

Jetstar★



ZONE CHAMPIONSHIPS



**2015/2016
season**

Coming Events:

STATE TRACK & FIELD CHAMPIONSHIPS

Sydney Olympic Park Athletic Centre

18, 19 & 20 March 2016

asics AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

Adelaide

24 April 2016

Inner City Zone Additional Rules

Heats to Finals	70m, 100m, 200m* Hurdles: 60m, 80m, 90m, 100m, 110m If there are insufficient athletes to conduct heats, the event will become a straight final and run at the heat time. * Timed finals for all 400m and U13 to U17 200m and 200m hurdles. Note: The Chief Marshall may re-arrange heats depending upon number of entrants on the day.
4 Heats	1st place plus next fastest 4 times go to the final
3 Heats	1st in each heat, plus next 5 fastest times go to the final.
2 Heats	1st in each heat plus next 6 fastest times go to the final
1 Heat	Straight final.
Ties	Field Events: A count back is done. Track Events: Highest placed competitor will progress to next round.
Field Events	Athletes are to go directly to the field area when they are called. Where there are eight (8) competitors or less, each competitor shall be allowed six (6) trials, except for High Jump. The order of jumping or throwing may be altered at the discretion of the Chief Judge. All events must be conducted for the benefit of the competitors.
Reserves	Track finals have two (2) reserves allocated automatically. Team Managers must notify the Results Manager of any withdrawals from finals within 20 minutes of the heat completion. The Results Manager will notify the Team Managers concerned and the announcer for the necessary announcements of replacements. Note: Reserves go to the Marshalling area.
Track Events	All 500m, 700m, 1100m and 1500m events shall be run as a pack start All 400 metre heats will be run as timed finals Walks for the same distance may be combined at the discretion of the track referee 200m and 200m hurdles for U13, U14, U15 and U17 will be timed finals.
False Starts	False starts will comply with LA NSW rules
Protests	Will be accepted from Official Team Managers only , in writing no later than 30 minutes after the completion of a heat, or 30 minutes after the announcement of the finals.
Certificates	These will be awarded to all finalists in each final event. Eight (8) placings. Relays - 1st, 2nd & 3rd placed teams (all team members) will receive a certificate.
Medals	These are awarded to U/7 Boys and Girls ONLY as they do not progress to Region or State Championships.
Zone to Region Qualifiers	U8 to U17 1st to 6th placegetters in each event progress directly to the Region. A jump off may be required in the high jump to determine clear places in the event of ties. The next best 4 placegetters across the combined ICZ and Sth Met Zone will also progress to Region. Relays placed 1st, 2nd and 3rd progress to Region
Region to State Qualifiers	The top two finalists from Region progress to State, except for the high jump, walks and 3000 where the athlete must also attained the qualifying standard. Relays - The 1st team will progress to State
Point Score Winners	A Shield will be given to the Centre gaining the most points based on places gained in finals only. The 2014 winner was Randwick Botany
Region No 8	

Centre Responsibilities Region		
Randwick Botany (1) To be decided	Eastern Suburbs (2) To be decided	Balmain (17) To be decided
Inner West (20) To be decided	Canterbury (55) To be decided	South Eastern (152) To be decided



March Past Winners - Balmain

L.A.A. of NSW Inc - 2015-2016 Season
Inner City Zone Championships
CHAMPIONSHIP OFFICIALS

Manager / Information Mgr	Andrew Kohlrusch	<i>also Zone Coordinator</i>		
Announcer	to be announced			
Equipment Officers	South Eastern and Eastern Suburbs			
Results Manager	Lesley Rodgers	<i>also Zone Secretary</i>		
Results Assistants	Bob Davidson, Shahib, Maria from RB			
Track Recording	Eastern Suburbs			
First Aid	Grace McDarra	Maryanne Kelly		
Medals Manager	Allan Shaw			
Track Referee	Tony Vecellio			
Chief Umpire	Carmen Jones			
Chief Marshall	Bronwyn Kelaher	Bronwen Cocker		
Starting Panel	South Eastern (Roy)	Alice Bohdan (Sunday)		
Chief Judge	Judy Vecellio	Carmen Jones		
Chief Timekeeper	Eastern Suburbs			
Chief Recorder	Eastern Suburbs			
Walk Judges	Tony Vecellio	Ian Guthrie	Judy Vecellio	Deborah Soden
Referee: High Jump	Martin Banfield			
Referee: Long / Triple	Robyn Morris			
Referee: Throws	John Thompson			
Chief: High Jump	Inner West			
Chief: Triple Jump	Randwick Botany			
Chief: Long Jump	Balmain			
Chief: Shot Put	Canterbury			
Chief: Javelin	Randwick Botany			
Chief: Discus	Eastern Suburbs			
Safety Committee:	Zone Co-ordinator and ALL Referees			
Protests	Appropriate Referee and zone coordinator			
Jury of Appeal	Manager, and 1 representative from each centre			

U/7 - U12s may compete in four (4) events only. U/13 - U/17s may compete in six (6) events. Anyone competing in more than their age group events allows, will be disqualified from the event they did not officially enter. The relay is an additional event and not included in the 4-6 events.

Competitors must compete in their age group as per LAA of NSW Constitution. Any Competitor competing out of their age group will be disqualified.

Qualifying to Final - if equal times occur all qualifiers for the final will compete, depending upon lanes available. If no lanes available place takes preferences over times.

Event Clashes:

Track events take precedence over field events. A competitor **must not leave their field event** without reporting to the Chief Judge. The Chief Judge will send competitor/s to track marshalling on the second call. Where possible the athlete should complete 3 trials in the field event. The athlete **must** return immediately to their field event once the track event is complete.

Field to Track

Competitors are to tell the Chief Judge when they are called for a track event. The Field Judge is to "HOLD" the Competitor until the 2nd call for that track event. The competitor may have more than one attempt in any trial round, **BUT NOT IN CONSECUTIVE ORDER**. Round 3 of the field event must be finalised before Round 4 commences.

Track to Field

If a field event is called whilst the athlete is checking in for a track event they must advise the Chief Marshall of this. The athlete will be sent to the field event area to be checked in. If time permits, the child may be allowed to have an attempt at the field event. The athlete must follow the instructions of the Chief Marshall. After the Track event is completed the athlete must return to the Chief Judge at their field event. **If these procedures are not followed the athlete may miss their event.**

Competing Centres / Area Responsibilities:	Randwick Botany (1) (Blue & Gold) Jav & TJ	Eastern Suburbs (2) (White, Red & Blue) Discus	Balmain (17) Black & Gold LJ
Tiger Wests (68) (Black & White) Track recording & Finish Marshalls	Inner West (20) (Black & White) HJ / Event Marshalls	Canterbury (55) (Blue & White) Shot / Results	South Eastern (152) (Green, Red & White) Hurdles/ Equipment & Umpires

Each Centre is to supply a Track Judge and 2 Relay change officials

Track Program - SATURDAY

L.A.A. of NSW Inc - 2015-2016 Season

FIRST CALL: 8:00 am

Time (Approx)	No		Event		
08:30am	1	U7	Girls	Pack Start	Final
8:45	2	U7	Boys	Pack Start	Final
8:55	3	U10	Girls	1,500m	Final
9:05	4	U10	Boys	1,500m	Final
9:15	5	U11	Girls	1,500m	Final
9:25	6	U11	Boys	1,500m	Final
9:35	7	U12	Girls	1,500m	Final
9:45	8	U12	Boys	1,500m	Final
9:50	9	U13	Girls	200m Hurdles	Timed finals
9:55	10	U13	Boys	200m Hurdles	Timed finals
10:00	11	U14	Girls	200m Hurdles	Timed finals
10:05	12	U14	Boys	200m Hurdles	Timed finals
10:10	13	U15	Girls	200m Hurdles	Timed finals
10:15	14	U15	Boys	200m Hurdles	Timed finals
10:20	15	U17	Girls	200m Hurdles	Timed finals
10:25	16	U17	Boys	200m Hurdles	Timed finals
10:30	17	U8	Girls	60m Hurdles	Heats
10:35	18	U8	Boys	60m Hurdles	Heats
10:40	19	U9	Girls	60m Hurdles	Heats
10:45	20	U9	Boys	60m Hurdles	Heats
10:50	21	U10	Girls	60m Hurdles	Final
10:55	22	U10	Boys	60m Hurdles	Heats
11:00	23	U11	Girls	60m Hurdles	Heats
11:05	24	U11	Boys	60m Hurdles	Heats
11:10	25	U12	Girls	60m Hurdles	Heats
11:15	26	U12	Boys	60m Hurdles	Final
11:25	27	U13	Girls	1,500m	Final
11:25	28	U13	Boys	1,500m	Final
11:25	29	U14	Girls	1,500m	Final
11:25	30	U14	Boys	1,500m	Final
11:35	31	U15	Girls	1,500m	Final
11:35	32	U15	Boys	1,500m	Final
11:35	33	U17	Girls	1,500m	Final
11:35	34	U17	Boys	1,500m	Final
11:50	35	U8	Girls	60m Hurdles	Final
11:55	36	U8	Boys	60m Hurdles	Final
12:00	37	U9	Girls	60m Hurdles	Final
12:05	38	U9	Boys	60m Hurdles	Final
	39	U10	Girls	60m Hurdles	Final
12:10	40	U10	Boys	60m Hurdles	Final
12:15	41	U11	Girls	60m Hurdles	Final
12:20	42	U11	Boys	60m Hurdles	Final
12:25	43	U12	Girls	60m Hurdles	Final
	44	U12	Boys	60m Hurdles	Final

Officials Check-In 8:00 am

Time (Approx)	No		Event		
12:30	45	U7	Girls	50m	Heats
12:35	46	U7	Boys	50m	Heats
12:40	47	U13	Girls	100m	Heats
12:45	48	U13	Boys	100m	Heats
12:50	49	U14	Girls	100m	Final
12:50	50	U14	Boys	100m	Final
12:50	51	U15	Girls	100m	Final
12:50	52	U15	Boys	100m	Final
13:00	53	U17	Girls	100m	Heats
13:05	54	U17	Boys	100m	Final
13:10	55	U7	Boys	100m	Heats
13:15	56	U7	Boys	100m	Heats
13:20	57	U8	Girls	100m	Heats
13:25	58	U8	Boys	100m	Heats
13:30	59	U9	Girls	100m	Heats
13:35	60	U9	Boys	100m	Heats
13:40	61	U10	Girls	100m	Heats
13:45	62	U10	Boys	100m	Heats
13:50	63	U11	Girls	100m	Heats
13:55	64	U11	Boys	100m	Heats
14:00	65	U12	Girls	100m	Heats
14:05	66	U12	Boys	100m	Heats
14:15	67	U7	Girls	50m	Final
14:15	68	U7	Boys	50m	Final
14:25	69	U13	Girls	400m	Timed finals
14:30	70	U13	Boys	400m	Timed finals
14:33	71	U14	Girls	400m	Timed finals
14:36	72	U14	Boys	400m	Timed finals
14:39	73	U15	Girls	400m	Timed finals
14:42	74	U15	Boys	400m	Timed finals
14:45	75	U17	Girls	400m	Timed finals
14:48	76	U17	Boys	400m	Timed finals
14:55	77	U8	Girls	400m	Timed finals
15:05	78	U8	Boys	400m	Timed finals
15:15	79	U9	Girls	400m	Timed finals
15:25	80	U9	Boys	400m	Timed finals
15:35	81	U10	Girls	400m	Timed finals
15:45	82	U10	Boys	400m	Timed finals
15:55	83	U11	Girls	400m	Timed finals
16:05	84	U11	Boys	400m	Timed finals
16:15	85	U12	Girls	400m	Timed finals
16:25	86	U12	Boys	400m	Timed finals
16:35	87	U7	Girls	100m	Final
16:38	88	U7	Boys	100m	Final

Time (Approx)	No		Event		
16:41	89	U13	Girls	100m	Final
16:44	90	U13	Boys	100m	Final
	91	U14	Girls	100m	Final
	92	U14	Boys	100m	Final
	93	U15	Girls	100m	Final
	94	U15	Boys	100m	Final
16:48	95	U17	Girls	100m	Final
	96	U17	Boys	100m	Final
16:51	97	U8	Girls	100m	Final
16:54	98	U8	Boys	100m	Final
16:57	99	U9	Girls	100m	Final
17:00	100	U9	Boys	100m	Final
17:03	101	U10	Girls	100m	Final
17:06	102	U10	Boys	100m	Final
17:09	103	U11	Girls	100m	Final
17:12	104	U11	Boys	100m	Final
17:15	105	U12	Girls	100m	Final
17:18	106	U12	Boys	100m	Final
17:30	107	U13	Girls	3,000m	Final
17:30	108	U13	Boys	3,000m	Final
17:30	109	U14	Girls	3,000m	Final
17:30	110	U14	Boys	3,000m	Final
17:30	111	U15	Girls	3,000m	Final
17:30	112	U15	Boys	3,000m	Final
17:30	113	U17	Girls	3,000m	Final
17:30	114	U17	Boys	3,000m	Final

Note: 3000m may be run as one race, depending upon numbers of competitors.

Starting may be delayed due to weather conditions.

Track Program - SUNDAY

L.A.A. of NSW Inc - 2015-2016 Season

Inner City Zone Championships

FIRST CALL: 8:00 am

Time (Approx)	No.	Event		
8:30	115	U13 Girls	80m Hurdles	Timed Finals
8:35	116	U13 Boys	80m Hurdles	Timed Finals
8:40	117	U14 Girls	80m Hurdles	Timed Finals
8:45	118	U14 Boys	90m Hurdles	Timed Finals
8:50	119	U15 Girls	90m Hurdles	Timed Finals
8:55	120	U15 Boys	100m Hurdles	Timed Finals
9:00	121	U17 Girls	100m Hurdles	Timed Finals
9:05	122	U17 Boys	110m Hurdles	Timed Finals
9:15	123	U12 Girls	1500m Walk	Final
9:15	124	U12 Boys	1500m Walk	Final
9:30	125	U11 Girls	1100m Walk	Final
9:30	126	U11 Boys	1100m Walk	Final
9:45	127	U10 Girls	1100m Walk	Final
9:45	128	U10 Boys	1100m Walk	Final
10:00	129	U9 Girls	700m Walk	Final
10:00	130	U9 Boys	700m Walk	Final
10:10	131	U8 Girls	Pack Start	Final
10:10	132	U8 Boys	Pack Start	Final
10:20	133	U13 Girls	1500m Walk	Final
10:20	134	U13 Boys	1500m Walk	Final
10:20	135	U14 Girls	1500m Walk	Final
10:20	136	U14 Boys	1500m Walk	Final
10:20	137	U15 Girls	1500m Walk	Final
10:20	138	U15 Boys	1500m Walk	Final
10:20	139	U17 Girls	1500m Walk	Final
10:20	140	U17 Boys	1500m Walk	Final
		MARCH PAST		
11:00	141	U10 Girls	70m	Heats
11:05	142	U10 Boys	70m	Heats
11:10	143	U9 Girls	70m	Heats

Time (Approx)	No.	Event		
11:15	144	U9 Boys	70m	Heats
11:20	145	U8 Girls	70m	Heats
11:25	146	U8 Boys	70m	Heats
11:30	147	U7 Girls	70m	Heats
11:35	148	U7 Boys	70m	Heats
11:45	149	U11 Girls	200m	Heats
11:50	150	U11 Boys	200m	Heats
11:55	151	U12 Girls	200m	Heats
12:00	152	U12 Boys	200m	Heats
12:05	153	U13 Girls	200m	Timed Finals
12:10	154	U13 Boys	200m	Timed Finals
12:15	155	U10 Girls	200m	Heats
12:20	156	U10 Boys	200m	Heats
12:25	157	U9 Girls	200m	Heats
12:35	158	U9 Boys	200m	Heats
12:45	159	U8 Girls	200m	Heats
12:55	160	U8 Boys	200m	Heats
13:05	161	U7 Girls	200m	Heats
13:10	162	U7 Boys	200m	Heats
13:20	163	U14 Girls	200m	Timed Finals
13:25	164	U14 Boys	200m	Timed Finals
13:30	165	U15 Girls	200m	Timed Finals
13:35	166	U15 Boys	200m	Timed Finals
13:40	167	U17 Girls	200m	Timed Finals
13:45	168	U17 Boys	200m	Timed Finals
14:00	169	U10 Girls	70m	Final
14:05	170	U10 Boys	70m	Final
14:10	171	U9 Girls	70m	Final
14:15	172	U9 Boys	70m	Final
14:20	173	U8 Girls	70m	Final
14:30	174	U8 Boys	70m	Final
14:35	175	U7 Girls	70m	Final
14:40	176	U7 Boys	70m	Final
14:45	177	U11 Girls	800m	Final
14:50	178	U11 Boys	800m	Final
14:55	179	U12 Girls	800m	Final
15:00	180	U12 Boys	800m	Final

Officials Check-In 8:00 am

Time (Approx)	No.	Event		
15:05	181	U13 Girls	800m	Final
15:10	182	U13 Boys	800m	Final
15:15	183	U14 Girls	800m	Final
15:20	184	U14 Boys	800m	Final
15:25	185	U15 Girls	800m	Final
15:25	186	U15 Boys	800m	Final
15:25	187	U17 Girls	800m	Final
15:25	188	U17 Boys	800m	Final
15:30	189	U10 Girls	800m	Final
15:35	190	U10 Boys	800m	Final
15:40	191	U9 Girls	800m	Final
15:45	192	U9 Boys	800m	Final
15:55	193	U8 Girls	200m	Final
15:58	194	U8 Boys	200m	Final
16:01	195	U7 Girls	200m	Final
16:04	196	U7 Boys	200m	Final
16:07	197	U11 Girls	200m	Final
16:10	198	U11 Boys	200m	Final
16:13	199	U12 Girls	200m	Final
16:16	200	U12 Boys	200m	Final
16:19	201	U10 Girls	200m	Final
16:22	202	U10 Boys	200m	Final
16:25	203	U9 Girls	200m	Final
16:28	204	U9 Boys	200m	Final
16:45	205	Snr Girls	Relay	Final
	206	Snr Boys	Relay	Final
	207	Jnr Girls	Relay	Final
	208	Jnr Boys	Relay	Final

FIELD PROGRAM SATURDAY / SUNDAY

L.A.A. of NSW Inc - 2015-2016 Season

Inner City Zone Championships

SATURDAY					SUNDAY				
Time		Event	Final	Field Area	Time		Event	Final	Field Area
8:30 am	1	U/9 Boys High Jump	Final	1	8:30 am	51	U/11 Boys High Jump	Final	1
8:30 am	2	U/12 Boys High Jump	Final	2	8:30 am	52	U/12 Girls High Jump	Final	2
8:30 am	3	U/13 Girls Long Jump	Final	2	8:30 am	53	U/9 Boys Long Jump	Final	3
8:30 am	4	U/10 Boys Long Jump	Final	3	8:30 am	54	U/17 Girls Long Jump	Final	2
8:30 am	5	U/13 Boys Triple Jump	Final	1	8:30 am	55	U/14 Girls Triple Jump	Final	1
8:30 am	6	U/12 Girls Discus	Final	1	8:30 am	56	U/13 Girls Discus	Final	1
	7	U/14 Boys Discus	Final			57	U/15 Boys Discus	Final	
8:30 am	8	U/11 Girls Shot Put	Final	2	8:30 am	58	U/10 Girls Shot Put	Final	2
8:30 am	9	U/17 Boys Shot Put	Final	1	8:30 am	59	U/14 Boys Shot Put	Final	1
	10	U/9 Girls High Jump	Final			60	U/10 Boys High Jump	Final	
	11	U/15 Girls High Jump	Final			61	U/13 Boys High Jump	Final	
9:30am	12	U/15 Boys Long Jump	Final	2	10:00am	62	U/9 Girls Long Jump	Final	3
9:30am	13	U/17 Boys Long Jump	Final	2	8:30am	63	U/15 Girls Long Jump	Final	2
10:00am	14	U/14 Boys Triple Jump	Final			64	U/15 Boys Triple Jump	Final	
8:30 am	15	U/10 Girls Discus	Final	2		65	U/17 Boys Discus	Final	
	16	U/17 Girls Discus	Final			66	U/11 Girls Discus	Final	
	17	U/11 Boys Shot Put	Final			67	U/12 Boys Shot Put	Final	
	18	U/14 Girls Shot Put	Final			68	U/17 Girls Shot Put	Final	
	19	U/11 Girls High Jump	Final			69	U/14 Girls High Jump	Final	
	20	U/13 Girls High Jump	Final			70	U/10 Girls High Jump	Final	
10:30am	21	U/12 Girls Long Jump	Final	2	10:30am	71	U/11 Boys Long Jump	Final	2
12:00pm	22	U/12 Boys Long Jump	Final	2	9:30am	72	U/14 Boys Long Jump	Final	2
11:00am	23	U/17 Girls Triple Jump	Final			73	U/17 Boys Triple Jump	Final	
	24	U/8 Girls Discus	Final		8:30 am	74	U/8 Boys Discus	Final	
	25	U/7 Girls Discus	Final			75	U/7 Boys Discus	Final	
	26	U/8 Boys Shot Put	Final			76	U/8 Girls Shot Put	Final	
	27	U/9 Boys Shot Put	Final			77	U/12 Girls Shot Put	Final	
13:30	28	U/13 Boys Javelin	Final		1:30pm*	78	U/13 Girls Javelin	Final	
	29	U/14 Boys High Jump	Final			79	U/15 Boys High Jump	Final	
	30	U/17 Boys High Jump	Final			80	U/17 Girls High Jump	Final	
10am	31	U/8 Girls Long Jump	Final	3	11:30am	81	U/11 Girls Long Jump	Final	3
11:30am	32	U/10 Girls Long Jump	Final	3	12:00pm	82	U/13 Boys Long Jump	Final	2
11:00am	33	U/15 Girls Triple Jump	Final			83	U/12 Girls Triple Jump	Final	
	34	U/10 Boys Discus	Final			84	U/9 Boys Discus	Final	
	35	U/7 Boys Shot Put	Final			85	U/7 Girls Shot Put	Final	
	36	U/9 Girls Shot Put	Final			86	U/15 Girls Shot Put	Final	
*	37	U/14 Girls Javelin	Final			87	U/12 Boys Javelin	Final	
1:00pm	38	U/8 Boys Long Jump	Final	3	1:00pm	88	U/7 Girls Long Jump	Final	2
1:30pm	39	U/14 Girls Long Jump	Final	2	1:00pm	89	U/7 Boys Long Jump	Final	3
12:00pm	40	U/11 Boys Triple Jump	Final			90	U/13 Girls Triple Jump	Final	
	41	U/12 Boys Discus	Final			91	U/9 Girls Discus	Final	
	42	U/13 Girls Shot Put	Final			92	U/10 Boys Shot Put	Final	
	43	U/15 Boys Shot Put	Final			93	U/13 Boys Shot Put	Final	
	44	U/12 Girls Javelin	Final			94	U/14 Boys Javelin	Final	
1:45pm	45	U/11 Girls Triple Jump	Final			95	U/12 Boys Triple Jump	Final	
	46	U/15 Girls Discus	Final			96	U/11 Boys Discus	Final	
	47	U/17 Girls Javelin	Final			97	U/17 Boys Javelin	Final	
	48	U/13 Boys Discus	Final			98	U/14 Girls Discus	Final	
	49	U/15 Boys Javelin	Final			99	U/15 Girls Javelin	Final	
*	50	U/11 Girls Javelin	Final		*	100	U/11 Boys Javelin	Final	

* to compete at the same time

Approximate starting times are for long and triple jump only

FIELD INFORMATION
L.A.A. of NSW Inc - 2015-2016 Season

Inner City Zone Championships

SHOT PUT

Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U11 Girls	F8	1	U10 Girls	F56	1
U17 and U15 Boys	F9 and F43	2	U14 Boys	F57	2
U11 Boys	F17		U12 Boys	F65	
U14 Girls	F18		U17 and U15 Girls	F66 and F84	
U8 Boys	F26		U8 Girls	F74	
U9 Boys	F27		U12 Girls	F75	
U7 Boys	F35		U7 Girls	F83	
U9 Girls	F36		U10 Boys	F90	
U13 Girls	F42		U13 Boys	F91	

SHOT PUT WEIGHTS		
Blue	1kg	U/7
Yellow	1.5 kg	U/8
Orange	2kg	&9, U10, &11
Orange	2kg	U12G Only
White	3kg	U12B, U13
White	3kg	U14G, U15G
Red	4kg	U14B, U15B, U17G
Green	5kg	U17B

DISCUS

Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U12 Girls	F6	1	U13 Girls	F55	1
U14 Boys	F7	1	U15 and U17 Boys	F63 & F64	1
U10 Girls	F15	2	U11 Girls	F89	1
U15 and 17 Girls	F16 and F46	1	U8 Boys	F74	2
U8 Girls	F24	2	U7 Boys	F54	2
U7 Girls	F25	2	U9 Boys	F72	2
U10 Boys	F34	2	U9 Girls	F73	2
U12 Boys	F41	1	U11 Boys	F81	1
U13 Boys	F48	1	U14 Girls	F82	1

DISCUS WEIGHTS		
350g	U7	
500g	U8, U9, U10	
750g	U11B&G, U12B&G, U13G	
1kg	U13B, 14B, 15B: 14G, 15G, 17G	
1.5kg	U17B	

Discus 1 is on the in-field
Discus 2 is next the 100 m start.

JAVELIN

Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U13 Boys	F28	1	U13 girls and U11 boys	F77 and F100	1
U11 & 14 Girls	F37 and F99	1	U12 Boys	F86	1
U12 Girls	F44	1	U14 Boys	F93	1
U17 Girls	F47	1	U17 Boys	F96	1
U15 Boys	F49	1	U15 Girls	F98	1

JAVELIN WEIGHTS		
400g	U11 G &B, U12 G&B, U13 G, U14G	
500g	U15G, U17G	
600g	U13b, U14B	
700g	15B, 17B	

TRIPLE JUMP

Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U13 Boys	F5	1	U14 Girls	F54	1
U14 Boys	F14	1	U15 and U17 Boys	F63 and F72	1
U17 and U15 Girls	F23 and F33	1	U12 Girls	F82	1
U11 Boys	F40	1	U13 Girls	F89	1
U11 Girls	F45	1	U12 Boys	F94	1

TRIPLE JUMP		
U11-U12	Sand Takeoff	
U13-U15	Board Takeoff	
U17	Board Takeoff	

HIGH JUMP

Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U9 Boys	F1	1	U11 Boys	F50	1
U12 Boys	F2	2	U12 Girls	F51	2
U9 Girls	F10	1	U10 Boys	F59	1
U15 Girls	F11	2	U13 Boys	F60	2
U17 boys	F30	1	U14 Girls	F68	1
U11 Girls	F19	2	U10 Girls	F69	2
U13 Girls	F20	1	U15 boys and U17 girls	F78 and F79	1
U14 Boys	F29	2			

HIGH JUMP		
Starting Heights		
	Boys	Girls
U9	0.85m	0.80m
U10	0.95m	0.90m
U11	1.05m	1.00m
U12	1.15m	1.10m
U13	1.20m	1.15m
U14-15	1.25m	1.20m
U17	1.30 m	1.25 m

LONG JUMP

Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U13 Girls	F3	2	U9 Boys	F52	3
U10 Boys	F12	3	U17 and U15 Girls	F53 and F62	2
U15 & U17 Boys	F4 & F13	2	U9 Girls	F61	3
U8 Girls	F32	3	U11 Boys	F70	2
U12 Girls	F21	2	U14 Boys	F71	2
U10 Girls	F32	3	U11 Girls	F80	3
U12 Boys	F22	2	U13 Boys	F81	2
U8 Boys	F38	3	U7 Girls	F87	2
U14 Girls	F39	2	U7 Boys	F88	3

LONG JUMP		
U7-U12	Half Metre Sand Takeoff	
U13-U15	Board Takeoff	
U17	Board Takeoff	
NOTE		
U7 takeoff is 50cm		

PLEASE LISTEN TO ANNOUNCEMENTS

As one event finishes the next will be called

Handheld Timing Records (Incl Timing Gates)

BOYS as of December 2014

L.A.A. of NSW Inc - Inner City Zone Championships

Event	7	8	9	11	11	12	13	14	15	16-17
50M	8.4 D Kepo (Cant) 2010									
70M	11.3 A. Yarrow (RB) 1987	10.5 J. Diloi (RB) 1992	10.3 S Bainbridge (SE) 1998	10.1 J Ticehurst (RB) 2006 J Karabesinis (Bal) 2011						
100M	15.8 J Markworth-Scott (ES) 2009	15.0 S. Vickery (Cant) 1998	14.0 P Provenzano (RB) 1977	13.6 A Kyriacou (RB) 2009	13.3 T Koula (RB) 2013	12.3 P Provenzano (RB) 1980	12.2 J Niupalau (SE) 1990 J Ticehurst (ES) 2009	11.8 A Sacca (RB) 2003	11.4 R Leonard (SE) 2009	11.3 I Metcalf (RB) 2013
200M	33.60 A Kyriacou (RB) 2006	31.7 G Lester (RB) 1985	29.7 S Riordan (RB) 1977	28.6 D Mission (RB) 1977	27.6 A Kyriacou (RB) 2010	26.3 J Roach (RB) 2013	24.8 C Ius (WEST) 2013	24.7 J Niupalau (SE) 1991	23.5 D Fahey (RB) 2007	23.6 B Gordonu (ES) 2011
400M		1-13.6 L Trowell (RB) 2007	1-08.5 H Firkin (SE) 1991	1-06.0 S Muir (SE) 2010	1-01.7 L Trowell (RB) 2010	1-00.9 M Nimmo (Bal) 2003 J Roach (RB) 2013	58.2 W Staines (Cant) 1985	53.3 T Garrett (RB) 2002	52.7 P Want (RB) 2005	51.8 J Cullen (Cant) 2014
Pack Start	500M 1-41.8 J Leavens (RB) 1989	700M 1-45.66 C Caldwell (Bal) 2013								
800M			2-40.4 J Leavens (RB) Feb 1991	2-31.0 N Blakey (SE) 2010	2-24.9 R McCarthy (RB) 1984	2-18.3 A Beer (Bal) 2014	2-16.0 J Dever (RB) 2011	2-08.3 A Hunt (RB) 1986	2-04.3 L Dever (RB) 2013	2-03.1 R Newell (RB) 2009
1500M				5-07.5 N Blakey (SE) 2010	4-52.9 R McCarthy (RB) 1984	4-46.8 R McCarthy (RB) 1985	4-36.0 M Wilson (RB) 2009	4-30.2 M Durante (RB) 1994	4-22.2 L Dever (RB) 2013	4-24.5 H O'Neil (RB) 2014
3000M							10-05.8 M Wilson (RB) 2009	10-00.0 Z Rea (ES) 2008	9-34.9 J Matthews (Wes) 2002	9-40.1 H O'Neil (RB) 2014
1500m Wlk						6-25.2 S Teo (RB) 2013	7-24.4 T Doyle (RB) 2010	7-225.1 R Murphy (SE) 2011	7-14.1 S Ninyo (RB) 2006	6-35.6 T Doyle (RB) 2013
60m Hdls		10.7 S Tankamo (RB) 2013	10.2 N Phillips (RB) 1997	10.0 K Vaingalo (RB) 2001	9.9 D Quirk (ES) 2011	9.8 E Lawaton (RB) 2002 K Vaingalo (RB) 2003 J Tuohy (RB) 2009				
80m Hdls							10.2 P Saville (RB) 1996			
90m Hdls								12.9 C Sills (SE) 2005		
100m Hdls									13.4 I Metclaf (RB) 2012	
110M Hurdles										14.8 I Metcalf (RB) 2013
200m Hdls							27.6 K Kafuye (Cant) 2002	26.7 A Elzbaidieh (RB) 2003	25.8 A Jeffery (WS) 2014	25.9 J Cullen (Cant) 2014
700m Wlk			3-45.0 L Thompson (RB) 2009							
1100m Wlk				5-51.3 L Thompson (RB) 2010	5-54.9 D O'Connell (RB) 2010					
Long Jump	3.57 L Cleverley (ES) 2014	3.89 H Lester (RB) 2011	4.21 P Betham (Cant) 1998	4.98 M Sadgrove (RB) 1978	4.91 R Batho (Bal) 2013	5.38 C Sills (SE) 2003	5.63 R Machmud (RB) 1997	6.08 S Jacenko (Bal) 1996	6.42 S Jacenko (Bal) 1997	6.83 I Metcalf (RB) 2013
High Jump		1.30 A Hookey (RB) 2004	1.46 A Hookey (RB) 2004	1.41 A Kellaway (WES) 2006	1.46 I Metcalf (RB) 2008	1.52 Jonathon Titmarsh (WS) 2014	1.78 C Hardy (ES) 1988	1.80 C Hardy (ES) 1989	1.86 I Metcalf (RB) 2012	2.00 I Metcalf (RB) 2013
Triple Jump					10.68 S Lai (RB) 1990	11.65 G Keimelo (RB) 1995	11.36 A Tzannes (ES) 1990	12.16 J Bassil (RB) 2011	13.41 S Jacenko (Bal) 1997	13.59 I Metcalf (RB) 2013
Shot	8.82 D. Dossantos (RB) 1990	8.8 I. Ljukovac (Cant) 1994	9.11 S Petrovic (RB) 1987	11.25 G Lolo (RB) 2004	13.78 T Tankamo (RB) 2010	14.13 K Lolo (RB) 2003	16.41 K Vaingalo (RB) 2004	16.58 C Masteris (RB) 1987	18.04 C Leveno (Cant) 2001	13.76 G Holland (West) 2011
Discus	27.11 P Martin (RB) 2010	26.09 K. Robinson (RB) 1999	31.25 J Greaves (Cant) 2014	40.22 J Cann (RB) 1977	34.44 S Lane (SE) 2006	42.48 T Tankamo (RB) 2011	44.23 B Talakai (RB) 2012	53.37 B Talakai (RB) 2006	61.99 B Talakai (RB) 2007	46.36 G Holland (West) 2011
Javelin						32.10 R Batho (Bal) 2014	38.6 A Camilleri (Bal) 1998	45.31 J Smith (RB) 2014	54.64 A Camilleri (Bal) 2000	46.02 M Malone (RB) 2009
Relays		Junior	56.1		Senior	48.6 (RB) 2013				

Handheld Timing Records (Incl Timing Gates)
Girls as of December 2014

L.A.A. of NSW Inc - Inner City Zone Championships

Event	7	8	9	10	11	12	13	14	15	16-17
50M	8.6 L Mapusua (RB) 2007									
70M	11.7 C McGill (ES) 2009	11.1 J Dinihan (RB) 1981	10.6 W Coleman (RB) 1996	10.0 W Coleman (RB) 1997 M Blakey SE (2008)						
100M	16.4 C McGill (ES) 2009	15.6 P Thomson (RB) 1986	14.3 H Moore (RB) 1988	14.0 W Coleman (RB) 1997	13.30 T Singh (RB) 2006	13.2 J Potter (BAL) 2006 A Kelly (RB) 2009	12.0 M Blakey (SE) 2011	12.0 V Diloi (RB) 1994	12.4 J Thornton (RB) 2013	12.6 A Kyriacou (RB) 2013
200M	34.4 C McGill (ES) 2009	32.9 J Thornton (RB) 2006	31.7 N Moore (RB) 1986 C McGill (ES) 2011	29.6 M Blakey SE (2008)	28.1 T Singh (RB) 2006	27.1 J Potter (BAL) 2006 L Roberts (Bal) 2002 M Blakey (SE) 2010	25.5 M Blakey (SE) 2011	25.7 V Diloi (RB) 1994	26.5 J Thornton (RB) 2013	27.4 K Barrett (RB) 2009 E Regan Lacey (SE) 2011
400M		1-14.7 J Thornton (RB) 2006	1-12.1 J Thornton (RB) 2007	1-09.6 J Taylor (RB) 1984 M Blakey (SE) 2008	1-06.8 A Kerr (BAL) 2010	1-01.9 M Blakey (SE) 2010	1-01.0 S Kajan (RB) 2004	59.3 S Kyriacou (RB) 2009	1-00.0 N Murray (Cant) 2009	1-02.5 E Leal (RB) 2013
Pack Start	500M 1-48.3 E Murphy (BAL) 2013	700M 2-24.80 J Thornton (RB) 2006								
800M			2-38.2 B Stanton (Cant) 1977	2-39.5 J Taylor (RB) 1974	2-32.6 S King (SE) 2009	2-24.5 S King (SE) 2010	2-22.2 R Hackett (Cant) 2005	2-20.4 S Kajan (RB) 2005	2-19.0 S Kajan (RB) 2006	2-20.1 H Campbell (Bal) 2013
1500M				5-21.9 K Robinson (RB) 1984	5-12.1 S King (SE) 2009	5-07.6 R Hackett (CANT) 2004	4-58.1 N Funtas (RB) 2005	4-50.1 M Wilson (ES) 2013	4-44.6 A McKillop (SE) 2005 J Tuohy (RB) 2009	4-46.9 H Campbell (Bal) 2013
3000M							10-51.40 R Hackett (CAN) 2005	10-52.10 R Hackett (CAN) 2006	10-42.8 L McKillop (SE) 2006	11-28.8 E McKenney (RB) 2011
1500m Wlk						6-04.2 J Fletcher (RB) 2013	7-01.4 J Saville (RB) 1988	6-53.0 J Saville (SE) 1989	6-50.2 N Saville (SE) 1993	7-24.1 S Grjoski (RB) 2014
60m Hdls		10.7 N Dalcin (Wes) 1997	10.3 M Blakey (SE) 2007	10.8 V Deeks (RB) 1997 J Fountas (RB) 2009	9.8 T Holt (SE) 2001	9.7 T Holt (SE) 2002				
80m Hdls							12.5 T Holt (SE) 2003	12.6 C Young (SE) 2011		
90m Hdls									13.4 T Penitani (ES) 2011	
100m Hdls										17.7 N Murray (Cant) 2010
200m Hdls							29.8 T Gray (Cant) 2002	28.5 T Holt (SE) 2003	28.4 J Potter (Bal) 2009	30.0 E Regan Lacey (SE) 2011
700m Wlk			4-10.8 L McKillop (SE) 2000							
1100m Wlk				6-02.4 S Griffiths (RB) 1996	6-00.5 S Dickson (SE) 1996					
Long Jump	3.23 J Dinihan (RB) 1990	3.51 J Fountas (RB) 2007	3.85 H Moore (RB) 1988	4.22 B Skene (RB) 1987	4.49 T Penitani (ES) 2007	4.96 T Holt (SE) 2002	4.94 E Jatmuka (RB) 2001	5.18 J Potter (Bal) 2008	5.6 A Kyriacou (RB) 2012	5.69 A Kyriacou (RB) 2013
High Jump			1.19 B Holloway (SE) 2007	1.29 D Roberts (Bal) 1993	1.49 K Wylie (Bal) 2002	1.55 M Clarkson (Bal) 2011	1.60 M Tagiri (ES) 1993	1.68 A Church (Wes) 1998	1.67 S Sleeman (Bal) 2003	1.6 J Nicol (Bal) 2012
Triple Jump					9.39 D Betham (Cant) 1994	10.35 A Papadatos (RB) 1993	11.40 A Papadatos (RB) 1994	11.46 A Papadatos (RB) 1995	11.65 J Fountas (RB) 2014	12.21 J Nicol (Bal) 2012
Shot	6.42 R Rae (SE) 1990	6.71 J Peri (ES) 1996	9.05 P Martins (RB) 2012	10.00 J Peri (ES) 1998	11.49 J Peri (ES) 1999	13.97 T Robinson (RB) 2002	12.73 V Lolo (RB) 2003	14.05 V Lolo (RB) 2004	15.30 V Lolo (RB) 2005	11.95 T Minslow (RB) 2014
Discus	14.77 N Penitani (ES) 2007	17.76 S Stuchbury (Bal) 1991	23.10 N Taylor (Sth Syd) 1985	30.36 E Jones (RB) 1991	30.05 J Peri (ES) 1999	37.26 E Jones (RB) 1993	43.2 S Motuliki (RB) 2000	40.18 V Lolo (RB) 2004	42.16 J Peri (RB) 2003	30.60 T Minslow (RB) 2014
Javelin						23.27 T La Coste (ES) 2014	30.81 J Anderson (RB) 2003	32.69 B DeBartolo (SE) 1999	36.03 B DeBartolo (SE) 2000	27.90 Y O'Connell (RB) 2011
Relays		Junior	58.48 (RB) 2011	Senior		49.9				

Electronic Timing - Best Times

December 2015

L.A.A. of NSW Inc - Inner City Zone Championships

BOYS

Event	7	8	9	10	11	12	13	14	15	16-17
50M	8.75									
70M	11.65	11.53	10.40	9.97						
100M	16.89	16.30	14.63	14.26	14.27	13.33	12.81	12.54	12.50	12.17
200M	34.84	33.69	29.79	28.99	28.86	27.13	26.33	24.21	26.30	24.59
400M		1-18.96	1-11.33	1-09.95	1-07.89	1-04.31	1-01.02	52.44	55.88	52.20
Pack Start	1-52.80	2-30.95								
800M			2-44.80	2-40.10	2-38.27	2-26.91	2-22.76	2-10.14	2-15.51	2-02.65
1500M				5-24.01	5-22.43	4-59.30	4-47.07	4-24.17	4-59.10	4-18.03
3000M							11-02.39	10-19.81	11-30.91	9-52.46
60m Hdls		11.94	10.09	10.83	10.58	10.04				
80m Hdls							13.43			
90m Hdls								13.23		
100m Hdls									16.10	
110m Hdls										14.62
200m Hdls							29.97	25.99	30.31	27.19
700m Wlk			4-18.59							
1100m Wlk				6-17.96	6-45.90					
1500m Wlk						9-16.4	7-52.66		6-52.58	
Relays			Jnr Boys	56.09		Snr Boys	50.73			

GIRLS

Event	7	8	9	10	11	12	13	14	15	16-17
50M	9.14									
70M	12.26	11.98	10.87	10.77						
100M	17.67	16.55	15.25	15.22	14.74	14.24	13.63	12.50	13.03	12.76
200M	36.60	35.97	32.02	31.02	30.13	28.06	28.00	24.84	25.85	25.87
400M		1-26.85	1-15.49	1-11.47	1-09.08	1-05.17	1-02.89	58.2	1-03.78	1-01.79
Pack Start	2-06.32	2-45.41								
800M			3-01.36	2-48.30	2-50.31	2-42.47	2-28.57	2-26.12	2-32.16	2-23.18
1500M				5-42.49	5-50.07	6-07.02	5-19.76	12.0	6-23.96	5-18.49
3000M							12-13.29	12-04.64	14-16.94	13-56.98
60m Hdls		11.97	11.61	11.12	11.18	11.38				
80m Hdls							13.37	18.19		
90m Hdls									13.21	
100m Hdls										15.44
200m Hdls							30.53	35.15	31.65	31.56
700m Wlk			4-23.52							
1100m Wlk				6-17.91	6-12.59					
1500m Wlk						9-50.2	7-53.64		7-34.71	7-39.44
Relays			Jnr Girls	58.48		Senior Girls	49.9			

Inner City Zone ES Marks Map

