A  
 6 Whittlesea City B  
 7 Diamond Valley A  
 Heat 2 of 2  
 1 Diamond Valley B  
 2 Whittlesea City C  
 3 Preston-Reservoir B  
 4 Essendon A  
 5 Keilor A  
 6 Sunbury B  
 7 Keilor B  
 8 Diamond Valley C

**11:58 AM** Event 32 Mixed Under 13 - 4x100 Heats  
 8 Advance: Top 1 Each Heat plus Next 6 Best Times  
 VBP: 50.62  
 NMR: 51.84  
 Heat 1 of 2  
 2 Coburg A  
 3 Diamond Valley A  
 4 Preston-Reservoir A  
 5 Essendon B  
 6 Whittlesea City A  
 7 Keilor D  
 Heat 2 of 2  
 2 Keilor C  
 3 Whittlesea City B  
 4 Preston-Reservoir B  
 5 Keilor B  
 6 Essendon A  
 7 Keilor A

**12:10 PM** Event 33 Boys Under 11 - 4x100 Heats  
 8 Advance: Top 1 Each Heat plus Next 6 Best Times  
 VBP: 54.30  
 NMR: 55.94  
 Heat 1 of 2  
 2 Diamond Valley B  
 3 Essendon B  
 4 Whittlesea City C  
 5 Preston-Reservoir A  
 6 Coburg A  
 Heat 2 of 2  
 2 Diamond Valley A  
 3 Essendon A  
 4 Whittlesea City B  
 5 Keilor A  
 6 Whittlesea City A

**12:16 PM** Event 34 Boys Under 12 - 4x100 Heats  
 8 Advance: Top 1 Each Heat plus Next 6 Best Times  
 VBP: 51.98  
 NMR: 52.84  
 Heat 1 of 2  
 2 Whittlesea City B  
 3 Keilor A  
 4 Preston-Reservoir B  
 5 Diamond Valley A  
 6 Sunbury A  
 Heat 2 of 2  
 2 Keilor B  
 3 Preston-Reservoir A  
 4 Diamond Valley B  
 5 Whittlesea City A  
 6 Coburg A  
 7 Essendon A

**12:22 PM** Event 35 Boys Under 10 - 4x100 Heats  
 8 Advance: Top 1 Each Heat plus Next 6 Best Times  
 VBP: 56.44  
 NMR: 58.34  
 Heat 1 of 2  
 2 Preston-Reservoir A  
 3 Keilor B  
 4 Essendon A  
 5 Coburg A  
 6 Whittlesea City B  
 Heat 2 of 2  
 2 Diamond Valley A  
 3 Essendon B  
 4 Whittlesea City C  
 5 Keilor A  
 6 Whittlesea City A

## LUNCH BREAK

**1:15 PM** Event 36 Mixed Under 13 - 4x100 FINAL

**1:18 PM** Event 37 Mixed Under 14 - 4x100 FINAL

VBP: 47.92  
 NMR: 50.24  
 1 Sunbury A  
 2 Whittlesea City A  
 3 Preston-Reservoir A  
 4 Sunbury B  
 5 Coburg A  
 6 Keilor A  
 7 Keilor B  
 8 Essendon A

**1:21 PM** Event 38 Mixed Under 15 - 4x100 FINAL

VBP: 47.13  
 NMR: 48.14  
 2 Essendon A  
 3 Keilor B  
 4 Whittlesea City A  
 5 Keilor A  
 6 Diamond Valley A

**1:24 PM** Event 39 Mixed Under 9 - 4x100 FINAL

VBP: 59.74  
 NMR: 1:02.44  
 3 Keilor A  
 4 Diamond Valley A  
 5 Sunbury A  
 6 Keilor B

**1:27 PM** Event 40 Mixed Under 10 - 4x100 FINAL

**1:30 PM** Event 41 Mixed Under 11 - 4x100 FINAL

**1:33 PM** Event 42 Mixed Under 12 - 4x100 FINAL

**1:45 PM** Event 43 Boys Under 13 - 4x100 FINAL

VBP: 49.52  
 NMR: 49.74  
 2 Diamond Valley A  
 3 Essendon A  
 4 Preston-Reservoir A  
 5 Keilor B  
 6 Whittlesea City A  
 7 Sunbury A  
 8 Keilor A

**1:48 PM** Event 44 Girls Under 13 - 4x100 FINAL

VBP: 50.58  
 NMR: 52.14  
 2 Preston-Reservoir A  
 3 Keilor A  
 4 Keilor B  
 5 Essendon A  
 6 Preston-Reservoir B  
 7 Essendon B  
 8 Whittlesea City A

**1:51 PM** Event 45 Boys Under 14 - 4x100 FINAL

VBP: 45.68  
 NMR: 45.82  
 3 Whittlesea City A  
 4 Keilor A  
 5 Whittlesea City B  
 6 Coburg A

**1:54 PM** Event 46 Girls Under 14 - 4x100 FINAL

VBP: 49.50  
 NMR: 50.64  
 3 Diamond Valley A  
 4 Keilor B  
 5 Essendon A  
 6 Keilor A  
 7 Coburg A

**1:57 PM** Event 47 Boys Under 15 - 4x100 FINAL

VBP: 44.64  
 NMR: 46.34  
 3 Whittlesea City A  
 4 Keilor A  
 5 Diamond Valley A

**2:00 PM** Event 48 Girls Under 15 - 4x100 FINAL

VBP: 49.14  
 NMR: 49.64  
 3 Diamond Valley A  
 4 Keilor A  
 5 Whittlesea City A

**2:03 PM** Event 49 Girls Under 9 - 4x100 FINAL

VBP: 1:00.24  
 NMR: 1:03.64  
 3 Keilor A  
 4 Sunbury A  
 5 Diamond Valley A  
 6 Coburg A



**2:06 PM** Event 50 Girls Under 11 - 4x100 FINAL  
 VBP: 55.54  
 NMR: 57.44  
 2 Diamond Valley B  
 3 Essendon A  
 4 Keilor A  
 5 Preston-Reservoir A  
 6 Diamond Valley A  
 7 Whittlesea City A  
 8 Coburg A

**2:09 PM** Event 51 Boys Under 9 - 4x100 FINAL  
 VBP: 59.14  
 NMR: 1:02.64  
 1 Diamond Valley B  
 2 Keilor A  
 3 Essendon A  
 4 Whittlesea City B  
 5 Preston-Reservoir A  
 6 Diamond Valley A  
 7 Whittlesea City C  
 8 Whittlesea City A

**2:12 PM** Event 52 Boys Under 10 - 4x100 FINAL

**2:15 PM** Event 53 Girls Under 10 - 4x100 FINAL  
 VBP: 58.68  
 NMR: 1:00.54  
 1 Diamond Valley B  
 2 Whittlesea City B  
 3 Keilor C  
 4 Diamond Valley A  
 5 Keilor B  
 6 Whittlesea City A  
 7 Keilor A  
 8 Coburg A

**2:18 PM** Event 54 Boys Under 11 - 4x100 FINAL

**2:21 PM** Event 55 Girls Under 12 - 4x100 FINAL  
 VBP: 52.74  
 NMR: 54.64  
 2 Preston-Reservoir A  
 3 Coburg A  
 4 Diamond Valley A  
 5 Essendon B  
 6 Keilor A  
 7 Whittlesea City A  
 8 Essendon A

**2:24 PM** Event 56 Boys Under 12 - 4x100 FINAL

**2:40 PM** Event 57 Boys Under 13 - Medley FINAL  
 VBP: 1:47.46  
 NMR: 1:49.82  
 2 Preston-Reservoir A  
 3 Coburg A  
 4 Sunbury A  
 5 Diamond Valley A  
 6 Essendon A

**2:45 PM** Event 58 Girls Under 13 - Medley FINAL  
 VBP: 1:53.16  
 NMR: 1:55.97  
 2 Essendon A  
 3 Whittlesea City A  
 4 Keilor A  
 5 Preston-Reservoir A  
 6 Essendon B

**2:50 PM** Event 59 Boys Under 14 - Medley FINAL  
 VBP: 1:41.44  
 NMR: 1:44.65  
 3 Whittlesea City A  
 4 Sunbury A  
 5 Keilor A  
 6 Coburg A

**2:55 PM** Event 60 Girls Under 14 - Medley FINAL  
 VBP: 1:48.47  
 NMR: 1:50.72  
 1 Coburg A  
 2 Keilor A  
 3 Sunbury A  
 4 Keilor B  
 5 Essendon A  
 6 Preston-Reservoir A  
 7 Diamond Valley A

**3:00 PM** Event 61 Boys Under 15 - Medley FINAL  
 VBP: 1:38.15  
 NMR: 1:40.49  
 2 Whittlesea City A

**3:05 PM** Event 62 Girls Under 15 - Medley FINAL  
 VBP: 1:48.68  
 NMR: 1:50.01  
 4 Diamond Valley A  
 5 Keilor A

**3:15 PM** Event 63 Boys Under 11 - Medley FINAL  
 VBP: 2:00.55  
 NMR: 2:02.53  
 Section 1 of 2  
 3 Preston-Reservoir A  
 4 Whittlesea City C  
 5 Essendon A  
 6 Whittlesea City B  
 7 Keilor A  
 Section 2 of 2  
 3 Essendon B  
 4 Diamond Valley A  
 5 Whittlesea City A  
 6 Keilor B

**3:20 PM** Event 64 Girls Under 11 - Medley FINAL  
 VBP: 2:03.55  
 NMR: 2:04.35  
 3 Preston-Reservoir A  
 4 Coburg A  
 5 Diamond Valley A  
 6 Essendon A

**3:25 PM** Event 65 Boys Under 9 - Medley FINAL  
 VBP: 2:13.70  
 NMR: 2:19.68  
 2 Whittlesea City C  
 3 Whittlesea City A  
 4 Keilor A  
 5 Essendon A  
 6 Diamond Valley A  
 7 Whittlesea City B

**3:30 PM** Event 66 Girls Under 9 - Medley FINAL  
 VBP: 2:20.01  
 NMR: 2:22.90  
 3 Coburg A  
 4 Diamond Valley A  
 5 Keilor A

**3:35 PM** Event 67 Boys Under 10 - Medley FINAL  
 VBP: 2:06.86  
 NMR: 2:10.28  
 1 Whittlesea City A  
 2 Essendon B  
 3 Diamond Valley A  
 4 Essendon A  
 5 Coburg A  
 6 Keilor A  
 7 Keilor B  
 8 Whittlesea City B

**3:40 PM** Event 68 Girls Under 10 - Medley FINAL  
 VBP: 2:09.20  
 NMR: 2:16.22  
 3 Diamond Valley A  
 4 Keilor A  
 5 Whittlesea City B  
 6 Whittlesea City A

**3:45 PM** Event 69 Boys Under 12 - Medley FINAL  
 VBP: 1:52.50  
 NMR: 1:56.28  
 3 Coburg A  
 4 Keilor A  
 5 Whittlesea City A  
 6 Diamond Valley A

**3:50 PM** Event 70 Girls Under 12 - Medley FINAL  
 VBP: 1:58.68  
 NMR: 2:00.81  
 2 Essendon B  
 3 Diamond Valley A  
 4 Essendon A  
 5 Coburg A  
 6 Whittlesea City A



**The NMR Committee would like to thank all Officials, Team Managers and Parents that have volunteered their time to officiate.**

**The NMR Committee would like to thank Whittlesea City for being the host Centre.**

NMR RELAYS are a **SmokeFree** event.

Smoking is **not** allowed inside the Venue. In the interests of children's health, adults are asked to smoke outside the venue, at least 10 metres away from all entry access points.

**Automatic Qualifiers to State from NMR**

<b>4 x 100m:</b>	U9 to U12	B, G, & MS	First & Second Team	(Maximum field: 24)
	U13 to U15	B, G & MS	First Team	(Maximum field: 16)
<b>4 x 200m:</b>	U9 to U15	B & G	First Team	(Maximum field: 16)
	U9 to U15	MS	First Team	(Maximum field: 8)
<b>Medley:</b>	U9 to U15	B & G	First Team	(Maximum field: 8)
	Mixed Age		First Team	(Maximum field: 8)