

4 x 100 m Nat H	17 H 10								
4 x 100 m Reg H	17 H 20								
4 x 400 m Nat F	17 H 30								
4 x 400 m Reg F	17 H 40								
4 x 400 m Nat H	17 H 50								
4 x 400 m Reg H	18 H 00								