



Little
Athletics
NSW

BE YOUR BEST[®]

ZONE CHAMPIONSHIPS

2018/19

Coming Events:

STATE TRACK & FIELD CHAMPIONSHIPS—SOPAC

16 & 17 March 2019

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

Hobart

27 & 28 April 2019

Inner City Zone Additional Rules

Heats to Finals	50m, 70m, 100m, 200m, Hurdles: 60m, 80m, 90m, 100m, 110m, 200m, 300m If there are insufficient athletes to conduct heats, the event will become a straight final and run at the heat time. 400m are timed finals
	Note: The Chief Marshall may re-arrange heats depending upon number of entrants on the day.
5 heats	1st place in each heat and fastest three qualifiers proceed to final
4 Heats	1st place in each heat and fastest four qualifiers proceed to final
3 Heats	1st and 2nd place in each heat and fastest two qualifiers proceed to final
2 Heats	1st, 2nd and 3rd place in each heat and fastest two qualifiers proceed to final
1 Heat	Straight final.
Ties	Field Events: A count back is performed Track Events: For finals run in lanes (e.g. 100m), additional lanes will be allocated for tied athletes. If the number of tied athletes increases the field for the final to more than 10, two timed finals will be programmed. For finals run on a curve (e.g. 200m), there will be two timed finals. Where timed finals are programmed, the contestants for the races will be selected as follows: Timed final 1: 1st, 3rd, 5th, 7th, 9th etc fastest heat times; Timed final 2: 2nd, 4th, 6th, 8th, 10th etc. fastest heat times.
Field Events	Athletes are to go directly to the field area when they are called or at the scheduled time Where there are eight competitors or less, each competitor shall be allowed six 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	There are no reserves for any event.
Track Events	All 500m, 700m, 1100m and 1500m events shall be run as a pack start Walks for the same distance may be combined at the discretion of the track referee 200m hurdles and 300m hurdles for U13, U14, U15 and U17 may be timed finals.
False Starts	False starts will comply with LA NSW rules. i.e U7 to U12 - one false start is allowed per athlete. An athlete will be disqualified if he/she false starts a second time. For U13 to U17, one false start is permitted for the field. A second false start in the race will result in disqualification for the athlete responsible
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. Relays - 1st, 2nd & 3rd placed teams (all team members) will receive a certificate.
Medals	These are awarded to U/7 Boys and Girls ONLY.
Zone to Region Qualifiers	U/8 to U/17 finalists (1st through to 6th) automatically progress to Region. Other qualifiers are dependent on results of the other zone. Relays - 1st, 2nd and 3rd placed teams
Region to State Qualifiers	The top two finalists from Region automatically progress to State, except for the high jump, walks and 3000 m where the athlete must also attain 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 2017 winner was Balmain



2017 MARCH PAST WINNERS - BALMAIN

LAA NSW - 2018-2019 Season

Zone Championships officials

Manager/Information manager	Andrew Kohlrusch
Announcer	Sarah Milbourn - Canterbury
Equipment officers	South Eastern and Eastern Suburbs
Safety officer	Steve Trope and David Mitchell
Results manager	Lesley Rodgers
Results assistants	Canterbury
Time keepers	Canterbury and Balmain to share
Track recording	Eastern Suburbs
First aid	Colbrow Medics
Medals manager	Canterbury
Track referee	Tony Vecellio with Paul Harper (TW)
Chief umpire	
Chief marshall	Bronwen Coker
Starting panel	South Eastern
Chief judge	Judy Vecillio
Chief timekeeper	Eastern Suburbs
Chief recorder	Eastern Suburbs
Walk judges	Tony Vecellio Anne Saville Danielle Osher Tim Batho Canterbury
Referee: High Jump	Inner west
Referee: Long/Triple Jump	Balmain/Randwick Botany
Referee: Throws	John Thompson
Chief: High Jump	Inner West
Chief: Long Jump	Balmain
Chief: Triple Jump	Randwick Botany
Chief: Shot Put	SELAC/Tiger West - one circle per day
Chief: Javelin	Randwick Botany
Chief: Discus	Eastern Suburbs
Safety committee	Zone Coordinator and all referees
Protests	Relevant referee and zone coordinator
Jury of Appeal	Andrew Kohlrusch Drew Richardson - ES D Murphy - BAL D Coker - IW A Patterson - TW Canterbury Steve Trope or David Mitchell - SE Randwick Botany

U7 to U12 may compete in four events only. U13 to U17 may compete in six events. Anyone competing in more than his/her age group allows will be disqualified from the event they did not officially enter. The relay is an additional event and is not included in the four to six events

Competitors must compete in their age group as per LAANSW constitution. Any competitor that does not compete in his/her age group will be disqualified

2018 INNER CITY ZONE CHAMPIONSHIPS Track & Field Program - SATURDAY
TRACK EVENTS

	EVENT	H / F	TIME		EVENT	H / F	TIME
#1	Girls U 7 - 500 Metre Run Pack Start	Final	8:30 AM	#57	Girls U 9 - 100 Metre Sprint	Heats	1:50 PM
#2	Boys U 7 - 500 Metre Run Pack Start	Final	8:40 AM	#58	Boys U 9 - 100 Metre Sprint	Heats	1:55 PM
#3	Girls U 11 - 1500 Metre Run	Final	8:50 AM	#59	Girls U 10 - 100 Metre Sprint	Heats	2:00 PM
#4	Boys U 11 - 1500 Metre Run	Final	9:00 AM	#60	Boys U 10 - 100 Metre Sprint	Heats	2:05 PM
#5	Girls U 12 - 1500 Metre Run	Final	9:10 AM	#61	Girls U 11 - 100 Metre Sprint	Heats	2:10 PM
#6	Boys U 12 - 1500 Metre Run	Final	9:20 AM	#62	Boys U 11 - 100 Metre Sprint	Heats	2:15 PM
#7	Girls U 13 - 200 Metre Hurdles (68cm)	Final	9:30 AM	#63	Girls U 12 - 100 Metre Sprint	Heats	2:20 PM
#8	Boys U 13 - 200 Metre Hurdles (68cm)	Final	9:35 AM	#64	Boys U 12 - 100 Metre Sprint	Heats	2:25 PM
#9	Girls U 14 - 200 Metre Hurdles (76cm)	Final	9:40 AM	#65	Girls U 7 - 50 Metre Sprint	Final	2:30 PM
#10	Boys U 14 - 200 Metre Hurdles (76cm)	Final	9:45 AM	#66	Boys U 7 - 50 Metre Sprint	Final	2:35 PM
#11	Girls U 15 - 300 Metre Hurdles (76cm)	Final	9:55 AM	#67	Girls U 13 - 400 Metre Sprint	Final	2:40 PM
#12	Boys U 15 - 300 Metre Hurdles (76cm)	Final	10:00 AM	#68	Boys U 13 - 400 Metre Sprint	Final	2:47 PM
#13	Girls U 17 - 300 Metre Hurdles (76cm)	Final	10:05 AM	#69	Girls U 14 - 400 Metre Sprint	Final	2:54 PM
#14	Boys U 17 - 300 Metre Hurdles (76cm)	Final	10:10 AM	#70	Boys U 14 - 400 Metre Sprint	Final	3:01 PM
#15	Girls U 8 - 60 Metre Hurdles (45cm)	Heats	10:15 AM	#71	Girls U 15 - 400 Metre Sprint	Final	3:08 PM
#16	Boys U 8 - 60 Metre Hurdles (45cm)	Heats	10:20 AM	#72	Boys U 15 - 400 Metre Sprint	Final	3:15 PM
#17	Girls U 9 - 60 Metre Hurdles (45cm)	Heats	10:25 AM	#73	Girls U 17 - 400 Metre Sprint	Final	3:22 PM
#18	Boys U 9 - 60 Metre Hurdles (45cm)	Heats	10:30 AM	#74	Boys U 17 - 400 Metre Sprint	Final	3:28 PM
#19	Girls U 10 - 60 Metre Hurdles (60cm)	Heats	10:40 AM	#75	Girls U 8 - 400 Metre Sprint	Final	3:36 PM
#20	Boys U 10 - 60 Metre Hurdles (60cm)	Heats	10:45 AM	#76	Boys U 8 - 400 Metre Sprint	Final	3:44 PM
#21	Girls U 11 - 60 Metre Hurdles (60cm)	Heats	10:50 AM	#77	Girls U 9 - 400 Metre Sprint	Final	3:52 PM
#22	Boys U 11 - 60 Metre Hurdles (60cm)	Heats	10:55 AM	#78	Boys U 9 - 400 Metre Sprint	Final	4:00 PM
#23	Girls U 12 - 60 Metre Hurdles (68cm)	Heats	11:05 AM	#79	Girls U 10 - 400 Metre Sprint	Final	4:08 PM
#24	Boys U 12 - 60 Metre Hurdles (68cm)	Heats	11:10 AM	#80	Boys U 10 - 400 Metre Sprint	Final	4:16 PM
#25	Girls U 13 - 1500 Metre Run	Final	11:15 AM	#81	Girls U 11 - 400 Metre Sprint	Final	4:24 PM
#26	Boys U 13 - 1500 Metre Run	Final	11:25 AM	#82	Boys U 11 - 400 Metre Sprint	Final	4:30 PM
#27	Girls U 14 - 1500 Metre Run	Final	11:35 AM	#83	Girls U 12 - 400 Metre Sprint	Final	4:36 PM
#28	Boys U 14 - 1500 Metre Run	Final	11:35 AM	#84	Boys U 12 - 400 Metre Sprint	Final	4:42 PM
#29	Girls U 15 - 1500 Metre Run	Final	11:45 AM	#85	Girls U 7 - 100 Metre Sprint	Final	4:50 PM
#30	Girls U 17 - 1500 Metre Run	Final	11:45 AM	#86	Boys U 7 - 100 Metre Sprint	Final	4:52 PM
#31	Boys U 15 - 1500 Metre Run	Final	11:55 AM	#87	Girls U 8 - 100 Metre Sprint	Final	4:54 PM
#32	Boys U 17 - 1500 Metre Run	Final	11:55 AM	#88	Boys U 8 - 100 Metre Sprint	Final	4:56 PM
#33	Girls U 8 - 60 Metre Hurdles (45cm)	Final	12:05 PM	#89	Girls U 9 - 100 Metre Sprint	Final	4:58 PM
#34	Boys U 8 - 60 Metre Hurdles (45cm)	Final	12:07 PM	#90	Boys U 9 - 100 Metre Sprint	Final	5:00 PM
#35	Girls U 9 - 60 Metre Hurdles (45cm)	Final	12:09 PM	#91	Girls U 10 - 100 Metre Sprint	Final	5:02 PM
#36	Boys U 9 - 60 Metre Hurdles (45cm)	Final	12:11 PM	#92	Boys U 10 - 100 Metre Sprint	Final	5:04 PM
#37	Girls U 10 - 60 Metre Hurdles (60cm)	Final	12:15 PM	#93	Girls U 11 - 100 Metre Sprint	Final	5:06 PM
#38	Boys U 10 - 60 Metre Hurdles (60cm)	Final	12:17 PM	#94	Boys U 11 - 100 Metre Sprint	Final	5:08 PM
#39	Girls U 11 - 60 Metre Hurdles (60cm)	Final	12:19 PM	#95	Girls U 12 - 100 Metre Sprint	Final	5:11 PM
#40	Boys U 11 - 60 Metre Hurdles (60cm)	Final	12:21 PM	#96	Boys U 12 - 100 Metre Sprint	Final	5:14 PM
#41	Girls U 12 - 60 Metre Hurdles (68cm)	Final	12:26 PM	#97	Girls U 13 - 100 Metre Sprint	Final	5:17PM
#42	Boys U 12 - 60 Metre Hurdles (68cm)	Final	12:28 PM	#98	Boys U 13 - 100 Metre Sprint	Final	5:20PM
#43	Girls U 7 - 50 Metre Sprint	Heats	12:35 PM	#99	Girls U 14 - 100 Metre Sprint	Final	5:21PM
#44	Boys U 7 - 50 Metre Sprint	Heats	12:40 PM	#100	Boys U 14 - 100 Metre Sprint	Final	5:24PM
#45	Girls U 13 - 100 Metre Sprint	Heats	12:45 PM	#101	Girls U 15 - 100 Metre Sprint	Final	5:27PM
#46	Boys U 13 - 100 Metre Sprint	Heats	12:50 PM	#102	Boys U 15 - 100 Metre Sprint	Final	5:30PM
#47	Girls U 14 - 100 Metre Sprint	Heats	12:55 PM	#103	Girls U 17 - 100 Metre Sprint	Final	5:33PM
#48	Boys U 14 - 100 Metre Sprint	Heats	1:00 PM	#104	Boys U 17 - 100 Metre Sprint	Final	5:36PM
#49	Girls U 15 - 100 Metre Sprint	Heats	1:05 PM	#105	Girls U 13 - 3000 Metre Run	Final	5:40PM
#50	Boys U 15 - 100 Metre Sprint	Heats	1:10 PM	#106	Boys U 13 - 3000 Metre Run	Final	5:40PM
#51	Girls U 17 - 100 Metre Sprint	Heats	1:15 PM	#107	Girls U 14 - 3000 Metre Run	Final	5:40PM
#52	Boys U 17 - 100 Metre Sprint	Heats	1:20 PM	#108	Boys U 14 - 3000 Metre Run	Final	5:40 PM
#53	Girls U 7 - 100 Metre Sprint	Heats	1:30 PM	#109	Girls U 15 - 3000 Metre Run	Final	5:40PM
#54	Boys U 7 - 100 Metre Sprint	Heats	1:35 PM	#110	Boys U 15 - 3000 Metre Run	Final	5:40PM
#55	Girls U 8 - 100 Metre Sprint	Heats	1:40 PM	#111	Girls U 17 - 3000 Metre Run	Final	5:40PM
#56	Boys U 8 - 100 Metre Sprint	Heats	1:45 PM	#112	Boys U 17 - 3000 Metre Run	Final	5:40PM

2018 INNER CITY ZONE CHAMPIONSHIPS Track & Field Program - SUNDAY

TRACK EVENTS

	EVENT	H / F	TIME
#129	Girls U 13 - 80 Metre Hurdles (76cm)	Heats	8:30 AM
#130	Boys U 13 - 80 Metre Hurdles (76cm)	Heats	8:35 AM
#131	Girls U 14 - 80 Metre Hurdles (76cm)	Heats	8:40 AM
#132	Boys U 14 - 90 Metre Hurdles (76cm)	Heats	8:45 AM
#133	Girls U 15 - 90 Metre Hurdles (76cm)	Heats	8:50 AM
#134	Boys U 15 - 100 Metre Hurdles (76cm)	Heats	8:55 AM
#135	Girls U 17 - 100 Metre Hurdles (76cm)	Heats	9:00 AM
#136	Boys U 17 - 110 Metre Hurdles (76cm)	Heats	9:05AM
#137	Girls U 11 - 1100 Metre Walk	Final	9:15 AM
#138	Boys U 11 - 1100 Metre Walk	Final	9:15 AM
#139	Girls U 10 - 1100 Metre Walk	Final	9:30 AM
#140	Boys U 10 - 1100 Metre Walk	Final	9:30 AM
#141	Girls U 13 - 1500 Metre Walk	Final	9:45 AM
#142	Boys U 13 - 1500 Metre Walk	Final	9:45AM
#143	Girls U 14 - 1500 Metre Walk	Final	9:45AM
#144	Boys U 14 - 1500 Metre Walk	Final	9:45AM
#145	Girls U 15 - 1500 Metre Walk	Final	9:45AM
#146	Boys U 15 - 1500 Metre Walk	Final	9:45AM
#147	Girls U 17 - 1500 Metre Walk	Final	9:45AM
#148	Boys U 17 - 1500 Metre Walk	Final	9:45AM
#149	Girls U 12 - 1500 Metre Walk	Final	10:00 AM
#150	Boys U 12 - 1500 Metre Walk	Final	10:00 AM
#151	Girls U 9 - 700 Metre Walk	Final	10:15 AM
#152	Boys U 9 - 700 Metre Walk	Final	10:15 AM
#153	Girls U 8 - 700 Metre Run Pack Start	Final	10:25 AM
#154	Boys U 8 - 700 Metre Run Pack Start	Final	10:30 AM
#155	Girls U 13 - 80 Metre Hurdles (76cm)	Final	10:40 AM
#156	Boys U 13 - 80 Metre Hurdles (76cm)	Final	10:43AM
#157	Girls U 14 - 80 Metre Hurdles (76cm)	Final	10:46AM
#158	Boys U 14 - 90 Metre Hurdles (76cm)	Final	10:50AM
#159	Girls U 15 - 90 Metre Hurdles (76cm)	Final	10:53AM
#160	Boys U 15 - 100 Metre Hurdles (76cm)	Final	11:00AM
#161	Girls U 17 - 100 Metre Hurdles (76cm)	Final	11:03AM
#162	Boys U 17 - 110 Metre Hurdles (76cm)	Final	11:10AM
	MARCH PAST		
#163	Girls U 10 - 70 Metre Sprint	Heats	11:30am
#164	Boys U 10 - 70 Metre Sprint	Heats	11:37am
#165	Girls U 9 - 70 Metre Sprint	Heats	11:44am
#166	Boys U 9 - 70 Metre Sprint	Heats	11:51am
#167	Girls U 8 - 70 Metre Sprint	Heats	11:58am
#168	Boys U 8 - 70 Metre Sprint	Heats	12:05pm
#169	Girls U 7 - 70 Metre Sprint	Heats	12:12pm
#170	Boys U 7 - 70 Metre Sprint	Heats	12:19pm
#171	Girls U 11 - 200 Metre Sprint	Heats	12:30pm
#172	Boys U 11 - 200 Metre Sprint	Heats	12:36pm
#173	Girls U 12 - 200 Metre Sprint	Heats	12:42pm
#174	Boys U 12 - 200 Metre Sprint	Heats	12:48pm
#175	Girls U 13 - 200 Metre Sprint	Heats	12:54pm
#176	Boys U 13 - 200 Metre Sprint	Heats	1:00pm
#177	Girls U 10 - 200 Metre Sprint	Heats	1:06pm
#178	Boys U 10 - 200 Metre Sprint	Heats	1:12pm
#179	Girls U 9 - 200 Metre Sprint	Heats	1:18pm
#180	Boys U 9 - 200 Metre Sprint	Heats	1:24pm
#181	Girls U 8 - 200 Metre Sprint	Heats	1:30pm
#182	Boys U 8 - 200 Metre Sprint	Heats	1:36pm
#183	Girls U 7 - 200 Metre Sprint	Heats	1:42pm

	EVENT	H / F	TIME
#184	Boys U 7 - 200 Metre Sprint	Heats	1:48pm
#185	Girls U 14 - 200 Metre Sprint	Heats	1:54pm
#186	Boys U 14 - 200 Metre Sprint	Heats	2:00pm
#187	Girls U 15 - 200 Metre Sprint	Heats	2:05pm
#188	Boys U 15 - 200 Metre Sprint	Heats	2:08pm
#189	Girls U 17 - 200 Metre Sprint	Heats	2:11pm
#190	Boys U 17 - 200 Metre Sprint	Heats	2:15pm
#191	Girls U 10 - 70 Metre Sprint	Final	2:20pm
#192	Boys U 10 - 70 Metre Sprint	Final	2:22pm
#193	Girls U 9 - 70 Metre Sprint	Final	2:24pm
#194	Boys U 9 - 70 Metre Sprint	Final	2:26pm
#195	Girls U 8 - 70 Metre Sprint	Final	2:28pm
#196	Boys U 8 - 70 Metre Sprint	Final	2:30pm
#197	Girls U 7 - 70 Metre Sprint	Final	2:32pm
#198	Boys U 7 - 70 Metre Sprint	Final	2:34pm
#199	Girls U 11 - 800 Metre Run	Final	2:40pm
#200	Boys U 11 - 800 Metre Run	Final	2:44pm
#201	Girls U 12 - 800 Metre Run	Final	2:48pm
#202	Boys U 12 - 800 Metre Run	Final	2:52pm
#203	Girls U 13 - 800 Metre Run	Final	2:56pm
#204	Boys U 13 - 800 Metre Run	Final	3:00pm
#205	Girls U 14 - 800 Metre Run	Final	3:04pm
#206	Boys U 14 - 800 Metre Run	Final	3:08pm
#207	Girls U 15 - 800 Metre Run	Final	3:12pm
#208	Boys U 15 - 800 Metre Run	Final	3:16pm
#209	Girls U 17 - 800 Metre Run	Final	3:20pm
#210	Boys U 17 - 800 Metre Run	Final	3:24pm
#211	Girls U 10 - 800 Metre Run	Final	3:28pm
#212	Boys U 10 - 800 Metre Run	Final	3:32pm
#213	Girls U 9 - 800 Metre Run	Final	3:36pm
#214	Boys U 9 - 800 Metre Run	Final	3:40pm
#215	Girls U 8 - 200 Metre Sprint	Final	3:50pm
#216	Boys U 8 - 200 Metre Sprint	Final	3:52pm
#217	Girls U 7 - 200 Metre Sprint	Final	3:54pm
#218	Boys U 7 - 200 Metre Sprint	Final	3:56pm
#219	Girls U 11 - 200 Metre Sprint	Final	3:58pm
#220	Boys U 11 - 200 Metre Sprint	Final	4:00pm
#221	Girls U 12 - 200 Metre Sprint	Final	4:02pm
#222	Boys U 12 - 200 Metre Sprint	Final	4:04pm
#223	Girls U 13 - 200 Metre Sprint	Final	4:07pm
#224	Boys U 13 - 200 Metre Sprint	Final	4:10pm
#225	Girls U 14 - 200 Metre Sprint	Final	4:13pm
#226	Boys U 14 - 200 Metre Sprint	Final	4:16pm
#227	Girls U 15 - 200 Metre Sprint	Final	4:19pm
#228	Boys U 15 - 200 Metre Sprint	Final	4:22pm
#229	Girls U 17 - 200 Metre Sprint	Final	4:25pm
#230	Boys U 17 - 200 Metre Sprint	Final	4:28pm
#231	Girls U 10 - 200 Metre Sprint	Final	4:30pm
#232	Boys U 10 - 200 Metre Sprint	Final	4:32pm
#233	Girls U 9 - 200 Metre Sprint	Final	4:34pm
#234	Boys U 9 - 200 Metre Sprint	Final	4:37pm
#235	Girls U 12-17 4x100 Metre Relay (Snr)	Final	4:50pm
#236	Boys U 12-17 4x100 Metre Relay (Snr)	Final	4:53pm
#237	Girls U 9-12 4x100 Metre Relay (Jnr)	Final	4:57pm
#238	Boys U 9-12 4x100 Metre Relay (Jnr)	Final	5:00pm

2018 INNER CITY ZONE CHAMPIONSHIPS Track & Field Program

SATURDAY 8 December

Event	Age	Gender	Time	Event No.	Area
High Jump	9	M	8:30 AM	1	2
High Jump	12	M	8:30 AM	2	1
Long Jump	13	F	8:30 AM	3	1
Long Jump	15	M	9:45 AM	4	1
Triple Jump	13	M	8:30 AM	5	
Discus	12	F	10:30AM	6	1
Discus	14	M	8:30 AM	7	1
Shot Put	11	F	8:30 AM	8	1 or 2
Shot Put	17	M	8:30 AM	9	1 or 2
High Jump	9	F	9:45 AM	10	2
High Jump	15	F	9:45 AM	11	1
High Jump	17	F	9:45 AM	12	1
Long Jump	10	M	8:30 AM	13	3
Long Jump	17	M	9:45 AM	14	1
Triple Jump	14	M	10:00 AM	15	
Discus	10	F	8:30 AM	16	2
Discus	17	F	9:30AM	17	1
Shot Put	11	M	9:30 AM	18	1 or 2
High Jump	11	F	11:00 AM	19	2
High Jump	13	F	11:00 AM	20	1
Long Jump	12	F	10:00 AM	21	3
Long Jump	12	M	11:00 AM	22	1
Triple Jump	17	F	11:00 AM	23	
Discus	8	F	11:00 AM	24	2
Discus	7	F	9:45 AM	25	2
Shot Put	8	M	10:00 AM	26	1 or 2
Shot Put	9	M	11:00 AM	27	1 or 2
Javelin	13	M	10:30 AM	28	
High Jump	14	M	12:15 PM	29	2
High Jump	17	M	12:15 PM	30	1
Long Jump	8	F	11:30 AM	31	3
Long Jump	10	F	12:30 PM	32	1
Triple Jump	15	F	11:00 AM	33	
Discus	10	M	11:45 AM	34	1
Shot Put	7	M	11:30 AM	35	1 or 2
Shot Put	9	F	12:30 PM	36	1 or 2
Javelin	14	F	11:45 AM	37	
Long Jump	8	M	1:00 PM	38	3
Long Jump	14	F	2:00 PM	39	1
Triple Jump	11	M	12:15 PM	40	
Discus	12	M	1:00 PM	41	1
Shot Put	13	F	1:00 PM	42	1 or 2
Shot Put	15	M	1:45 PM	43	1 or 2
Javelin	12	F	1:00 PM	44	
Triple Jump	11	F	1:45 PM	45	
Discus	15	F	9:30 AM	46	1
Discus	13	M	2:15 PM	47	1
Javelin	15	M	2:30PM	48	
Javelin	17	M	2:30PM	49	
Javelin	11	F	3:45 PM	50	

SUNDAY 9 December

Event	Age	Gender	Time	Event No.	Area
High Jump	10	F	8:30 AM	51	2
High Jump	12	F	8:30 AM	52	1
Long Jump	9	M	8:30 AM	53	3
Long Jump	17	F	8:30 AM	54	1
Triple Jump	14	F	8:30 AM	55	
Discus	13	F	8:30 AM	56	1
Discus	15	M	9:30 AM	57	1
Shot Put	10	F	8:30 AM	58	1 or 2
Shot Put	14	M	8:30 AM	59	1 or 2
High Jump	10	M	9:45 AM	60	2
High Jump	13	M	9:45 AM	61	1
Long Jump	9	F	10:00 AM	62	3
Long Jump	15	F	8:30 AM	63	1
Triple Jump	15	M	9:45 AM	64	
Discus	17	M	9:30 AM	65	1
Discus	11	F	10:30 AM	66	1
Shot Put	12	M	9:30 AM	67	1 or 2
Shot Put	17	F	9:45 AM	68	1 or 2
High Jump	14	F	11:00 AM	69	2
High Jump	11	M	11:00 AM	70	1
Long Jump	11	M	10:00 AM	71	1
Long Jump	14	M	11:30 AM	72	1
Triple Jump	17	M	9:45 AM	73	
Discus	8	M	8:30 AM	74	2
Discus	7	M	10:00 AM	75	2
Shot Put	8	F	10:45 AM	76	1 or 2
Shot Put	12	F	10:45 AM	77	1 or 2
Javelin	13	F	10:30 AM	78	
High Jump	15	M	12:00 PM	79	1or2
Long Jump	11	F	11:30 AM	80	3
Long Jump	13	M	12:30 PM	81	1
Triple Jump	12	F	11:00 AM	82	
Discus	9	M	11:30 AM	83	2
Shot Put	7	F	12:00 PM	84	1 or 2
Shot Put	14	F	12:00 PM	85	1 or 2
Shot Put	15	F	12:00 PM	86	1 or 2
Javelin	12	M	11:45 AM	87	
Long Jump	7	F	1:00 PM	88	3
Long Jump	7	M	1:45 PM	89	1
Triple Jump	13	F	12:15 PM	90	
Discus	9	F	1:00 PM	91	2
Shot Put	10	M	1:00 PM	92	1 or 2
Shot Put	13	M	1:30 PM	93	1 or 2
Javelin	14	M	1:30 PM	94	
Triple Jump	12	M	1:30 PM	95	
Discus	11	M	12:00 PM	96	1
Discus	14	F	1:30 PM	97	1
Javelin	15	F	2:30 PM	98	
Javelin	17	F	2:30 PM	99	
Javelin	11	M	3:30 PM	100	

2018 INNER CITY ZONE CHAMPIONSHIPS | Field Program

Saturday 8th of December 2018					
Event	Age	Gender	Time	Event No.	Area
High Jump	9	M	8:30 AM	#1	2
High Jump	12	M	8:30 AM	#2	1
High Jump	9	F	9:45 AM	#10	2
High Jump	15/17	F	9:45 AM	#11/12	1
High Jump	11	F	11:00 AM	#19	2
High Jump	13	F	11:00 AM	#20	1
High Jump	14	M	12:15 PM	#29	2
High Jump	17	M	12:15 PM	#30	1
Event	Age	Gender	Time	Event No.	Area
Shot Put	11	F	8:30 AM	#8	1 or 2
Shot Put	17	M	8:30 AM	#9	1 or 2
Shot Put	11	M	9:30 AM	#18	1 or 2
Shot Put	8	M	10:00 AM	#26	1 or 2
Shot Put	9	M	11:00 AM	#27	1 or 2
Shot Put	7	M	11:30 AM	#35	1 or 2
Shot Put	9	F	12:30 PM	#36	1 or 2
Shot Put	13	F	1:00 PM	#42	1 or 2
Shot Put	15	M	1:45 PM	#43	1 or 2
Event	Age	Gender	Time	Event No.	Area
Discus	14	M	8:30 AM	#7	1
Discus	10	F	8:30 AM	#16	2
Discus	17	F	9:30 AM	#17	1
Discus	15	F	9:30 AM	#46	1
Discus	7	F	9:45 AM	#25	2
Discus	8	F	11:00 AM	#24	2
Discus	12	F	10:30 AM	#6	1
Discus	10	M	11:45 AM	#34	1
Discus	12	M	1:00 PM	#41	1
Discus	13	M	2:15 PM	#47	1
Event	Age	Gender	Time	Event No.	Area
Long Jump	13	F	8:30 AM	#3	1
Long Jump	10	M	8:30 AM	#13	3
Long Jump	15	M	9:45 AM	#4	1
Long Jump	17	M	9:45 AM	#14	1
Long Jump	12	F	10:00 AM	#21	3
Long Jump	12	M	11:00 AM	#22	1
Long Jump	8	F	11:30 AM	#31	3
Long Jump	10	F	12:30 PM	#32	1
Long Jump	8	M	1:00 PM	#38	3
Long Jump	14	F	2:00 PM	#39	1
Event	Age	Gender	Time	Event No.	Area
Javelin	13	M	10:30 AM	#28	
Javelin	14	F	11:45 AM	#37	
Javelin	12	F	1:00 PM	#44	
Javelin	15/17	M	2:30 PM	#48/#49	
Javelin	11	F	3:45 PM	#50	
Event	Age	Gender	Time	Event No.	Area
Triple Jump	13	M	8:30 AM	#5	
Triple Jump	14	M	10:00 AM	#15	
Triple Jump	17	F	11:00 AM	#23	
Triple Jump	15	F	11:00 AM	#33	
Triple Jump	11	M	12:15 PM	#40	
Triple Jump	11	F	1:45 PM	#45	

Sunday 9th of December 2018					
Event	Age	Gender	Time	Event No.	Area
High Jump	10	F	8:30 AM	#51	2
High Jump	12	F	8:30 AM	#52	1
High Jump	10	M	9:45 AM	#60	2
High Jump	13	M	9:45 AM	#61	1
High Jump	14	F	11:00 AM	#69	2
High Jump	11	M	11:00 AM	#70	1
High Jump	15	M	12:00 PM	#79	1 or 2
Event	Age	Gender	Time	Event No.	Area
Shot Put	10	F	8:30 AM	#58	1 or 2
Shot Put	14	M	8:30 AM	#59	1 or 2
Shot Put	12	M	9:30 AM	#67	1 or 2
Shot Put	17	F	9:45 AM	#68	1 or 2
Shot Put	8	F	10:45 AM	#76	1 or 2
Shot Put	12	F	10:45 AM	#77	1 or 2
Shot Put	7	F	12:00 PM	#84	1 or 2
Shot Put	15/14	F	12:00 PM	#85/#86	1 or 2
Shot Put	10	M	1:00 PM	#92	1 or 2
Shot Put	13	M	1:30 PM	#93	1 or 2
Event	Age	Gender	Time	Event No.	Area
Discus	13	F	8:30 AM	#56	1
Discus	8	M	8:30 AM	#74	2
Discus	15	M	9:30 AM	#57	1
Discus	17	M	9:30 AM	#65	1
Discus	7	M	10:00 AM	#75	2
Discus	11	F	10:30 AM	#66	1
Discus	9	M	11:30 AM	#83	2
Discus	11	M	12:00 PM	#96	1
Discus	9	F	1:00 PM	#91	2
Discus	14	F	1:30 PM	#97	1
Event	Age	Gender	Time	Event No.	Area
Long Jump	9	M	8:30 AM	#53	3
Long Jump	17	F	8:30 AM	#54	1
Long Jump	15	F	8:30 AM	#63	1
Long Jump	9	F	10:00 AM	#62	3
Long Jump	11	M	10:00 AM	#71	1
Long Jump	14	M	11:30 AM	#72	1
Long Jump	11	F	11:30 AM	#80	3
Long Jump	13	M	12:30 PM	#81	1
Long Jump	7	F	1:00 PM	#88	3
Long Jump	7	M	1:45 PM	#89	1
Event	Age	Gender	Time	Event No.	Area
Javelin	13	F	10:30 AM	#78	
Javelin	12	M	11:45 AM	#87	
Javelin	14	M	1:30 PM	#94	
Javelin	15/17	F	2:30 PM	#98/#99	
Javelin	11	M	3:30 PM	#100	
Event	Age	Gender	Time	Event No.	Area
Triple Jump	14	F	8:30 AM	#55	
Triple Jump	15	M	9:45 AM	#64	
Triple Jump	17	M	9:45 AM	#73	
Triple Jump	12	F	11:00 AM	#82	
Triple Jump	13	F	12:15 PM	#90	
Triple Jump	12	M	1:30 PM	#95	

HIGH JUMP STARTING HEIGHTS

Age	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 and U15	1.25m	1.20m
U17	1.30m	1.25m

SHOT PUT WEIGHTS

U7	Blue 1 kg
U8	Yellow 1.5 kg
U9; U10; U11; U12	Orange 2 kg
U13; U14; U15G; U17G	White 3 kg
U15B	Red 4 kg
U17B	Green 5 kg

DISCUS WEIGHTS

U7	350 grams
U8;; U9; U10; U11	500 grams
U12; U13	750 grams
U14; U15; U17G	1 kg
U17B	1.5 kgs

LONG JUMP BOARDS

U7 to U11	Half metre wide sand take off
U12 to U17	Board take off

* U7 take off is 0.5 metre from the pit

JAVELIN WEIGHTS

U11; U12; U13G; U14G	400 grams
U15 and U17G	500 grams
U13 and U14B	600 grams
U15 and U17B	700 grams

TRIPLE JUMP BOARDS

U11 to U17 all use a take off board

Inner City Zone Championship | Girls Records as at 30th November 2018

Records set during the 2017-2018 Zone Championships

	7	8	9	10	11	12	13	14	15	17
50m	8.84s 2007 L Mapusa RB									
70m	11.94s C McGill ES 2009 T McIntosh SE 2017	11.34s 1981 J Dinihan RB	10.84s 1996 W Coleman RB	10.24s W Coleman RB '97 M Blakey SE 2008						
100m	16.64s 2009 C McGill ES	15.78s 2017 G Wansey IW	14.54s 1988 H Moore RB	14.24s 1997 W Coleman RB	13.54s 2006 T Singh RB	13.29s 2017 E Murphy Bal	12.42s 2011 M Blakey SE	12.24s 1994 V Diloi RB	12.40s 2013 J Thornton RB	12.18s 2016 M Stevens ES
200m	34.64s 2009 C McGill ES	33.14s 2006 J Thornton RB	31.44s 2016 A Ige RB	29.72s 2017 B Locane Bal	28.29s 2017 A Trope SE	26.66s 2016 A Jamieson RB	25.74s 2011 M Blakey SE	25.94s 1994 V Diloi RB	25.61s 2016 A Stevanovic IW	26.00s 2016 M Stevens ES
400m		1-14.84s 2006 J Thornton RB	1-12.24s 2007 J Thornton RB	1-09.74s J Taylor RB 1984 M Blakey SE 2008	1-06.94s 2010 A Kerr Bal	1-02.04s 2010 M Blakey SE	1-01.14s 2004 S Kajan RB	59.44s 2009 S Kyriacou RB	1-00.14s 2009 N Murray Can	1-00.58s 2016 M Mestousis IW
Pack Start	1-48.30s 2013 E Murphy Bal	2-24.80s 2006 J Thornton RB								
800m			2-38.20s 1996 B Stanton Can	2-37.77s 2017 A LeRoux Bal	2-32.60s 2009 S King SE	2-24.50s 2010 S King SE	2-22.20s 2005 R Hackett Can	2-20.40s 2005 S Kajan RB	2-19.00s 2006 S Kajan RB	2-20.10s 2013 H Campbell Bal
1500m				5-21.90s 1984 K Robinson RB	5-12.10s 2009 S King SE	5-01.68s 2017 A Field SE	4-56.19s 2017 A Rand Bal	4-50.10s 2013 M Wilson ES	4-44.60s AMcKillop SE 2005 J Tuohy RB 2009	4-46.90s 2013 H Campbell Bal
3000m							10-51.40s 2005 R Hackett Can	10-40.67s 2017 E Olson-Keating BAL	10-42.80s 2006 L McKillop SE	11-28.80s 2011 E McKenney RB
Walk			700m 3-59.82s 2017 W Skuadas RB	1100m 6-02.40s 1996 S Griffiths RB	1100m 5-44.90s 2017 J Stanley Bal	1500m 6-04.20s 2013 J Fletcher RB	1500m 7-01.40s 1988 J Saville RB	1500m 6-53.00s 1989 J Saville SE	1500m 6-50.20s 1993 N Saville SE	1500m 7-24.10s 2014 S Grujoski RB
60m H		10.94s 1997 N Dalcin IW	10.54s 2007 M Blakey SE	11.04s V Dnekc RR 1997 J Fountas RB 2009	10.04s 2001 T Holt SE	9.85s 2017 A Richards Bal				
80, 90, 100mH							80mH 12.84s 2015 ZC Azzi Bal	80mH 12.84s 2011 C Young SE	90mH 13.14s 2016 A Stevanovic IW	100mH 15.09s 2017 M Economou SE
2/300							29.65s 2015 A Foxe ES	28.14s 2015 A Stevanovic IW	50.37s 2017 Z Young IW	46.10s 2017 M Economou SE
Long J	3.23m 1990 J Dinihan RB	3.51m 2007 J Fountas RB	3.85m 1988 H Moore RB	4.22m 1987 B Skene RB	4.51m 2015 A Jamieson RB	4.96m 2002 T Holt SE	4.94m 2001 E Jatmuka RB	5.18m 2008 J Potter Bal	5.60m 2012 A Kyriacou RB	5.69m 2013 A Kyriacou RB
High J			1.19m 2007 B Holloway SE	1.29m 1993 D Roberts Bal	1.49m 2002 K Wylie Bal	1.55m 2011 M Clarkson Bal	1.60m 1993 M Tagiri ES	1.68m 1998 A Church IW	1.67m 2003 S Sleeman Bal	1.61m 2016 S Kiss ES
Triple J					9.39m 1994 D Betham Can	10.35m 1993 A Papadatos RB	11.40m 1994 A Papadatos RB	11.46m 1995 A Papadatos RB	11.65m 2014 J Fountas RB	12.40m 2015 J Fountas RB
Shot	6.42m 1990 R Rae SE	6.71m 1996 J Peri ES	9.05m 2012 P Martins RB	10.00m 1998 J Peri ES	11.49m 1999 J Peri ES	13.97m 2002 T Robinson RB	12.73m 2003 V Lolo RB	14.05m 2004 V Lolo RB	15.30m 2005 V Lolo RB	11.95m 2014 T Minslow RB
Discus	14.77m 2007 N Penitani ES	17.76m 1991 S Stuchbury Bal	26.45 2017 T Joseph-Riogi Ca	30.36m 1991 E Jones RB	30.05m 1999 J Peri ES	37.26m 1993 E Jones RB	43.2m 2000 S Motuliki RB	40.18m 2004 V Lolo RB	42.16m 2003 J Peri RB	31.28m 2016 S Kilisimasi RB
Javelin					23.57m 2017 T Baltinesher RB	31.31m 2017 P Gibson RB	30.81m 2003 J Anderson RB	32.69m 1999 B DeBartolo SE	36.03m 2000 B DeBartolo SE	36.12m 2017 O Hayes Bal
Relay		Junior 4x100m	56.76s 2017 Balmain		Senior 4x100m	49.98s 2016 Balmain				

Inner City Zone Championship | Boys Records as at 30th November 2018

Records set during the 2017-2018 Zone Championships

EVENT	7	8	9	10	11	12	13	14	15	17
50m	8.57s 2016 A Garrett RB									
70m	11.54s 1987 A. Yarrow RB	10.74s 1992 J. Diloj RB	10.54s 1998 S Bainbridge SE	10.34s J Ticehurst RB 2006 J Karabesinis BAL 2011						
100m	16.04s 2009 J Markworth-Scott ES	15.24s 1998 S. Vickery Can	14.24s 1977 P Provenzano RB	13.84s 2009 A Kyriacou RB	13.30s 2013 T Koula RB	12.54s 1980 P Provenzano RB	12.44s J Niupalau SE '90 J Ticehurst ES '09	11.95s 2017 S Chen Bal	11.40s 2016 F Long RB	11.20s 2016 S Moir SE
200m	33.84s 2006 A Kyriacou RB	31.94s 1985 G Lester RB	29.94s 1977 S Riordan RB	28.84s 1977 D Mission RB	27.84s 2010 A Kyriacou RB	26.40s 2013 J Roach RB	24.80s 2013 C Ius IW	24.58s 2015 O Pintaric SE	23.07s 2015 N Khan RB	22.31s 2015 H Whitehead ES
400m		1-13.74s 2007 L Trowell RB	1-08.64s 1991 H Firkin SE	1-06.14s 2010 S Moir SE	1-01.84s 2010 L Trowell RB	1-00.80s M Nimmo Bal 2003 J Roach RB 2013	58.34s 1985 W Staines Can	53.44s 2002 T Garrett RB	52.84s 2005 P Want RB	51.69s 2016 M Fokas RB
Pack Start	500m 1-41.80s 1989 J Leavens RB	700m 2-23.03s 2016 S Mishkarudny IW								
800m			2-39.85s 2016 A Marshall IW	2-25.95s 2016 J O'Connell Bal	2-20.02s 2017 J O'Connell Bal	2-18.30s 2014 A Beer Bal	2-16.00s 2011 J Dever RB	2-08.30s 1986 A Hunt RB	2-02.22s 2016 A Beer Bal	2-03.10s 2009 R Newell RB
1500m				4-57.75s 2016 J O'Connell Bal	4-45.14s 2017 J O'Connell Bal	4-46.80s 1985 R McCarthy RB	4-36.00s 2009 M Wilson RB	4-30.20s 1994 M Durante RB	4-14.10s 2016 A Beer Bal	4-24.50s 2014 H O'Neil RB
3000m							10-05.80s 2009 M Wilson RB	9-51.49s 2015 A Beer Bal	9-16.12s 2016 A Beer Bal	9-36.24s 2016 N Krecklenberg RB
Walk			700m 3-45.00s 2009 L Thompson RB	1100m 5-51.30s 2010 L Thompson RB	1100m 5-54.90s 2010 D O'Connell RB	1500m 6-25.20s 2013 S Teo RB	1500m 7-24.40s 2010 T Doyle RB	1500m 7-25.10s 2011 R Murphy SE	1500m 7-14.10s 2006 S Ninyo RB	1500m 6-35.60s 2013 T Doyle RB
60m H		10.80s 2013 S Taukamo RB	10.25s 2017 H Fitzgerald Bal	10.24s 2001 K Vangalo RB	10.00s 2017 B Blair Bal	10.04s E Lawaton RB2002 K Vaingalo RB 2003 J Tuoh RB 2009				
80-110 Hurd							80mH 10.44s 1996 P Saville RB	90mH 12.99s 2016 J Park Bal	100mH 13.64s 2012 I Metcalf RB	110mH 14.13s 2016 B Swann Bal
200mH 300mH							27.84s 2002 K Kafuye Can	26.94s 2003 A Elzbaidieh RB	41.87s 2016 F Long RB	37.63s 2016 S Moir SE
Long J	3.57m 2014 L Cleverley ES	3.89m 2011 H Lester RB	4.21m 1998 P Betham Can	4.98m 1978 M Sadgrove RB	4.91m 2013 R Batho Bal	5.39m 2015 R Pane TW	5.63m 1997 R Machmud RB	6.08m 1996 S. Jacenko Bal	6.42m 1997 S Jacenko Bal	6.83m 2013 I Metcalf RB
High J			1.30m 2004 A Hookey RB	1.41m 2006 A Kellaway IW	1.46m 2008 I Metcalf RB	1.52m 2014 J Titmarsh IW	1.78m 1988 C Hardy ES	1.80m 1989 C Hardy ES	1.86m 2012 I Metcalf RB	2.00m 2013 I Metcalf RB
Triple J					10.68m 1990 S Lai RB	11.65m 1995 G Keimelo RB	11.36m 1990 A Tzannes ES	12.16m 2011 J Bassil RB	13.41m 1997 S Jacenko Bal	13.59m 2013 I Metcalf RB
Shot	8.82m 1990 D. Dossantos RB	8.80m 1994 I. Ljukovac Can	9.11m 1987 S Petrovic RB	11.25m 2004 G Lolo RB	13.78m 2010 T Taukamo RB	14.13m 2003 K Vaingalo RB	16.41m 2004 K Vaingalo RB	16.58m 1987 C Mastoris RB	18.04m 2001 C Leaeno Can	15.12m 2016 L Thompson RB
Discus	27.11m 2009 P Martin RB	26.09m 1999 K. Robinson RB	31.25m 2014 J Greaves Can	40.22m 1977 J Cann RB	34.44m 2006 S Lane SE	42.48m 2011 T Taukamo RB	46.56m 2015 P Martin RB	53.37m 2006 B Talakai RB	61.99m 2007 B Talakai RB	50.93m 2016 L Thompson RB
Javelin					27.35m 2015 J Greaves Can	34.29m 2016 J Greaves Can	38.60m 1998 A Camilleri Bal	45.31m 2014 J Smith RB	54.64m 2000 A Camilleri Bal	47.91m 2016 R Pratomo RB
Relays		Junior 4x100m	56.24s Rand Botany		Senior 4x100m	46.89s 2016 Balmain				

