

Track Program - SATURDAY

FIRST CALL: 8:00 am

Time (Approx)	No			Event	
08:30am	1	U7	Girls	Pack Start	Final
8:45	2	U7	Boys	Pack Start	Final
8:55	3	U10	Girls	1,500m	Final
9:05	4	U10	Boys	1,500m	Final
9:15	5	U11	Girls	1,500m	Final
9:25	6	U11	Boys	1,500m	Final
9:35	7	U12	Girls	1,500m	Final
9:45	8	U12	Boys	1,500m	Final
9:50	9	U13	Girls	200m Hurdles	Timed finals
9:55	10	U13	Boys	200m Hurdles	Timed finals
10:00	11	U14	Girls	200m Hurdles	Timed finals
10:05	12	U14	Boys	200m Hurdles	Timed finals
10:10	13	U15	Girls	300m Hurdles	Timed finals
10:15	14	U15	Boys	300m Hurdles	Timed finals
10:20	15	U17	Girls	300m Hurdles	Timed finals
10:25	16	U17	Boys	300m Hurdles	Timed finals
10:30	17	U8	Girls	60m Hurdles	Heats
10:35	18	U8	Boys	60m Hurdles	Heats
10:40	19	U9	Girls	60m Hurdles	Heats
10:45	20	U9	Boys	60m Hurdles	Heats
10:50	21	U10	Girls	60m Hurdles	Heats
10:55	22	U10	Boys	60m Hurdles	Heats
11:00	23	U11	Girls	60m Hurdles	Heats
11:05	24	U11	Boys	60m Hurdles	Heats
11:10	25	U12	Girls	60m Hurdles	Heats
11:15	26	U12	Boys	60m Hurdles	Heats
11:25	27	U13	Girls	1,500m	Final
11:25	28	U13	Boys	1,500m	Final
11:25	29	U14	Girls	1,500m	Final
11:25	30	U14	Boys	1,500m	Final
11:35	31	U15	Girls	1,500m	Final
11:35	32	U15	Boys	1,500m	Final
11:35	33	U17	Girls	1,500m	Final
11:35	34	U17	Boys	1,500m	Final
11:45	35	U8	Girls	60m Hurdles	Final
11:48	36	U8	Boys	60m Hurdles	Final
11:51	37	U9	Girls	60m Hurdles	Final
11:54	38	U9	Boys	60m Hurdles	Final
12:03	39	U10	Girls	60m Hurdles	Final
12:06	40	U10	Boys	60m Hurdles	Final
12:09	41	U11	Girls	60m Hurdles	Final
12:12	42	U11	Boys	60m Hurdles	Final
12:20	43	U12	Girls	60m Hurdles	Final
12:23	44	U12	Boys	60m Hurdles	Final

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

Officials Check-In 8:00 am

Time (Approx)	No			Event	
16:41	89	U13	Girls	100m	Final
16:44	90	U13	Boys	100m	Final
16:45	91	U14	Girls	100m	Final
16:46	92	U14	Boys	100m	Final
16:48	93	U15	Girls	100m	Final
16:50	94	U15	Boys	100m	Final
16:48	95	U17	Girls	100m	Final
16:50	96	U17	Boys	100m	Final
16:52	97	U8	Girls	100m	Final
16:54	98	U8	Boys	100m	Final
16:57	99	U9	Girls	100m	Final
17:00	100	U9	Boys	100m	Final
17:03	101	U10	Girls	100m	Final
17:06	102	U10	Boys	100m	Final
17:09	103	U11	Girls	100m	Final
17:12	104	U11	Boys	100m	Final
17:15	105	U12	Girls	100m	Final
17:18	106	U12	Boys	100m	Final
17:30	107	U13	Girls	3,000m	Final
17:30	108	U13	Boys	3,000m	Final
17:30	109	U14	Girls	3,000m	Final
17:30	110	U14	Boys	3,000m	Final
17:30	111	U15	Girls	3,000m	Final
17:30	112	U15	Boys	3,000m	Final
17:30	113	U17	Girls	3,000m	Final
17:30	114	U17	Boys	3,000m	Final

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

Starting may be delayed due to weather conditions.

Track Program - SUNDAY

Inner City Zone Championships

FIRST CALL: 8:00 am

Time (Approx)	No.	Event	
8:30	115	U13 Girls 80m Hurdles	Timed Finals
8:35	116	U13 Boys 80m Hurdles	Timed Finals
8:40	117	U14 Girls 80m Hurdles	Timed Finals
8:45	118	U14 Boys 90m Hurdles	Timed Finals
8:50	119	U15 Girls 90m Hurdles	Timed Finals
8:55	120	U15 Boys 100m Hurdles	Timed Finals
9:00	121	U17 Girls 100m Hurdles	Timed Finals
9:05	122	U17 Boys 110m Hurdles	Timed Finals
9:15	123	U12 Girls 1500m Walk	Final
9:15	124	U12 Boys 1500m Walk	Final
9:30	125	U11 Girls 1100m Walk	Final
9:30	126	U11 Boys 1100m Walk	Final
9:45	127	U10 Girls 1100m Walk	Final
9:45	128	U10 Boys 1100m Walk	Final
10:00	129	U9 Girls 700m Walk	Final
10:00	130	U9 Boys 700m Walk	Final
10:10	131	U8 Girls Pack Start	Final
10:15	132	U8 Boys Pack Start	Final
10:20	133	U13 Girls 1500m Walk	Final
10:20	134	U13 Boys 1500m Walk	Final
10:20	135	U14 Girls 1500m Walk	Final
10:20	136	U14 Boys 1500m Walk	Final
10:20	137	U15 Girls 1500m Walk	Final
10:20	138	U15 Boys 1500m Walk	Final
10:20	139	U17 Girls 1500m Walk	Final
10:20	140	U17 Boys 1500m Walk	Final
MARCH PAST			
11:00	141	U10 Girls 70m	Heats
11:14	142	U10 Boys 70m	Heats
11:18	143	U9 Girls 70m	Heats

Time (Approx)	No.	Event	
11:22	144	U9 Boys 70m	Heats
11:26	145	U8 Girls 70m	Heats
11:30	146	U8 Boys 70m	Heats
11:34	147	U7 Girls 70m	Heats
11:38	148	U7 Boys 70m	Heats
11:45	149	U11 Girls 200m	Heats
11:50	150	U11 Boys 200m	Heats
11:55	151	U12 Girls 200m	Heats
12:00	152	U12 Boys 200m	Heats
12:05	153	U13 Girls 200m	Timed Finals
12:10	154	U13 Boys 200m	Timed Finals
12:15	155	U10 Girls 200m	Heats
12:20	156	U10 Boys 200m	Heats
12:25	157	U9 Girls 200m	Heats
12:35	158	U9 Boys 200m	Heats
12:45	159	U8 Girls 200m	Heats
12:55	160	U8 Boys 200m	Heats
13:05	161	U7 Girls 200m	Heats
13:10	162	U7 Boys 200m	Heats
13:20	163	U14 Girls 200m	Timed Finals
13:25	164	U14 Boys 200m	Timed Finals
13:30	165	U15 Girls 200m	Timed Finals
13:35	166	U15 Boys 200m	Timed Finals
13:40	167	U17 Girls 200m	Timed Finals
13:45	168	U17 Boys 200m	Timed Finals
14:00	169	U10 Girls 70m	Final
14:05	170	U10 Boys 70m	Final
14:10	171	U9 Girls 70m	Final
14:15	172	U9 Boys 70m	Final
14:20	173	U8 Girls 70m	Final
14:25	174	U8 Boys 70m	Final
14:30	175	U7 Girls 70m	Final
14:35	176	U7 Boys 70m	Final
14:45	177	U11 Girls 800m	Final
14:50	178	U11 Boys 800m	Final
14:55	179	U12 Girls 800m	Final
15:00	180	U12 Boys 800m	Final

Officials Check-In 8:00 am

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

FIELD PROGRAM SATURDAY / SUNDAY

Inner City Zone Championships

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

Approximate starting times are for long and triple jump only
The first javelin event on each day will commence at 12:00pm

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

DISCUS WEIGHTS	
350g	U7
500g	U8, U9, U10
750g	U11B&G, U12B&G, U13G
1kg	U13B, 14B, 15B: 14G, 15G, 17G
1.5kg	U17B
Discus 1 is on the in-field	
Discus 2 is next the 100 m start.	

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

TRIPLE JUMP
U11-U17 Board Takeoff

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
U7-U10 Half Metre Sand Takeoff
U11-U17 Board Takeoff
NOTE
U7 takeoff is 50cm