

2011/2012

A black and white photograph of three young girls running on a track. The girl in the foreground is in sharp focus, wearing a singlet with the number 10 and shorts with the number 5. Two other girls are running behind her, slightly out of focus. The word "Zone" is overlaid in large white letters with a black outline, and "Championships" is overlaid in even larger white letters with a black outline, both centered over the image.

Zone
Championships

Coming Events:

STATE TRACK & FIELD CHAMPIONSHIPS

Sydney Olympic Park Athletic Centre

March 23, 24 & 25, 2012

asics AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

Hobart

April 21, 2012

ZONE/REGION/STATE TRACK & FIELD CHAMPIONSHIPS

These rules are to be read in conjunction with Section "A" Competition General Rules, Section "B" – Track Events and Section "C" – Field Events and take precedence over General Rules.

1. Eligibility

- i) All athletes must be registered with LANSW.
- ii) Athletes may only compete in one LANSW Zone Championship in a season.
- iii) Athletes must qualify for LANSW Regional Championship via a LANSW Zone Track & Field Championship. The number of entries per Zone will be based upon the number of Zones in the Region.
- iv) Athletes must qualify for LANSW State Track & Field Championships via an LANSW Regional Track & Field Championship. Regions will be restricted to 3 qualifiers, except for Regions 2, 3 & 5 who can have 4 in 2011/2012.
- v) Regions will be restricted to 1 relay team; however 3 nominated Regions may enter one additional team per event on a rotational basis. For 2011/2012 these are Region 1, 2 & 5.

2. Entry Restriction by Athletes at Zone Track & Field

- i) A maximum of 4 competitors (unless notified by Zone Co) from each Centre in U7 to U12 are allowed in each event and no competitor will compete in more than 4 events, excluding the relays.
- ii) In the U13 to U17 age groups, there is no restriction on the number of competitors a Centre may enter in an event, however no competitor will compete in more than 6 events, excluding the relays.
- iii) Age divisions:
Zone U7-U17 Region U8-U17 State U9-U17.
- iv) Competitors must compete in their own age group.

3. Uniform

- i) The Association must approve **ALL** LANSW Centre uniforms.
- ii) **ALL** LANSW competitors must compete in their registered Centre uniform. In the case of "individually registered athletes" Centre uniform shall be classified as the generic uniform, as determined by the Association. Clothing displaying non-approved **logos** must not be worn.
- iii) Any athlete may wear compression bike pants as an under garment beneath their uniform shorts/pants, providing they are worn above the knee for both male and female athletes. Existing rules would apply when shorts are not worn over the top by girls. Compression or bike pants are not acceptable to be worn on their own by boys.
- iv) Competition singlets/t-shirts must not cover any compulsory numbers (eg. Centre number) or patches (eg. age patch). A competitor will be asked to tuck in the singlet/t-shirt if it covers a compulsory number or patch and a competitor may be fouled or disqualified if they fail to comply with this request.
- v) McDonald's registration numbers are to be worn by **ALL** LANSW competitors firmly affixed to the front of the uniform top.
- vi) Approved Centre numbers are to be worn by **ALL** LANSW competitors firmly affixed to the back of the uniform.
- vii) Individual numbers **must not** be modified and **must** clearly show the sponsor's name, number and border.
- viii) IGA Age numbers are to be worn on the **front left hand side** of the uniform.
- ix) The IGA patch must be worn on the **top right hand side** of the uniform top.
- x) Approved Centre uniform must be worn on the presentation dais.

4. Footwear

- i) Footwear is compulsory for **ALL** competitors in **ALL** events.
- ii) Spike shoes **MUST NOT** be used in any U7 to U8 event.
- iii) Competitors in U9 to U12 age groups may wear spikes in events run entirely in lanes, Javelin, Long Jump, Triple jump and High jump.
- iv) Competitors in the U13 to U17 age groups may wear spike shoes in all track events (except walks); Javelin, Long Jump, Triple Jump and High Jump.

- v) Competitors **must not** wear spike shoes with the spikes removed in any event.
- vi) Spike shoes must only be worn during the event and **are not** to be worn to and from the event.
- vii) Spike length:
 - a) Synthetic – Track 7mm Maximum
High/Long/Triple/Javelin 9mm Maximum
 - b) Grass - 12mm Maximum**or** according to ground requirements.

5. Reserves to Finals

- i) Two reserves are to be nominated for all track finals for which heats have been contested at Zone, Region and State Championships.
- ii) A lane draw for the finalists will be posted, with a first and second reserve nominated below the draw. If a reserve is required, due to a finalist withdrawing from the event, then that reserve will compete in the lane allocated to the withdrawing finalist, except in the circumstance of a withdrawing finalist notifying recording prior to the lane draw being posted on the board.
- iii) All listed finalists and reserves attend the marshalling for all final track events.
- iv) If heats in any track event are condensed to a lesser amount of heats or to a straight out final, no athlete may join the event once the decision has been made and announced.
- v) A reserve can take their place in the event due to the absence of any listed athlete. An athlete is deemed absent by formally withdrawing from the event or by not reporting prior to the close of marshalling.
- vi) Marshalling is deemed closed when the marshal has completed the paperwork and the competitors are released from the marshalling area.

6. Local Rules

As they may apply, **but they must not contradict** the Association Rules.

7. Relay Events – Rules of entry

- i) **Centre Teams** - Centres may enter a maximum of 1 relay team in each division.
- ii) Divisions
 - a) Boys Junior
 - b) Girls Junior
 - c) Boys Senior
 - d) Girls Senior
- iii) Team Composition
 - a) Junior - one athlete from U9, U10, U11 & U12
 - b) Senior - one athlete from U13, U14, U15 & U17
- iv) Eligibility
Minimum Age - Athletes must be genuine U9 and older.
- v) Age Substitution
 - a) If a Centre does not have any competitors in one of the age groups (U9-U15), actually competing at the Zone Championships, a competitor from the age group below (minimum U9) is allowed to go up one age group for the purpose of entering a relay team. If the team qualifies, the age composition of that team shall remain the same through the progression to Region and/or State.
 - b) If a Centre does not have any competitors in the U17 age group actually competing at the Zone Championships, an additional competitor from the U13, U14 or U15 age group is allowed to go up to replace the U17 athlete for the purpose of entering a senior relay team. If the team qualifies, the age composition of that team shall remain the same through the progression to Region and/or State.

8. Relay Team Progression

- i) The Region Co-ordinator, in conjunction with the Zone Co-ordinators may determine the number of relay teams from each Zone Championship that qualify to Region.
- ii) Once the team qualifies individual athletes may be replaced as required. Replacement athletes must be from the same age group as the athlete being replaced.

Inner City Zone Additional Rules

Heats to Finals	70m, 100m, 200m, 400m 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. Note: The Chief Marshall may re-arrange heats depending upon number of entrants on the day.
4 Heats	1st and 2nd Placegetters go to the final.
3 Heats	1st, 2nd plus next 2 fastest times go to the final.
2 Heats	1st, 2nd , 3rd plus next 2 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	Athelets 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 The 800m start will be 2 competitors per staggered lane.
False Starts	A competitor who is responsible for two false starts shall be automatically disqualified.
Protests	Will be accepted from Offical 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	U/8 to U/17 finalists (1st through to 4th) progress to Region. If there is a dead heat for 4th place there will be a run off for 4th placing. Relays - Only the 1st and 2nd placed teams progress to Region.
Region to State Qualifiers	The top four (4) finalists from Region progress to State. Relays - The 1st and 2nd teams 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. 2011 - Randwick Botany
Region No 3	

Region Area Responsibilities

Randwick Botany (1) Shot Put Sunday (4 officials)	Eastern Suburbs (2) Shot Put - Sunday (4 officials)	Balmain (17) High Jump - Sunday (3 Officials) Finish Marshal s- Sunday (1 Official)
Western Suburbs (20) Shot Put - Saturday (4 officials)	Canterbury (55) Shot Put Saturday (4 officials)	South Eastern (152) High Jump - Saturday (3 officials) Finish Marhsal - Sunday (1 official)

2010-2011 March Past Winners



CHAMPIONSHIP OFFICIALS

L.A. of NSW Inc - 2011-2012 Season

Inner City Zone Championships

Manager / Information Mgr	Andrew Kohlruschi	<i>also Zone Coordinator</i>		
Announcer	Gary Carrigan			
Equipment Officers	South Eastern			
Results Manager	Lesley Rodgers	<i>also Zone Secretary</i>		
Results Assistants	Bob Davidson			
Track Recording	Eastern Suburbs			
First Aid	Grace McDarra	Maryanne Kelly		
Medals Manager	Andrew Kohlruschi	Lesley Rodgers		
Track Referee	T Vecellio			
Chief Umpire	Eastern Suburbs	Peter Thomas		
Chief Marshall	1 from each Centre			
Starting Panel	South Eastern (2)	Eastern Suburbs (1)		
Chief Judge	Judy Vecellio	RB		
Chief Timekeeper	South Eastern			
Chief Recorder	Vinlie Della Casa			
Walk Judges	Tim Hager	Margaret Murphy	Judy Vecellio	Tony Vecellio
Referee: High Jump	Denis Dal Cin			
Referee: Long / Triple	Tim Hager			
Referee: Throws	Allan Shaw			
Chief: High Jump	James Jeffery	Shirley Sneddon		
Chief: Triple Jump	Randwick Botany			
Chief: Long Jump	Balmain			
Chief: Shot Put	Greg Nicol	Ron Washington		
Chief: Javelin	Greg Nicol	Ron Washington		
Chief: Discus	Tim Pullen	Brad Payne		
Safety Committee:	Zone Co-ordinator and ALL Referees			
Protests	Appropriate Referee			
Jury of Appeal	Manager, and 1 representative from each centre			

U/7 - U12's may compete in four (4) events only. U/13 - U/17's 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 into. 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 preference 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 marshalling to have their name marked off as competing in the track event - the athlete will then return to the field event until called for. 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 / Track Recording Finish Marshals	Balmain (17) Black & Gold LJ
Western Suburbs (20) (Black & White) HJ / Event Marshals	Canterbury (55) (Blue & White) Shot / Results	South Eastern (152) (Green, Red & White) Equipment & Umpires

Track Program - SATURDAY

LA of NSW Inc - 2011-2012 Season

Inner City Zone Championships

8:45 am START

08:00 am Officials Check-In

Event No

1	U7	Girls	Pack Start	Final
2	U7	Boys	Pack Start	Final
3	U10	Girls	1,500m	Final
4	U10	Boys	1,500m	Final
5	U11	Girls	1,500m	Final
6	U11	Boys	1,500m	Final
7	U12	Girls	1,500m	Final
8	U12	Boys	1,500m	Final
9	U13	Girls	200m Hurdles	Heats
10	U13	Boys	200m Hurdles	Heats
11	U14	Girls	200m Hurdles	Heats
12	U14	Boys	200m Hurdles	Heats
13	U15	Girls	200m Hurdles	Heats
14	U15	Boys	200m Hurdles	Heats
15	U17	Girls	200m Hurdles	Heats
16	U17	Boys	200m Hurdles	Heats
17	U13	Girls	1,500m	Final
18	U13	Boys	1,500m	Final
19	U14	Girls	1,500m	Final
20	U14	Boys	1,500m	Final
21	U15	Girls	1,500m	Final
22	U15	Boys	1,500m	Final
23	U17	Girls	1,500m	Final
24	U17	Boys	1,500m	Final
25	U8	Girls	60m Hurdles	Heats
26	U8	Boys	60m Hurdles	Heats
27	U9	Girls	60m Hurdles	Heats
28	U9	Boys	60m Hurdles	Heats
29	U10	Girls	60m Hurdles	Heats
30	U10	Boys	60m Hurdles	Heats
31	U11	Girls	60m Hurdles	Heats
32	U11	Boys	60m Hurdles	Heats
33	U12	Girls	60m Hurdles	Heats
34	U12	Boys	60m Hurdles	Heats
35	U13	Girls	200m Hurdles	Final
36	U13	Boys	200m Hurdles	Final
37	U14	Girls	200m Hurdles	Final
38	U14	Boys	200m Hurdles	Final
39	U15	Girls	200m Hurdles	Final
40	U15	Boys	200m Hurdles	Final
41	U17	Girls	200m Hurdles	Final
42	U17	Boys	200m Hurdles	Final
43	U8	Girls	60m Hurdles	Final
44	U8	Boys	60m Hurdles	Final
45	U9	Girls	60m Hurdles	Final
46	U9	Boys	60m Hurdles	Final
47	U10	Girls	60m Hurdles	Final
48	U10	Boys	60m Hurdles	Final
49	U11	Girls	60m Hurdles	Final
50	U11	Boys	60m Hurdles	Final
51	U12	Girls	60m Hurdles	Final
52	U12	Boys	60m Hurdles	Final
53	U7	Girls	100m	Heats
54	U7	Boys	100m	Heats
55	U13	Girls	100m	Heats
56	U13	Boys	100m	Heats
57	U14	Girls	100m	Heats
58	U14	Boys	100m	Heats
59	U15	Girls	100m	Heats
60	U15	Boys	100m	Heats
61	U17	Girls	100m	Heats
62	U17	Boys	100m	Heats
63	U8	Girls	100m	Heats
64	U8	Boys	100m	Heats
65	U9	Girls	100m	Heats
66	U9	Boys	100m	Heats
67	U10	Girls	100m	Heats
68	U10	Boys	100m	Heats
69	U11	Girls	100m	Heats
70	U11	Boys	100m	Heats

Event No

71	U12	Girls	100m	Heats
72	U12	Boys	100m	Heats
73	U7	Girls	50m	Heats
74	U7	Boys	50m	Heats
75	U13	Girls	400m	Heats
76	U13	Boys	400m	Heats
77	U14	Girls	400m	Heats
78	U14	Boys	400m	Heats
79	U15	Girls	400m	Heats
80	U15	Boys	400m	Heats
81	U17	Girls	400m	Heats
82	U17	Boys	400m	Heats
83	U8	Girls	400m	Heats
84	U8	Boys	400m	Heats
85	U9	Girls	400m	Heats
86	U9	Boys	400m	Heats
87	U10	Girls	400m	Heats
88	U10	Boys	400m	Heats
89	U11	Girls	400m	Heats
90	U11	Boys	400m	Heats
91	U12	Girls	400m	Heats
92	U12	Boys	400m	Heats
93	U7	Girls	100m	Final
94	U7	Boys	100m	Final
95	U13	Girls	100m	Final
96	U13	Boys	100m	Final
97	U14	Girls	100m	Final
98	U14	Boys	100m	Final
99	U15	Girls	100m	Final
100	U15	Boys	100m	Final
101	U17	Girls	100m	Final
102	U17	Boys	100m	Final
103	U8	Girls	100m	Final
104	U8	Boys	100m	Final
105	U9	Girls	100m	Final
106	U9	Boys	100m	Final
107	U10	Girls	100m	Final
108	U10	Boys	100m	Final
109	U11	Girls	100m	Final
110	U11	Boys	100m	Final
111	U12	Girls	100m	Final
112	U12	Boys	100m	Final
113	U7	Girls	50m	Final
114	U7	Boys	50m	Final
115	U13	Girls	400m	Final
116	U13	Boys	400m	Final
117	U14	Girls	400m	Final
118	U14	Boys	400m	Final
119	U15	Girls	400m	Final
120	U15	Boys	400m	Final
121	U17	Girls	400m	Final
122	U17	Boys	400m	Final
123	U8	Girls	400m	Final
124	U8	Boys	400m	Final
125	U9	Girls	400m	Final
126	U9	Boys	400m	Final
127	U10	Girls	400m	Final
128	U10	Boys	400m	Final
129	U11	Girls	400m	Final
130	U11	Boys	400m	Final
131	U12	Girls	400m	Final
132	U12	Boys	400m	Final
133	U13	Girls	3,000m	Final
134	U13	Boys	3,000m	Final
135	U14	Girls	3,000m	Final
136	U14	Boys	3,000m	Final
137	U15	Girls	3,000m	Final
138	U15	Boys	3,000m	Final
139	U17	Girls	3,000m	Final
140	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

LA of NSW Inc - 2011-2012 Season

Inner City Zone Championships

08:15am Officials Check-In
8:45 am First Call

March Past
will be held upon completion
of the U/17 1500M Walks

Event No

141	U13	Girls	80m Hurdles	Heats
142	U13	Boys	80m Hurdles	Heats
143	U14	Girls	80m Hurdles	Heats
144	U14	Boys	90m Hurdles	Heats
145	U15	Girls	90m Hurdles	Heats
146	U15	Boys	100m Hurdles	Heats
147	U17	Girls	100m Hurdles	Heats
148	U17	Boys	110m Hurdles	Heats
149	U12	Girls	1500m Walk	Final
150	U12	Boys	1500m Walk	Final
151	U11	Girls	1100m Walk	Final
152	U11	Boys	1100m Walk	Final
153	U10	Girls	1100m Walk	Final
154	U10	Boys	1100m Walk	Final
155	U9	Girls	700m Walk	Final
156	U9	Boys	700m Walk	Final
157	U8	Girls	Pack Start	Final
158	U8	Boys	Pack Start	Final
159	U13	Girls	1500m Walk	Final
160	U13	Boys	1500m Walk	Final
161	U14	Girls	1500m Walk	Final
162	U14	Boys	1500m Walk	Final
163	U15	Girls	1500m Walk	Final
164	U15	Boys	1500m Walk	Final
165	U17	Girls	1500m Walk	Final
166	U17	Boys	1500m Walk	Final
167	U13	Girls	80m Hurdles	Final
168	U13	Boys	80m Hurdles	Final
169	U14	Girls	80m Hurdles	Final
170	U14	Boys	90m Hurdles	Final
171	U15	Girls	90m Hurdles	Final
172	U15	Boys	100m Hurdles	Final
173	U17	Girls	100m Hurdles	Final
174	U17	Boys	110m Hurdles	Final
175	U10	Girls	70m	Heats
176	U10	Boys	70m	Heats
177	U9	Girls	70m	Heats
178	U9	Boys	70m	Heats
179	U8	Girls	70m	Heats
180	U8	Boys	70m	Heats
181	U7	Girls	70m	Heats
182	U7	Boys	70m	Heats
183	U11	Girls	200m	Heats
184	U11	Boys	200m	Heats
185	U12	Girls	200m	Heats
186	U12	Boys	200m	Heats
187	U13	Girls	200m	Heats
188	U13	Boys	200m	Heats
189	U10	Girls	200m	Heats
190	U10	Boys	200m	Heats
191	U9	Girls	200m	Heats
192	U9	Boys	200m	Heats
193	U8	Girls	200m	Heats
194	U8	Boys	200m	Heats

Event No

195	U7	Girls	200m	Heats
196	U7	Boys	200m	Heats
197	U14	Girls	200m	Heats
198	U14	Boys	200m	Heats
199	U15	Girls	200m	Heats
200	U15	Boys	200m	Heats
201	U17	Girls	200m	Heats
202	U17	Boys	200m	Heats
203	U10	Girls	70m	Final
204	U10	Boys	70m	Final
205	U9	Girls	70m	Final
206	U9	Boys	70m	Final
207	U8	Girls	70m	Final
208	U8	Boys	70m	Final
209	U7	Girls	70m	Final
210	U7	Boys	70m	Final
211	U11	Girls	800m	Final
212	U11	Boys	800m	Final
213	U12	Girls	800m	Final
214	U12	Boys	800m	Final
215	U13	Girls	800m	Final
216	U13	Boys	800m	Final
217	U14	Girls	800m	Final
218	U14	Boys	800m	Final
219	U15	Girls	800m	Final
220	U15	Boys	800m	Final
221	U17	Girls	800m	Final
222	U17	Boys	800m	Final
223	U10	Girls	800m	Final
224	U10	Boys	800m	Final
225	U9	Girls	800m	Final
226	U9	Boys	800m	Final
227	U8	Girls	200m	Final
228	U8	Boys	200m	Final
229	U7	Girls	200m	Final
230	U7	Boys	200m	Final
231	U11	Girls	200m	Final
232	U11	Boys	200m	Final
233	U12	Girls	200m	Final
234	U12	Boys	200m	Final
235	U13	Girls	200m	Final
236	U13	Boys	200m	Final
237	U14	Girls	200m	Final
238	U14	Boys	200m	Final
239	U15	Girls	200m	Final
240	U15	Girls	200m	Final
241	U17	Girls	200m	Final
242	U17	Boys	200m	Final
243	U10	Girls	200m	Final
244	U10	Boys	200m	Final
245	U9	Girls	200m	Final
246	U9	Boys	200m	Final
247	Snr	Girls	Relay	Final
248	Snr	Boys	Relay	Final
249	Jnr	Girls	Relay	Final
250	Jnr	Boys	Relay	Final

1st Call 08:30 am
Start 08:45 am

FIELD PROGRAM Saturday / Sunday

LA of NSW Inc - 2011-2012 Season

Inner City Zone Championships

SATURDAY

Approx Time	Event		Field Area
8:45 AM	1	U/9 Boys High Jump	1
8:45 AM	2	U/12 Boys High Jump	2
8:45 AM	3	U/13 Girls Long Jump	3
8:45 AM	4	U/15 Boys Long Jump	2
8:45 AM	5	U/13 Boys Triple Jump	1
8:45 AM	6	U/12 Girls Discus	1
8:45 AM	7	U/14 Boys Discus	1
8:45 AM	8	U/11 Girls Shot Put	2
8:45 AM	9	U/17 Boys Shot Put	1
	10	U/9 Girls High Jump	
	11	U/15 Girls High Jump	
	12	U/10 Boys Long Jump	
	13	U/17 Boys Long Jump	
	14	U/14 Boys Triple Jump	1
	15	U/10 Girls Discus	2
	16	U/17 Girls Discus	1
	17	U/11 Boys Shot Put	
	18	U/14 Girls Shot Put	
	19	U/11 Girls High Jump	
	20	U/13 Girls High Jump	
	21	U/12 Girls Long Jump	
	22	U/12 Boys Long Jump	
	23	U/17 Girls Triple Jump	1
	24	U/8 Girls Discus	2
	25	U/7 Girls Discus	2
	26	U/8 Boys Shot Put	
	27	U/9 Boys Shot Put	
	28	U/13 Boys Javelin	1
	29	U/14 Boys High Jump	
	30	U/17 Boys High Jump	
	31	U/8 Girls Long Jump	
	32	U/10 Girls Long Jump	
	33	U/15 Girls Triple Jump	1
	34	U/10 Boys Discus	2
	35	U/7 Boys Shot Put	
	36	U/9 Girls Shot Put	
	37	U/14 Girls Javelin	1
	38	U/8 Boys Long Jump	
	39	U/14 Girls Long Jump	
	40	U/11 Boys Triple Jump	1
	41	U/12 Boys Discus	1
	42	U/13 Girls Shot Put	
	43	U/15 Boys Shot Put	
	44	U/12 Girls Javelin	
	45	U/11 Girls Triple Jump	1
	46	U/15 Girls Discus	1
	47	U/17 Girls Javelin	1
	48	U/13 Boys Discus	1
	49	U/15 Boys Javelin	1

SUNDAY

Approx Time	Event		Field Area
8:45 AM	50	U/11 Boys High Jump	1
8:45 AM	51	U/12 Girls High Jump	2
8:45 AM	52	U/9 Boys Long Jump	3
8:45 AM	53	U/17 Girls Long Jump	2
8:45 AM	54	U/14 Girls Triple Jump	1
8:45 AM	55	U/13 Girls Discus	1
8:45 AM	56	U/15 Boys Discus	
8:45 AM	57	U/10 Girls Shot Put	2
	58	U/14 Boys Shot Put	1
	59	U/10 Boys High Jump	
	60	U/13 Boys High Jump	
	61	U/9 Girls Long Jump	
	62	U/15 Girls Long Jump	
	63	U/15 Boys Triple Jump	1
	64	U/17 Boys Discus	1
	65	U/11 Girls Discus	1
	66	U/12 Boys Shot Put	1
	67	U/17 Girls Shot Put	
	68	U/14 Girls High Jump	
	69	U/10 Girls High Jump	
	70	U/11 Boys Long Jump	
	71	U/14 Boys Long Jump	
	72	U/17 Boys Triple Jump	1
	73	U/8 Boys Discus	2
	74	U/7 Boys Discus	
	75	U/8 Girls Shot Put	
	76	U/12 Girls Shot Put	
	77	U/13 Girls Javelin	1
	78	U/15 Boys High Jump	
	79	U/17 Girls High Jump	
	80	U/11 Girls Long Jump	
	81	U/13 Boys Long Jump	2
	82	U/12 Girls Triple Jump	1
	83	U/9 Boys Discus	2
	84	U/7 Girls Shot Put	
	85	U/15 Girls Shot Put	
	86	U/12 Boys Javelin	
	87	U/7 Girls Long Jump	
	88	U/7 Boys Long Jump	
	89	U/13 Girls Triple Jump	1
	90	U/9 Girls Discus	2
	91	U/10 Boys Shot Put	
	92	U/13 Boys Shot Put	
	93	U/14 Boys Javelin	1
	94	U/12 Boys Triple Jump	1
	95	U/11 Boys Discus	1
	96	U/17 Boys Javelin	1
	97	U/14 Girls Discus	1
	98	U/15 Girls Javelin	1

Note: Field areas may change on the day
Please listen to the announcements carefully

FIELD INFORMATION

LA OF NSW Inc - 2011-2012 Season

Inner City Zone Championships

SHOT PUT					
Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U11 Girls	8	2	U10 Girls	57	2
U17 Boys	9	1	U14 Boys	58	1
U11 Boys	17		U12 Boys	66	
U14 Girls	18		U17 Girls	67	
U8 Boys	26		U8 Girls	75	
U9 Boys	27		U12 Girls	76	
U7 Boys	35		U7 Girls	84	
U9 Girls	36		U15 Girls	85	
U13 Girls	42		U10 Boys	91	
U15 Boys	43		U13 Boys	92	

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+B, U15G, U17G
Red	4kg	U15B
Green	5kg	U17B

DISCUS					
Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U12 Girls	6	1	U13 Girls	55	1
U14 Boys	7	1	U15 Boys	56	1
U10 Girls	15	2	U17 Boys	64	1
U17 Girls	16	1	U11 Girls	65	1
U8 Girls	24	2	U8 Boys	73	2
U7 Girls	25	2	U7 Boys	74	2
U10 Boys	34	2	U9 Boys	83	2
U12 Boys	41	1	U9 Girls	90	2
U15 Girls	46	1	U11 Boys	95	1
U13 Boys	48	1	U14 Girls	97	1

DISCUS WEIGHTS		
350g	U7	
500g	U8, U9, U10	
750g	U11, U12, U13G	
1kg	U13B	
1kg	U14, U15, U17G	
1.5kg	U17B	

JAVELIN					
Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U13 Boys	28	1	U13 Girls	77	1
U14 Girls	37	1	U14 Boys	93	1
U17 Girls	47	1	U17 Boys	96	1
U15 Boys	49	1	U15 Girls	98	1

JAVELIN WEIGHTS		
400g	U12 G+B, U13G, U14G	
500g	U15G, U17G	
600g	U13B, U14B	
700g	15B, 17B	

TRIPLE JUMP					
Saturday			Sunday		
Age	Event No.	Area	Age	Event No.	Area
U13 Boys	5	1	U14 Girls	54	1
U14 Boys	14	1	U15 Boys	63	1
U17 Girls	23	1	U17 Boys	72	1
U15 Girls	33	1	U12 Girls	82	1
U11 Boys	40	1	U13 Girls	89	1
U11 Girls	45	1	U12 Boys	94	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	1	1	U11 Boys	50	1
U12 Boys	2	2	U12 Girls	51	2
U9 Girls	10		U10 Boys	59	
U15 Girls	11		U13 Boys	60	
U11 Girls	19		U14 Girls	68	
U13 Girls	20		U10 Girls	69	
U14 Boys	29		U15 Boys	78	
U17 Boys	30		U17 Girls	79	

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	3	3	U9 Boys	52	3
U15 Boys	4	2	U17 Girls	53	2
U10 Boys	12		U9 Girls	61	
U17 Boys	13		U15 Girls	62	
U12 Girls	21		U11 Boys	70	
U12 Boys	22		U14 Boys	71	
U8 Girls	31		U11 Girls	80	
U10 Girls	32		U13 boys	81	
U8 Boys	38		U7 Girls	87	
U14 Girls	39		U7 Boys	88	

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

PLEASE LISTEN TO ANNOUNCEMENTS

As one event finishes the next will be called

CARNIVAL RECORDS as at March 2011 - BOYS

L.A.A. of NSW Inc - 2011-2012 Season

Inner City Zone Championships

Event	7	8	9	10	11	12	13	14	15	16-17
50M	8.4 D Kepe (Cant) 2010									
70M	11.3 A. Yarrow (RB) 1987	10.5 J. Dilei (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 B Loughman (RB) 1992	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	11.5 B Gordonu (ES) 2011
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	26.8 Z Rea (ES) 2006	25.4 K Kafuye (Cant) 2002	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	1-06.1 A Kyriacou (RB) 2009	1-01.7 L Trowell (RB) 2010	1-00.9 M Nimmo (Bal) 2003	58.2 W Staines (Cant) 1985	53.3 T Garrett (RB) 2002	52.7 P Want (RB) 2005	53.4 R Newell (RB) 2009
Pack Start	500M 1-41.8 J Leavens (RB) 1989	700M 2-25.5 J Leavens (RB) 1990 J Hinds (RB) 2008								
800M			2-40.4 J Leavens (RB) Feb 1991	2-31.0 N Blakey (SE) 2010	2-24.9 R McCarthy (RB) 1984	2-20.3 R McCarthy (RB) 1985	2-16.0 J Dever (RB) 2011	2-08.3 A Hunt (RB) 1986	2-05.3 J King (SE) 2010	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	4-23.8 J Matthews (Wes) 2002	4-24.7 R Newell (RB) 2009
3000M							10-05.8 M Wilson (RB) 2009	10-00.0 Z Rea (ES) 2008	9-34.9 J Matthews (Wes) 2002	10-04.5 R Newell (RB) 2010
1500m Wik						7-53.7 B Malyon (RB) 1990	7-24.4 T Doyle (RB) 2010	7-22.5.1 R Murphy (SE) 2011	7-14.1 S Ninyo (RB) 2006	7-07.1 M Malone (RB) 2009
60m Hdls		10.8 K Donje (Cant) 2011	10.2 N Phillips (RB) 1997	10.0 K Vangalo (RB) 2001	9.9 D Quirk (ES) 2011	9.8 E Lawton (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 Metcalf (RB) 2011	
110M Hurdles										15.2 B Gordonu (ES) 2011
200m Hdls							27.6 K Kafuye (Cant) 2002	26.7 A Elzbaidieh (RB) 2003	26.0 K Kafuye (Cant) 2004	26.8 Lei-Han Lee (Cant) 2011
700m Wik			3-45.0 L Thompson (RB) 2009							
1100m Wik				5-51.3 L Thompson (RB) 2010	5-54.9 D O'Connell (RB) 2010					
Long Jump	3.26 S. Mayne (RB) 1980 P Betham (CAN) 1996	3.89 H Lester (RB) 2011	4.21 P Betham (Cant) 1998	4.98 M Sadgrove (RB) 1978	4.77 M Sadgrove (RB) 1979	5.38 C Sills (SE) 2003	5.63 R Machmud (RB) 1997	6.08 S. Jacenko (Bal) 1996	6.42 S Jacenko (Bal) 1997	6.03 A Njemanze (Cant) 2011
High Jump			1.30 A Hockey (RB) 2004	1.41 A Kellaway (WES) 2006	1.46 I Metcalf (RB) 2007	1.65 N Klemenko (RB) 1984	1.78 C Hardy (ES) 1988	1.80 C Hardy (ES) 1989	1.86 I Metcalf (RB) 2011	1.75 L Starr (RB) 2009 A Njemanze (Cant) 2011
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	11.81 Lei-Han Lee (Cant) 2011
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 Taukamo (RB) 2010	14.13 K Vaingalo (RB) 2003	16.41 K Vaingalo (RB) 2004	16.58 C Mastoris (RB) 1987	18.04 C Leano (Cant) 2001	13.76 G Holland (Wests) 2011
Discus	27.11 P Martin (RB) 2010	26.09 K. Robinson (RB) 1999	30.13 K Robinson (RB) 2000	40.22 J Cann (RB) 1977	34.44 S Lane (SE) 2006	42.48 T Taukamo (RB) 2011	44.04 B Talaki (RB) 2005	53.37 B Talakai (RB) 2006	61.99 B Talakai (RB) 2007	40.26 G Holland (Wests) 2011
Javelin						31.43 J Dixon (Cant) 2011	38.6 A Camilleri (Bal) 1998	44.70 A Camilleri (Bal) 1999	54.64 A Camilleri (Bal) 2000	46.02 M Malone (RB) 2009
Relays		Junior	57.2 (RB) 2011		Senior	49.6 (RB) 2003				

CARNIVAL RECORDS as at March 2011 - GIRLS

L.A.A. of NSW Inc - 2011-2012 Season

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	12.5 J Potter (Bal) 2009	12.8 K Barrett (RB) 2009
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	26.7 K Barrett RB (2008)	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	1-04.8 K Barrett (RB) 2009
Pack Start	500M 1-50.3 C McGill (ES) 2009	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	2-41.4 E McKenney (RB) 2011
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	4-54.7 A McKillop (SE) 2004	4-44.6 A McKillop (SE) 2005 J Tuohy (RB) 2009	5-27.9 E McKenney (RB) 2011
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 Wik						7-34.5 J Saville (RB) 1987	7-01.4 J Saville (RB) 1988	6-53.0 J Saville (SE) 1989	6-50.2 N Saville (SE) 1993	7-32.5 D Psarianos (RB) 2011
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 Wik			4-10.8 L McKillop (SE) 2000							
1100m Wik				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	5.25 E Clark (Bal) 2000	5.36 J Nichol (Bal) 2011
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	1.55 J Nichol (Bal) 2011
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	11.37 B Nicholas (Bal) 1991	11.44 J Nichol (Bal) 2011	
Shot	6.42 R Rae (SE) 1990	6.71 J Peri (ES) 1996	7.90 J Peri (ES) 1997	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	7.69 B Norman (RB) 2009
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 Motulki (RB) 2000	40.18 V Lolo (RB) 2004	42.16 J Peri (RB) 2003	29.15 B Norman (RB) 2009
Javelin							30.81 J Anderson (RB) 2003	32.69 B DeBartolo (SE) 1999	36.03 B DeBartolo (SE) 2000	27.90 V O'Connell (RB) 2011
Relays		Junior	58.4 (RB) 2011	Senior		51.1 (SE) 2011				

BEST PERFORMANCES 2011 SEASON *(Last Season)*

L.A.A. of NSW Inc - 2011-2012 Season
Inner City Zone Championships

BOYS

Event	7	8	9	10	11	12	13	14	15	16-17
50M	8.8									
70M	11.9	11.3	10.6	10.1						
100M	16.8	15.6	14.6	14.3	14.1	12.6	12.4	12.2	12.0	11.5
200M	35.7	33.4	30.6	29.5	28.0	27.7	27.2	25.8	25.0	23.6
400M		1-18.4	1-13.2	1-08.5	1-04.4	1-03.1	59.0	58.4	56.5	55.0
Pack Start	1-53.3	2-34.9								
800M			2-54.6	2-38.5	2-25.6	2-26.0	2-16.2	2-17.7	2-12.0	2-12.3
1500M				5-20.0	5-16.3	4-49.6	4-47.0	4-46.3	4-35.5	4-48.9
3000M							10-30.5	12-33.2	10-24.2	10-24.4
60m Hdls		10.8	10.4	10.7	9.9	10.1				
80m Hdls							13.2			
90m Hdls								14.2		
100m Hdls									13.4	
110m Hdls										15.2
200m Hdls							27.8	29.8		26.8
700m Wik			4-13.3						27.1	
1100m Wik				6-37.1	7-11.5					
1500m Wik						8-53.8	7-56.0	7-25.1	-	-
Long Jump	3.11	3.89	3.99	4.10	4.31	5.02	4.81	5.40	5.93	6.03
High Jump			1.15	1.37	1.36	1.50	1.55	1.50	1.86	1.75
Triple Jump					9.82	9.43	10.74	12.16	11.93	11.81
Shot	6.26	7.92	7.24	7.62	8.65	13.84	11.48	11.50	12.61	13.76
Discus	13.70	21.27	22.90	21.64	29.47	42.48	26.16	31.79	35.10	40.26
Javelin						31.43	17.01	34.50	38.15	33.30
Relays			Jnr Boys	57.2		Snr Boys	1-04.8			

GIRLS

Event	7	8	9	10	11	12	13	14	15	16-17
50M	8.7									
70M	12.0	11.5	10.7	10.2						
100M	17.5	16.3	15.2	14.3	13.7	14.1	12.7	13.4	12.6	12.9
200M	37.4	34.3	31.7	31.2	28.7	28.6	25.5	27.0	26.2	27.4
400M		1-21.1	1-14.9	1-16.8	1-09.3	1-05.2	1-03.3	1-05.2	1-01.6	1-06.0
Pack Start	2-00.3	2-43.0								
800M			2-59.2	2-56.2	2-50.3	2-32.1	2-22.4	2-35.9	2-28.0	2-41.4
1500M				5-53.4	5-47.3	5-24.6	5-05.5	5-28.4	5-09.2	5-27.9
3000M							14-58.5	13-52.5	11-55.6	11-28.8
60m Hdls		11.9	10.6	11.7	10.8	10.4				
80m Hdls							13.0	12.6		
90m Hdls									13.4	15.70
100m Hdls										
200m Hdls							30.6	31.0	28.5	30.0
700m Wik			4-18.2							
1100m Wik				6-37.0	7-50.7					
1500m Wik						9-02.8	9-17.3	7-40.8	-	7-32.5
Long Jump	2.71	3.25	3.45	3.66	4.29	4.28	4.66	5.03	5.18	5.36
Shot	5.14	4.75	6.01	7.14	7.52	9.38	10.03	7.72	9.46	7.28
Discus	14.05	12.40	17.65	18.67	18.67	29.22	29.33	18.18	26.30	26.19
High Jump			1.07	1.22	1.36	1.55	1.40	1.52	1.45	1.55
Triple Jump					8.74	9.43	9.95	10.34	9.92	11.44
Javelin					8.74	21.53	19.54	24.87	26.18	27.90
Relays			Jnr Girls	28.40		Senior Girls	51.1			