



SUNDAY 26 NOVEMBER  
DOUGLAS TRACK & FIELD  
CENTRAL PARK DRIVE, HENDERSON

CNW PRESENTS

# RELAYS

TRACK RELAYS  
FIELD RELAYS  
RIBBON EVENT  
TEAM AWARDS

QUE'S  
COFFEE  
CART

GRADES  
5-14

## RELAYS

## GRADES

4x 25m (from 100m)

5-6

4x 100m

7-14

4x 200m

7-9

4x 400m

10-14

Field (LJ, SP, Discus)

5-14

Sausage  
Sizzle

REGISTRATION THROUGH YOUR CLUB