

IAAF WORLD RELAYS
NASSAU, BAHAMAS, 22-23 APRIL 2017

DAY 1 - Saturday, 22 April

Hour	19:00					20:00					21:00					22:00					23:00					0:00					1:00																								
Minutes	05	10	15	20	25	30	35	40	45	50	55	05	10	15	20	25	30	35	40	45	50	55	05	10	15	20	25	30	35	40	45	50	55	05	10	15	20	25	30	35	40	45	50	55	05	10	15	20	25	30	35	40	45	50	55
Medal Ceremonies	Opening Ceremony																																																						
Track Events						4 x 200m					4 x 100m R M					4 x 400m R W R1					4 x 400m R M R1																																		

Start hh:mm	Event	M W	Phase	Heats	Gap	Time/Heat	Practice hh:mm	Duration hh:mm	Finish hh:mm	Q + q Q (m)	Intro 1 / 2 Intro
19:00	Opening Ceremor		MC C					0:30	19:30		00:00
19:35	4 x 200m R	W	R1	2	11:00	0:02	0:05	0:13	19:48	3+2	05:30 05:30
19:59	4 x 100m R	M	R1	3	10:00	0:01	0:05	0:21	20:20	2+2	05:30 05:30
20:31	4 x 400m R	W	R1	3	13:00	0:04	0:05	0:30	21:01	2+2	05:30 05:30
21:12	4 x 400m R	M	R1	3	12:00	0:03	0:05	0:27	21:39	2+2	05:30 05:30
21:48	4 x 800m R	W	F			0:08	0:04	0:08	21:56		04:30
22:00	4 x 800m	W	MC 1					0:04	22:04		00:00
22:12	4 x 100m R	M	F B			0:01	0:05	0:01	22:13		05:30
22:21	4 x 200m R	W	F			0:01	0:05	0:01	22:22		05:30
22:25	4 x 200m	W	MC 2					0:04	22:29		00:00
22:36	4 x 100m R	M	F			0:01	0:05	0:01	22:37		06:00
22:41	4 x 100m	M	MC 3					0:04	22:45		00:00

19:30, 19:41
19:50, 20:00, 20:10
20:17, 20:30, 21:43
20:53, 21:05, 21:17