CNW Relays 2026

Times are indicitive only

Est Time	Grade	Event
8:30 AM	9B-1	4x100m Relay
8:35 AM	9B-2	4x100m Relay
8:40 AM	9G	4x100m Relay
8:45 AM	8B	4x100m Relay
8:50 AM	8G	4x100m Relay
8:55 AM	7B	4x100m Relay
9:00 AM	7G	4x100m Relay
9:05 AM		
9:10 AM	14B/13B	4x100m Relay
9:15 AM	14G/13G	4x100m Relay
9:20 AM	12B	4x100m Relay
9:25 AM	12G	4x100m Relay
9:30 AM	11B	4x100m Relay
9:35 AM	11G	4x100m Relay
9:40 AM	10B	4x100m Relay
9:45 AM	10G	4x100m Relay
9:50 AM		
9:55 AM		
10:00 AM	6B	4x50m Relay
10:05 AM	6G	4x50m Relay
10:10 AM	5B	4x50m Relay
10:15 AM	5G	4x50m Relay
10:20 AM		
10:25 AM		
10:30 AM		
10:35 AM	8G	4x200m Relay

Est Time	Grade	Event
8:30 AM		
8:35 AM		
8:40 AM		
8:45 AM	9B	Field Relay
8:50 AM		
8:55 AM		
9:00 AM	9G	Field Relay
9:05 AM		
9:10 AM		
9:15 AM	8B	Field Relay
9:20 AM		
9:25 AM		
9:30 AM	8G	Field Relay
9:35 AM		
9:40 AM		
9:45 AM	7B	Field Relay
9:50 AM		
9:55 AM		
10:00 AM	7G	Field Relay
10:05 AM		
10:10 AM		
10:15 AM	14B/14G/13G/13B	Field Relay
10:20 AM		
10:25 AM		
10:30 AM	6B	Field Relay
10:35 AM		

	10:40 AM				10:40 AM		
	10:45 AM	8B	4x200m Relay		10:45 AM	6G	Field Relay
	10:50 AM				10:50 AM		
	10:55 AM	7G	4x200m Relay		10:55 AM		
	11:00 AM				11:00 AM	5B	Field Relay
	11:05 AM	7B	4x200m Relay		11:05 AM		
	11:10 AM				11:10 AM		
	11:15 AM	9G	4x200m Relay		11:15 AM	5G	Field Relay
	11:20 AM				11:20 AM		
	11:25 AM	9B	4x200m Relay		11:25 AM		
	11:30 AM				11:30 AM	12B	Field Relay
	11:35 AM				11:35 AM		
	11:40 AM	10G	4x200m Relay		11:40 AM		
	11:45 AM				11:45 AM	12G	Field Relay
	11:50 AM	10B	4x200m Relay		11:50 AM		
	11:55 AM				11:55 AM		
	12:00 PM	11G	4x200m Relay		12:00 PM	10G	Field Relay
	12:05 PM				12:05 PM		
	12:10 PM	11B	4x200m Relay		12:10 PM		
	12:15 PM				12:15 PM	10B	Field Relay
	12:20 PM	12G/12B	4x200m Relay		12:20 PM		
	12:25 PM				12:25 PM		
	12:30 PM	13G/14G	4x200m Relay		12:30 PM	11G	Field Relay
	12:35 PM				12:35 PM		
	12:40 PM	13B/14B	4x200m Relay		12:40 PM		
	12:45 PM				12:45 PM	11B	Field Relay