

# WEST OTTAWA VON INS RELAYS – 2013

## MORNING EVENTS

## STARTING TIMES

FIELD EVENTS    H.J. L.J. P.V. DISCUS    9:30 A.M.

S.P.    9:45 A.M.

BOYS 12,800M RELAY    9:45 A.M.

GIRLS 6,800M RELAY    APPROX.    10:30 A.M.

## AFTERNOON RUNNING EVENTS

### **GIRLS RUN FIRST**

### **DIVISION 2 FOLLOWED BY DIVISION 1**

## STARTING TIMES

GIRLS 1,600M RELAY    NOON

BOYS 1,600M RELAY    APPROX.    12:20 P.M.