

## Little Athletics NSW Region 8 Championship February 2020

<b>When:</b>	Saturday 1 <sup>st</sup> February and Sunday 2 <sup>nd</sup> February
<b>Where:</b>	The Ridge Athletics Track, Recreation Drive, Barden Ridge
<b>Start Time:</b>	First Call: 7.45 am. Events commence at 8:00 am
<b>Entry Fee:</b>	Paid by BLAC

### Team Manager:

Balmain has appointed four Team Managers who are responsible for all liaison between Balmain athletes and the Regional management throughout the weekend.

Our Team Managers are: Andrea Belunek  
Richard Chen  
Peter Rand  
David Murphy

All athletes and parents/carers are reminded that only Team Managers are able to communicate with Referees and Umpires or lodge protests over the weekend.



### Club Seating:

Clubs have been allocated space along the main straight to set up their areas. For those who attended last year we will be in the same location on a moderately grassed banked area with **NO** fixed seating at approximately the 70m start line. We intend to erect at least four of our large marquees across this area. It is advisable to bring whatever folding chairs, blankets or cushions you think appropriate. Private tents may also be used at 'The Ridge' but they must be located somewhere other than the main straight.

### Parking:

There is parking available at a number of locations throughout the complex. Car park 6, located along the 100m straight, is the closest to the venue.

**The car park located directly behind the clubhouse and canteen is ONLY for the use of officials with parking passes. There will be an official monitoring this car park throughout the weekend. Anyone parking there will be asked to move their car.**



Each Club has been asked to ensure that all athletes, their parents and guardians are made aware of the following important Region 8 information:

### **Athletes withdrawing from an event:**

Any athlete who is withdrawing from an event over the course of the weekend has to notify a team manager and complete a withdrawal form at the Information Desk as soon as they know they are unable to compete.

This will assist in the smooth running of the program.

### **Call Room:**

Athletes in the first listed field events of each day are to go straight to their event. All other athletes must attend the Call Room when their event has been announced. The Call Room location is at the southern end of the main track. The Field Call Room and Track Call Room are on either side of the equipment shed. Only competing athletes are permitted in the Call Room. Only parents rostered to help are permitted in the Call Room.

**Athletes are not allowed to wear their spikes in the call room.** They are to be put on when at the start line.

### **Club Uniform:**

Athletes must wear their full, correct, Balmain uniform which includes:



- The correct individual McDonald's registration number firmly attached to the front of their top with the red border fully visible for all athletes in U8 – U11's.
- The correct OneSport registration number firmly attached to the front of their top for all athletes in U12 – U17s. Athletes can turn down the top of the number if it is too big for a crop top, do not turn up the bottom/sponsors edge.
- Correct Age Patch firmly attached to the front left hand side of top or shorts.
- Coles patch firmly attached to the right hand shoulder.

Pins are acceptable, provided everything is secured and nothing flaps around.

We have been notified that **no leniency** will be shown at Region Call Room.

**Any athlete not complying with the above will be sent back to the club to correct their uniform. Events will not be held up waiting for them to return.**

### **Parents/Guardians**

It is a requirement of Little Athletics that all children be accompanied by an adult at the carnival at all times.

### **DUTY ROSTER:**

As with Zone, attendance comes with at least 1 duty per family. Please sign up at <https://signup.com/go/pZZRDUH> All clubs have been given set duties. Balmain has been allocated slots of between 60 to 75 minutes to fill over the weekend across the Call Room, Javelin, Starters Assistant and Track Umpiring.

In addition to that, this year a "jump the fence" procedure will occur for field events. Put simply, at the start of the event the chief official will ask parents/carers to 'jump the fence' to assist. The event will not start until enough people have volunteered. Many field event areas at Barden Ridge are far from spectator areas so helping at the event guarantees a good view.

Field athlete families are specifically encouraged to nominate to assist where Balmain has been directly allocated a duty at their event and also to be prepared to answer the call to 'jump the fence' to get the event underway.

- PLEASE NOTE:**
- 1) All volunteers assisting with a duty must wear closed in shoes – no thongs or sandals.
  - 2) Volunteers ARE NOT ALLOWED to provide assistance, coaching or encouragement to ANY athlete whilst at an event. Doing so may result in athlete disqualification.

A brief description of each duty can be found at the end of this briefing note.

Only those rostered to help at an event, or athletes competing at an event, are permitted in the competition area.

All spectators must remain outside the fences surrounding the top field and bottom field competition areas.

### **Competitor Footwear:**

Shoes are compulsory for all competitors in all events. Spikes may be worn as follows:

U8 to U10: Spikes are NOT to be worn in any event.

U11: Spikes may be worn in all track events run entirely in lanes, all jumps events and javelin.

U12 to U17: Spikes may be worn in all track events (except the Racewalk), all jumps events and javelin.

### **\*\* ATHLETES WHO WEAR SPIKES IN EVENTS UP TO 400m MUST USE BLOCKS \*\***

**Spike length is 7mm.**

### **Weather:**

The Regional Championships will go ahead under most weather conditions so athletes and parents/carers should come prepared with hats and sunscreen as well as umbrellas and raincoats. Both could be needed on the same day!

In the event of extreme conditions such as excessive heat, smoke, storms or flooding, the Championships may be delayed or temporarily suspended. Any decision to delay or postpone the Championships will be made by the Region Committee and Safety Officer and advised to Team Managers as soon as possible.

### **Program:**

The Order of Events is at the bottom of this document as well as on the BLAC & LANSW websites.

The link to the full program with athletes listed by lane and heats can also be found with the Order of Events.

The program contains 'NOT BEFORE' times which means that the event will not start before that time. An event may be announced to go to the call room up to 30 minutes before the 'NOT BEFORE' time. If an athlete fails to turn up for their event at the Call Room it will run without them.

To be safe, athletes should arrive at the venue 60 minutes before the 'NOT BEFORE' times listed to ensure they can settle in with the club and complete any necessary warm up before walking to the call room.

### **Warming Up:**

Athletes can use Fields 9 & 10, the football and cricket fields and the netball courts for warming up.

**No athletes are to use any part of either the track or field areas for warming up.**

We will be setting up a Balmain warm up area for our athletes to utilise throughout the weekend.

Practice hurdles and appropriate throwing warm up equipment will be available for our athletes.

### **Clash of Events:**

There is a Clash Manager for this Championship. The Clash Manager will take athletes to clashing events and will inform the call room to ensure no athlete misses an event due to a clash. Athletes still need to advise the Chief Judge of their field event if they believe a clash may occur. Track events take priority when a clash occurs. Athletes are responsible for returning immediately to their field event to complete any further attempts.

### Results:

In addition to being posted on a notice board at the ground, all results will be available online as soon as possible after the event. You will be able to access these results at: <http://www.littlearesults.com/Region8/>

A link will also be available through the Balmain LAC Team App

### Awards:

All athletes will receive a medal if they place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in a final. Medals will be presented as soon as possible after the event at the medal presentation area next to the information desk.

All athletes will also receive a certificate showing all their performances and will be available at the KGO club room approximately two weeks after Region.

### Services Available:

Full canteen and BBQ

First Aid

Instant Photos

### Photographer:

Photographers for the Regional Championships are **Instant Photos**, located adjacent to the canteen block.

Photos are only available for purchase on the weekend and won't be available online after the event.

### Progression from Region to State:

Please inform a Team Manager if any athlete does not intend to progress to State so that a Withdrawal Form can be completed by the family and lodged with the Information Desk by the end of the Region weekend.

U8: Competitors do not progress beyond Region.

U9 to U17: The first 2 place getters in a final automatically progress to the State Championships.

In addition, the next best 8 competitors in each event across the combined Regions will also progress.

This season qualifying times have been applied to the following events as follows:

<u>1500m Walk</u>		<u>3000m Run</u>	
U12	11.00 min		
U13	10.45 min	U13	13.30 min
U14	10.30 min	U14	13.00 min
U15	10.15 min	U15	12.30 min
U17	10.00 min	U17	12.00 min

These qualifying times must be achieved at the Regional Championship to allow progress to the State Championship.

### High Jump

Athletes who do not attain the State minimum starting height for their age group at Region, irrespective of placing as an automatic qualifier, will not be considered for progression to the State Championships.

The State minimum starting heights for High Jump at the State Championships are:

	Boys	Girls
U9	0.95	0.90
U10	1.05	1.00
U11	1.15	1.10
U12	1.25	1.20
U13	1.30	1.25
U14	1.35	1.30
U15	1.35	1.30
U17	1.40	1.35

Only the first place Relay Team will progress to State level.

## LANSW State Championships

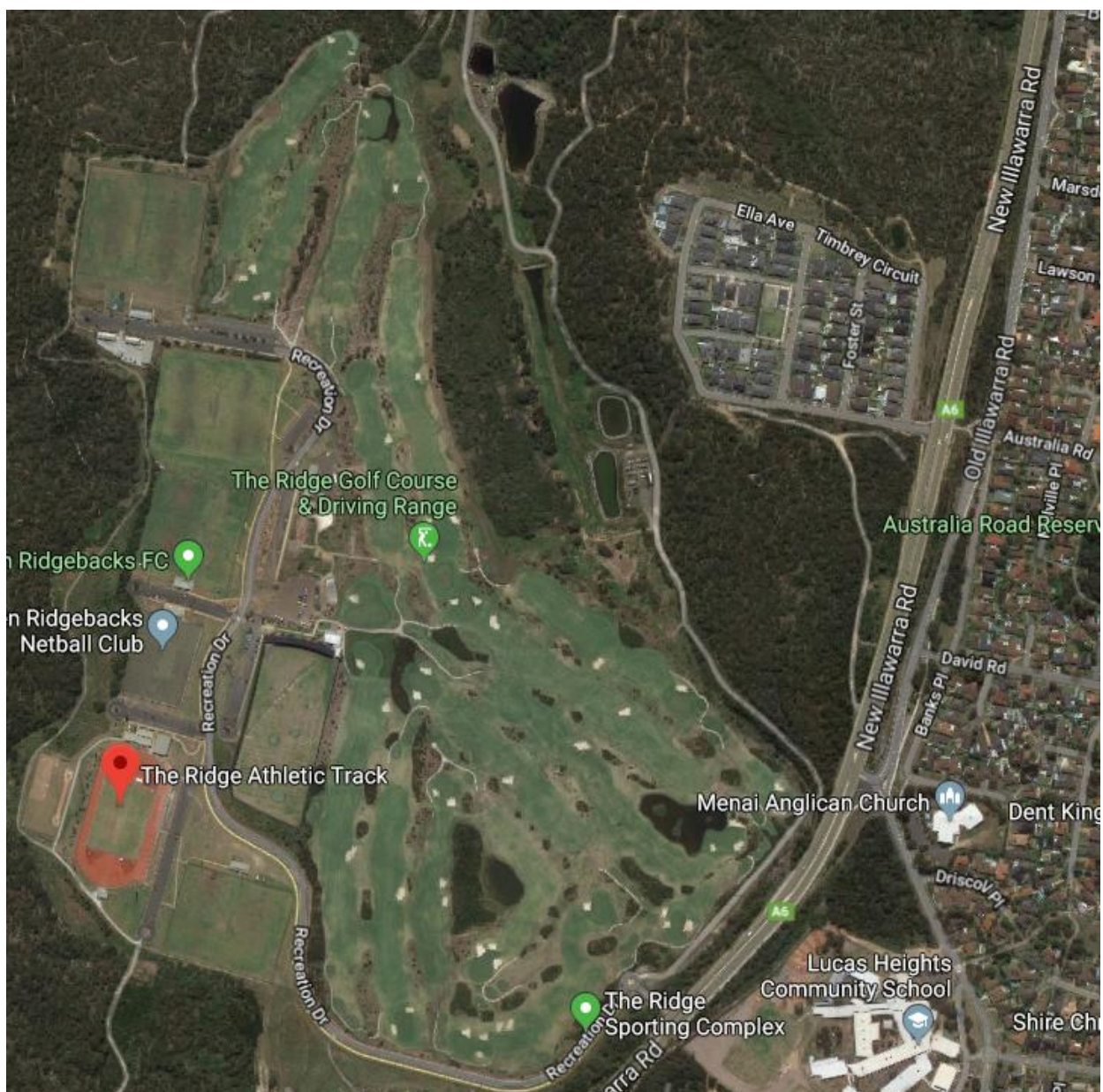
will be held at Sydney Olympic Park Athletics Centre (SOPAC), Homebush on Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> March 2020. We will be advised of all Balmain qualifiers once all eight Regional Championships across the state have been completed. Further information will be released by LANSW in due course. The state program and come competition information is currently available on the LANSW website.

## Location

The Ridge Athletics Track is located on Recreation Drive within The Ridge Sporting Complex accessed off New Illawarra Rd, Barden Ridge.

One of the fastest routes from the inner west is via the M5, taking the A6 / Fairford Rd exit south toward Menai.

Please allow plenty of travel time due to the nature of weekend traffic in Sydney, particularly involving the M5.



## **EXPLANATION OF ROSTERED DUTIES**

**It is a requirement of LANSW that all volunteers on the ground wear closed-in shoes**

**ALL VOLUNTEER HELPERS REPORT STRAIGHT TO THEIR DUTY**

### **Call Room Assistant**

- a. Report to the Call Room Tent and sign on to replace the previous Balmain volunteer or report directly to the call room Chief if you are on first.
- b. Follow the instructions of the Call Room Chief.
- c. Call out children's names and numbers to check them off the starting lists.
- d. Check uniforms– correct numbers in the correct position, pin leg numbers for distance events, check spikes are carried and put on at the start line.
- e. Escort the athletes to their event area.

### **Track Umpires**

- a. Report to the finish line– you will be directed to your required position, replacing the previous Balmain person on duty.
- b. Watch that athletes are not crossing over into other lanes and/or impeding other athletes.
- c. For hurdles – watch that the hurdle is being cleared properly by both legs
- d. Watch that there is no pushing or interference from one athlete to another.
- e. Report any of the above to the Chief Track Judge if it occurs.

### **Computer Room Runner**

- a. Report to the Computer room
- b. Distribute results and starting sheets as directed.
- d. Pin result sheets onto the results noticeboard

### **Discus, Javelin and Shot Put**

The Chief Judge will ask you to either collect implements, indicate if the throw is out of sector, spike where the implement has landed, or, record the results for each event. Please make sure you are always facing the throwing zone for your own safety. Walk backwards away from the throwers so you always know what is happening.

### **Starters Assistant**

Assist with start line marshalling and putting athletes in their correct lanes. You will not be asked to start any races.

### **Long Jump and Triple Jump**

The Chief Judge will ask you to either rake the sand, spike the point where the athlete makes a mark in the sand, to marshal the athletes calling out to have them ready, or, to record the results for each event.

### **High Jump**

The Chief Judge will ask you to either pick up or replace the bar when it falls, or, be required to record the results for each event.

Make sure you know which event area you are to report to. A venue map will be on our noticeboard in the Balmain area. You are not allowed to coach or comment to any athlete, particularly not your own child.

Be careful on this as it could be a cause for a protest against your child and a change in results!

You will be in the open for all events so please ensure you have a hat, sunscreen and a water bottle if it's hot or a rain jacket and umbrella if it's cold & wet.

## REGION PROGRAM 2020

The full 68-page program with heat and lane draws can be found at:

[http://www.balmainlac.org.au/client\\_files/Files/Region%208%20Full%20Program%20-%20final.pdf](http://www.balmainlac.org.au/client_files/Files/Region%208%20Full%20Program%20-%20final.pdf)

Session: 1 Saturday Track Events  
Day 1 - Saturday 1/02/2020 - Starts at 08:00 AM

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Not Before	Event	Round	Not Before	Event	Round
8:00 AM	#1 Girls U 13 - 200 Metre Hurdles (68cm)	Final	12:25 AM	#48 Boys U 11 - 100 Metre Sprint	Heats
8:05 AM	#2 Boys U 13 - 200 Metre Hurdles (68cm)	Final	12:30 AM	#49 Girls U 12 - 100 Metre Sprint	Heats
8:10 AM	#3 Girls U 14 - 200 Metre Hurdles (76cm)	Final	12:35 AM	#50 Boys U 12 - 100 Metre Sprint	Heats
8:15 AM	#4 Boys U 14 - 200 Metre Hurdles (76cm)	Final	12:40 AM	#51 Boys U 9-10 100 Metre Multi Class Run	Final
8:20 AM	#5 Girls U 15 - 300 Metre Hurdles (76cm)	Final	12:40 AM	#52 Girls U 11-12 100 Metre Multi Class Run	Final
8:25 AM	#6 Boys U 15 - 300 Metre Hurdles (76cm)	Final	1:00 PM	#53 Girls U 13 - 400 Metre Sprint	Final
8:30 AM	#7 Girls U 17 - 300 Metre Hurdles (76cm)	Final	1:06 PM	#54 Boys U 13 - 400 Metre Sprint	Final
8:35 AM	#8 Boys U 17 - 300 Metre Hurdles (76cm)	Final	1:12 PM	#55 Girls U 14 - 400 Metre Sprint	Final
8:45 AM	#9 Girls U 11 - 1500 Metre Run	Final	1:18 PM	#56 Boys U 14 - 400 Metre Sprint	Final
8:55 AM	#10 Boys U 11 - 1500 Metre Run	Final	1:24 PM	#57 Girls U 15 - 400 Metre Sprint	Final
9:05 AM	#11 Girls U 12 - 1500 Metre Run	Final	1:30 PM	#58 Boys U 15 - 400 Metre Sprint	Final
9:15 AM	#12 Boys U 12 - 1500 Metre Run	Final	1:36 PM	#59 Girls U 17 - 400 Metre Sprint	Final
9:30 AM	#13 Girls U 8 - 60 Metre Hurdles (45cm)	Heats	1:42 PM	#60 Boys U 17 - 400 Metre Sprint	Final
9:35 AM	#14 Boys U 8 - 60 Metre Hurdles (45cm)	Heats	1:48 PM	#61 Girls U 8 - 400 Metre Sprint	Final
9:40 AM	#15 Girls U 9 - 60 Metre Hurdles (45cm)	Heats	1:54 PM	#62 Boys U 8 - 400 Metre Sprint	Final
9:45 AM	#16 Boys U 9 - 60 Metre Hurdles (45cm)	Heats	2:00 PM	#63 Girls U 9 - 400 Metre Sprint	Final
9:50 AM	#17 Girls U 10 - 60 Metre Hurdles (60cm)	Heats	2:06 PM	#64 Boys U 9 - 400 Metre Sprint	Final
9:55 AM	#18 Boys U 10 - 60 Metre Hurdles (60cm)	Heats	2:12 PM	#65 Girls U 10 - 400 Metre Sprint	Final
10:10 AM	#19 Girls U 13 - 1500 Metre Run	Final	2:18 PM	#66 Boys U 10 - 400 Metre Sprint	Final
10:15 AM	#20 Boys U 13 - 1500 Metre Run	Final	2:24 PM	#67 Girls U 11 - 400 Metre Sprint	Final
10:20 AM	#21 Girls U 14 - 1500 Metre Run	Final	2:30 PM	#68 Boys U 11 - 400 Metre Sprint	Final
10:25 AM	#22 Boys U 14 - 1500 Metre Run	Final	2:36 PM	#69 Girls U 12 - 400 Metre Sprint	Final
10:30 AM	#23 Girls U 15 - 1500 Metre Run	Final	2:42 PM	#70 Boys U 12 - 400 Metre Sprint	Final
10:30 AM	#24 Girls U 17 - 1500 Metre Run	Final	2:52 PM	#71 Girls U 13 - 100 Metre Sprint	Final
10:35 AM	#25 Boys U 15 - 1500 Metre Run	Final	2:52 PM	#72 Boys U 13 - 100 Metre Sprint	Final
10:35 AM	#26 Boys U 17 - 1500 Metre Run	Final	2:58 PM	#73 Girls U 14 - 100 Metre Sprint	Final
10:50 AM	#27 Girls U 8 - 60 Metre Hurdles (45cm)	Final	2:58 PM	#74 Boys U 14 - 100 Metre Sprint	Final
10:50 AM	#28 Boys U 8 - 60 Metre Hurdles (45cm)	Final	3:04 PM	#75 Girls U 15 - 100 Metre Sprint	Final
10:55 AM	#29 Girls U 9 - 60 Metre Hurdles (45cm)	Final	3:04 PM	#76 Boys U 15 - 100 Metre Sprint	Final
10:55 AM	#30 Boys U 9 - 60 Metre Hurdles (45cm)	Final	3:10 PM	#77 Girls U 17 - 100 Metre Sprint	Final
11:00 AM	#31 Girls U 10 - 60 Metre Hurdles (60cm)	Final	3:10 PM	#78 Boys U 17 - 100 Metre Sprint	Final
11:00 AM	#32 Boys U 10 - 60 Metre Hurdles (60cm)	Final	3:16 PM	#79 Girls U 8 - 100 Metre Sprint	Final
11:10 AM	#33 Girls U 13 - 100 Metre Sprint	Heats	3:16 PM	#80 Boys U 8 - 100 Metre Sprint	Final
11:15 AM	#34 Boys U 13 - 100 Metre Sprint	Heats	3:22 PM	#81 Girls U 9 - 100 Metre Sprint	Final
11:20 AM	#35 Girls U 14 - 100 Metre Sprint	Heats	3:22 PM	#82 Boys U 9 - 100 Metre Sprint	Final
11:25 AM	#36 Boys U 14 - 100 Metre Sprint	Heats	3:28 PM	#83 Girls U 10 - 100 Metre Sprint	Final
11:30 AM	#37 Girls U 15 - 100 Metre Sprint	Heats	3:28 PM	#84 Boys U 10 - 100 Metre Sprint	Final
11:35 AM	#38 Boys U 15 - 100 Metre Sprint	Heats	3:34 PM	#85 Girls U 11 - 100 Metre Sprint	Final
11:40 AM	#39 Girls U 17 - 100 Metre Sprint	Heats	3:34 PM	#86 Boys U 11 - 100 Metre Sprint	Final
11:45 AM	#40 Boys U 17 - 100 Metre Sprint	Heats	3:40 PM	#87 Girls U 12 - 100 Metre Sprint	Final
11:50 AM	#41 Girls U 8 - 100 Metre Sprint	Heats	3:40 PM	#88 Boys U 12 - 100 Metre Sprint	Final
11:55 AM	#42 Boys U 8 - 100 Metre Sprint	Heats	3:55 PM	#89 Girls U 13 - 3000 Metre Run	Final
12:00 AM	#43 Girls U 9 - 100 Metre Sprint	Heats	4:10 PM	#90 Girls U 14 - 3000 Metre Run	Final
12:05 AM	#44 Boys U 9 - 100 Metre Sprint	Heats	4:10 PM	#91 Girls U 15 - 3000 Metre Run	Final
12:10 AM	#45 Girls U 10 - 100 Metre Sprint	Heats	4:10 PM	#92 Girls U 17 - 3000 Metre Run	Final
12:15 AM	#46 Boys U 10 - 100 Metre Sprint	Heats	4:25 PM	#93 Boys U 13 - 3000 Metre Run	Final
12:20 AM	#47 Girls U 11 - 100 Metre Sprint	Heats	4:40 PM	#94 Boys U 14 - 3000 Metre Run	Final
			4:55 PM	#95 Boys U 15 - 3000 Metre Run	Final
			4:55 PM	#96 Boys U 17 - 3000 Metre Run	Final

## Session: 2 Saturday Field Events

Day 1 - Saturday 1/02/2020 - Starts at 08:00 AM

Not Before	Event	Round
8:00 AM	#1 Girls U 15 - High Jump (S/H 1.25m)	Final
8:00 AM	#2 Boys U 9 - High Jump (S/H 0.90m)	Final
8:00 AM	#3 Girls U 13 - Long Jump	Final
8:00 AM	#4 Boys U 15 - Long Jump	Final
8:00 AM	#5 Boys U 13 - Triple Jump	Final
8:00 AM	#6 Girls U 12 - Discus (750 Gram)	Final
8:00 AM	#7 Boys U 14 - Discus (1.0 Kg)	Final
8:00 AM	#8 Girls U 11 - Shot Put (2.0 Kg)	Final
8:00 AM	#9 Boys U 17 - Shot Put (5.0 Kg)	Final
8:50 AM	#10 Boys U 11 - Shot Put (2.0 Kg)	Final
9:15 AM	#11 Girls U 13 - High Jump (S/H 1.20m)	Final
9:15 AM	#12 Boys U 9 - Shot Put (2.0 Kg)	Final
9:20 AM	#13 Girls U 10 - Discus (500 Gram)	Final
9:20 AM	#14 Girls U 17 - Discus (1.0 Kg)	Final
9:30 AM	#15 Boys U 17 - Long Jump	Final
9:30 AM	#16 Boys U 10 - Long Jump	Final
9:30 AM	#17 Boys U 14 - Triple Jump	Final
9:40 AM	#18 Girls U 9 - High Jump (S/H 0.85m)	Final
10:00 AM	#19 Girls U 14 - Shot Put (3.0 Kg)	Final
10:15 AM	#20 Boys U 8 - Shot Put (1.5 Kg)	Final
10:20 AM	#21 Girls U 8 - Discus (500 Gram)	Final
10:30 AM	#22 Girls U 11 - Javelin (400 Gram)	Final
10:45 AM	#23 Boys U 14 - High Jump (S/H 1.30m)	Final
11:00 AM	#24 Girls U 11 - High Jump (S/H 1.05m)	Final
11:00 AM	#25 Girls U 12 - Long Jump	Final
11:00 AM	#26 Girls U 11-12 Multi Class Long Jump	Final
11:00 AM	#27 Boys U 12 - Long Jump	Final
11:00 AM	#28 Girls U 17 - Triple Jump	Final
11:00 AM	#29 Girls U 9 - Shot Put (2.0 Kg)	Final
11:30 AM	#30 Boys U 15 - Shot Put (4.0 Kg)	Final
11:35 AM	#31 Boys U 10 - Discus (500 Gram)	Final
11:45 AM	#32 Boys U 13 - Javelin (600 Gram)	Final
12:00 PM	#33 Girls U 15 - Triple Jump	Final
12:05 PM	#34 Boys U 17 - High Jump (S/H 1.35m)	Final
12:10 PM	#35 Girls U 13 - Shot Put (3.0 Kg)	Final
12:20 AM	#36 Boys U 12 - High Jump (S/H 1.20m)	Final
12:20 PM	#37 Girls U 8 - Long Jump	Final
12:20 PM	#38 Girls U 10 - Long Jump	Final
12:30 PM	#39 Boys U 9-10 Super Weight	Final
12:30 PM	#40 Girls U 11-12 Super Weight	Final
12:50 PM	#41 Boys U 12 - Discus (750 Gram)	Final
1:00 PM	#42 Girls U 14 - Javelin (400 Gram)	Final
1:10 PM	#43 Boys U 11 - Triple Jump	Final
1:40 PM	#44 Boys U 8 - Long Jump	Final
1:40 PM	#45 Girls U 14 - Long Jump	Final
2:05 PM	#46 Girls U 15 - Discus (1.0 Kg)	Final
2:15 PM	#47 Girls U 12 - Javelin (400 Gram)	Final
2:25 PM	#48 Girls U 11 - Triple Jump	Final
3:15 PM	#49 Boys U 13 - Discus (750 Gram)	Final
3:30 PM	#50 Girls U 17 - Javelin (500 Gram)	Final
4:30 PM	#51 Boys U 15 - Javelin (700 Gram)	Final



Session: 3 Sunday Track Events  
Day 2 - Sunday 2/02/2020 - Starts at 08:00 AM

Not Before	Event	Round	Not Before	Event	Round
8:00 AM	#97 Girls U 11 - 80 Metre Hurdles (60cm)	Heats	12:21 PM	#144 Boys U 8 - 70 Metre Sprint	Heats
8:05 AM	#98 Boys U 11 - 80 Metre Hurdles (60cm)	Heats	12:31 PM	#145 Girls U 11 - 200 Metre Sprint	Heats
8:10 AM	#99 Boys U 12 - 80 Metre Hurdles (68cm)	Heats	12:37 PM	#146 Boys U 11 - 200 Metre Sprint	Heats
8:15 AM	#100 Girls U 12 - 80 Metre Hurdles (68cm)	Heats	12:43 PM	#147 Girls U 12 - 200 Metre Sprint	Heats
8:20 AM	#101 Girls U 13 - 80 Metre Hurdles (76cm)	Heats	12:49 PM	#148 Boys U 12 - 200 Metre Sprint	Heats
8:25 AM	#102 Boys U 13 - 80 Metre Hurdles (76cm)	Heats	12:55 PM	#149 Girls U 13 - 200 Metre Sprint	Heats
8:30 AM	#103 Girls U 14 - 80 Metre Hurdles (76cm)	Heats	1:01 PM	#150 Boys U 13 - 200 Metre Sprint	Heats
8:37 AM	#104 Boys U 14 - 90 Metre Hurdles (76cm)	Heats	1:08 PM	#151 Girls U 10 - 200 Metre Sprint	Heats
8:42 AM	#105 Girls U 15 - 90 Metre Hurdles (76cm)	Final	1:14 PM	#152 Boys U 10 - 200 Metre Sprint	Heats
8:49 AM	#106 Boys U 15 - 100 Metre Hurdles (76cm)	Heats	1:20 PM	#153 Girls U 9 - 200 Metre Sprint	Heats
8:55 AM	#107 Girls U 17 - 100 Metre Hurdles (76cm)	Final	1:26 PM	#154 Boys U 9 - 200 Metre Sprint	Heats
9:02 AM	#108 Boys U 17 - 110 Metre Hurdles (76cm)	Heats	1:32 PM	#155 Girls U 8 - 200 Metre Sprint	Heats
9:15 AM	#109 Girls U 11 - 1100 Metre Walk	Final	1:38 PM	#156 Boys U 8 - 200 Metre Sprint	Heats
9:15 AM	#110 Boys U 11 - 1100 Metre Walk	Final	1:44 PM	#157 Girls U 14 - 200 Metre Sprint	Heats
9:25 AM	#111 Girls U 10 - 1100 Metre Walk	Final	1:50 PM	#158 Boys U 14 - 200 Metre Sprint	Heats
9:25 AM	#112 Boys U 10 - 1100 Metre Walk	Final	1:56 PM	#159 Girls U 15 - 200 Metre Sprint	Heats
9:35 AM	#113 Girls U 9 - 700 Metre Walk	Final	2:02 PM	#160 Boys U 15 - 200 Metre Sprint	Heats
9:41 AM	#114 Boys U 9 - 700 Metre Walk	Final	2:08 PM	#161 Girls U 17 - 200 Metre Sprint	Heats
9:47 AM	#115 Girls U 8 - 700 Metre Run Pack Start	Final	2:14 PM	#162 Boys U 17 - 200 Metre Sprint	Heats
9:52 AM	#116 Boys U 8 - 700 Metre Run Pack Start	Final	2:18 PM	#163 Boys U 9-10 200 Metre Multi Class Run	Final
9:57 AM	#117 Girls U 14 - 1500 Metre Walk	Final	2:18 PM	#164 Girls U 11-12 200 Metre Multi Class Run	Final
9:57 AM	#118 Boys U 14 - 1500 Metre Walk	Final	2:24 PM	#165 Girls U 10 - 70 Metre Sprint	Final
10:12 AM	#119 Girls U 15 - 1500 Metre Walk	Final	2:24 PM	#166 Boys U 10 - 70 Metre Sprint	Final
10:12 AM	#120 Boys U 15 - 1500 Metre Walk	Final	2:29 PM	#167 Girls U 9 - 70 Metre Sprint	Final
10:12 AM	#121 Girls U 17 - 1500 Metre Walk	Final	2:29 PM	#168 Boys U 9 - 70 Metre Sprint	Final
10:12 AM	#122 Boys U 17 - 1500 Metre Walk	Final	2:34 PM	#169 Girls U 8 - 70 Metre Sprint	Final
10:27 AM	#123 Girls U 12 - 1500 Metre Walk	Final	2:34 PM	#170 Boys U 8 - 70 Metre Sprint	Final
10:27 AM	#124 Boys U 12 - 1500 Metre Walk	Final	2:44 PM	#171 Girls U 11 - 800 Metre Run	Final
10:42 AM	#125 Girls U 13 - 1500 Metre Walk	Final	2:49 PM	#172 Boys U 11 - 800 Metre Run	Final
10:42 AM	#126 Boys U 13 - 1500 Metre Walk	Final	2:54 PM	#173 Girls U 12 - 800 Metre Run	Final
10:57 AM	#127 Boys U 9-10 800 Metre Multi Class Run	Final	3:00 PM	#174 Boys U 12 - 800 Metre Run	Final
10:57 AM	#128 Girls U 11-12 800 Metre Multi Class Run	Final	3:05 PM	#175 Girls U 13 - 800 Metre Run	Final
11:10 AM	#129 Girls U 11 - 80 Metre Hurdles (60cm)	Final	3:10 PM	#176 Boys U 13 - 800 Metre Run	Final
11:10 AM	#130 Boys U 11 - 80 Metre Hurdles (60cm)	Final	3:15 PM	#177 Girls U 14 - 800 Metre Run	Final
11:15 AM	#131 Girls U 12 - 80 Metre Hurdles (68cm)	Final	3:20 PM	#178 Boys U 14 - 800 Metre Run	Final
11:15 AM	#132 Boys U 12 - 80 Metre Hurdles (68cm)	Final	3:25 PM	#179 Girls U 15 - 800 Metre Run	Final
11:20 AM	#133 Girls U 13 - 80 Metre Hurdles (76cm)	Final	3:30 PM	#180 Boys U 15 - 800 Metre Run	Final
11:20 AM	#134 Boys U 13 - 80 Metre Hurdles (76cm)	Final	3:35 PM	#181 Girls U 17 - 800 Metre Run	Final
11:25 AM	#135 Girls U 14 - 80 Metre Hurdles (76cm)	Final	3:40 PM	#182 Boys U 17 - 800 Metre Run	Final
11:32 AM	#136 Boys U 14 - 90 Metre Hurdles (76cm)	Final	3:45 PM	#183 Girls U 10 - 800 Metre Run	Final
11:39 AM	#137 Boys U 15 - 100 Metre Hurdles (76cm)	Final	3:50 PM	#184 Boys U 10 - 800 Metre Run	Final
11:46 AM	#138 Boys U 17 - 110 Metre Hurdles (76cm)	Final	3:55 PM	#185 Girls U 9 - 800 Metre Run	Final
11:56 AM	#139 Girls U 10 - 70 Metre Sprint	Heats	4:00 PM	#186 Boys U 9 - 800 Metre Run	Final
12:01 PM	#140 Boys U 10 - 70 Metre Sprint	Heats	4:10 PM	#187 Girls U 8 - 200 Metre Sprint	Final
12:06 PM	#141 Girls U 9 - 70 Metre Sprint	Heats	4:10 PM	#188 Boys U 8 - 200 Metre Sprint	Final
12:11 PM	#142 Boys U 9 - 70 Metre Sprint	Heats	4:15 PM	#189 Girls U 11 - 200 Metre Sprint	Final
12:16 PM	#143 Girls U 8 - 70 Metre Sprint	Heats	4:15 PM	#190 Boys U 11 - 200 Metre Sprint	Final
			4:20 PM	#191 Girls U 12 - 200 Metre Sprint	Final
			4:20 PM	#192 Boys U 12 - 200 Metre Sprint	Final
			4:25 PM	#193 Girls U 13 - 200 Metre Sprint	Final
			4:25 PM	#194 Boys U 13 - 200 Metre Sprint	Final
			4:30 PM	#195 Girls U 14 - 200 Metre Sprint	Final
			4:30 PM	#196 Boys U 14 - 200 Metre Sprint	Final
			4:35 PM	#197 Girls U 15 - 200 Metre Sprint	Final
			4:35 PM	#198 Boys U 15 - 200 Metre Sprint	Final
			4:40 PM	#199 Girls U 17 - 200 Metre Sprint	Final
			4:40 PM	#200 Boys U 17 - 200 Metre Sprint	Final
			4:45 PM	#201 Girls U 10 - 200 Metre Sprint	Final
			4:45 PM	#202 Boys U 10 - 200 Metre Sprint	Final
			4:50 PM	#203 Girls U 9 - 200 Metre Sprint	Final
			4:50 PM	#204 Boys U 9 - 200 Metre Sprint	Final
			5:00 PM	#205 Girls U 12-17 4x100 Metre Relay (Snr)	Final
			5:00 PM	#206 Boys U 12-17 4x100 Metre Relay (Snr)	Final
			5:00 PM	#207 Girls U 9-12 4x100 Metre Relay (Jnr)	Final
			5:00 PM	#208 Boys U 9-12 4x100 Metre Relay (Jnr)	Final

## Session: 4 Sunday Field Events

Day 2 - Sunday 2/02/2020 - Starts at 08:00 AM

<b>Not Before</b>	<b>Event</b>	<b>Round</b>
8:00 AM	#52 Boys U 13 - High Jump (S/H 1.25m)	Final
8:00 AM	#53 Boys U 10 - High Jump (S/H 1.00m)	Final
8:00 AM	#54 Boys U 9 - Long Jump	Final
8:00 AM	#55 Girls U 17 - Long Jump	Final
8:00 AM	#56 Girls U 14 - Triple Jump	Final
8:00 AM	#57 Girls U 13 - Discus (750 Gram)	Final
8:00 AM	#58 Boys U 15 - Discus (1.0 Kg)	Final
8:00 AM	#59 Girls U 10 - Shot Put (2.0 Kg)	Final
8:00 AM	#60 Boys U 14 - Shot Put (3.0 Kg)	Final
9:15 AM	#61 Girls U 9 - Long Jump	Final
9:20 AM	#62 Girls U 14 - High Jump (S/H 1.25m)	Final
9:20 AM	#63 Girls U 10 - High Jump (S/H 0.95m)	Final
9:25 AM	#64 Boys U 17 - Discus (1.5 Kg)	Final
9:25 AM	#65 Girls U 11 - Discus (500 Gram)	Final
9:30 AM	#66 Boys U 15 - Triple Jump	Final
9:30 AM	#67 Girls U 15 - Long Jump	Final
9:30 AM	#68 Boys U 12 - Shot Put (2.0 Kg)	Final
9:30 AM	#69 Girls U 17 - Shot Put (3.0 Kg)	Final
10:30 AM	#70 Girls U 17 - High Jump (S/H 1.30m)	Final
10:30 AM	#71 Boys U 11 - High Jump (S/H 1.10m)	Final
10:30 AM	#72 Boys U 17 - Triple Jump	Final
10:30 AM	#73 Girls U 12 - Shot Put (2.0 Kg)	Final
10:30 AM	#74 Boys U 11 - Javelin (400 Gram)	Final
10:40 AM	#75 Boys U 11 - Long Jump	Final
10:40 AM	#76 Boys U 8 - Discus (500 Gram)	Final
10:50 AM	#77 Girls U 8 - Shot Put (1.5 Kg)	Final
11:00 AM	#78 Boys U 14 - Long Jump	Final
11:30 AM	#79 Boys U 15 - High Jump (S/H 1.30m)	Final
11:30 AM	#80 Girls U 12 - Triple Jump	Final
11:40 AM	#81 Girls U 12 - High Jump (S/H 1.15m)	Final
11:45 AM	#82 Girls U 13 - Javelin (400 Gram)	Final
11:50 AM	#83 Boys U 9 - Discus (500 Gram)	Final
11:50 AM	#84 Girls U 15 - Shot Put (3.0 Kg)	Final
12:00 PM	#85 Girls U 11 - Long Jump	Final
12:10 PM	#86 Boys U 10 - Shot Put (2.0 Kg)	Final
12:30 PM	#87 Boys U 13 - Long Jump	Final
1:00 PM	#88 Girls U 13 - Triple Jump	Final
1:00 PM	#89 Boys U 12 - Javelin (400 Gram)	Final
1:05 PM	#90 Boys U 9-10 Multi Class Discus	Final
1:05 PM	#91 Girls U 11-12 Multi Class Discus	Final
1:20 PM	#92 Girls U 9 - Discus (500 Gram)	Final
1:30 PM	#93 Boys U 13 - Shot Put (3.0 Kg)	Final
2:15 PM	#94 Boys U 14 - Javelin (600 Gram)	Final
2:30 PM	#95 Boys U 12 - Triple Jump	Final
2:35 PM	#96 Boys U 11 - Discus (500 Gram)	Final
3:30 PM	#97 Boys U 17 - Javelin (700 Gram)	Final
3:50 PM	#98 Girls U 14 - Discus (1.0 Kg)	Final
4:30 PM	#99 Girls U 15 - Javelin (500 Gram)	Final