

# METROPOLITAN NORTH REGIONAL RELAYS – AVAILABLE EVENTS

MAXIMUM 5 EVENTS PER ATHLETE

EVENT	U7B	U7G	U8B	U8G	U9B	U9G	U10B	U10G	U11B	U11G	U12B	U12G	U13B	U13G	U14B	U14G	U15B	U15G	U16B	U16G	U17B	U17G	
4 X 70m																							
4 x 100m																							
4 x 200m																							
Swedish Relay																							
Medley Relay																							
Track Total																							

High Jump																							
Long Jump																							
Shot Put																							
Discus																							
Field Total																							

Starting Heights for High Jump:

\*U9: 0.75

\*U10: 0.85

U12: 1.05

U13: 1.15

U14: 1.20

U15: 1.25

\*Scissors only

Increments:

The bar will be raised 7cm, 7cm, 7cm and then by 5cm thereafter.