

4 x 100m Women , Time: 16:57

Heat: 1

Rank	Relay Team	BIB's	Athletes	Result	Info
1	CUSTOMS	0 0 0	557 Mercy Ntia-Obong	47.09	CUST
2	NSCDC	0 0 0	723	47.61	
3	noc	0 0 0	787	48.83	
4	AKWA IBOM	0 0 0	114 Ruth A Nyong	51.91	AKWA

4 x 100m Men , Time: 17:04

Heat: 1

Rank	Relay Team	BIB's	Athletes	Result	Info
1	CUSTOMS	0 0 0	105 Isah salihu	41.89	CUST
2	CROSS RIVER	0 0 0	551 Meshack Akpeki	43.70	CROS
3	AKWA-IBOM	0 0 0	736 Akwaowo Francis	44.01	AKWA
	DELTA	0 0 0	747	DNF	
	POLICE	0 0 0	156 Abejoye Oyeniya	DNF	EAGL