



17:00 - 18:00 = Relays

- ✓ U-9 and U-11 Relay (5 x 330 meter)
- ✓ U-13 and U-15 Relay (5 x 330 meter)
- ✓ Junior, Senior and Masters Relay (5 x 330 meter)
- ✓ Corporates Relay (5 x 330 meter)

Note: Relay teams must consist of at least 2 female runners.