

# ZONE CHAMPIONSHIPS



**Coming Events:**

**STATE TRACK & FIELD CHAMPIONSHIPS**  
Sydney Olympic Park Athletic Centre

**14 & 15 March 2020**

**AUSTRALIAN LITTLE ATHLETICS  
CHAMPIONSHIPS** Canberra

**18 & 19 April 2020**

**LAA NSW - 2019-2020 Season Zone  
Championships officials**

<b>Manager/Information manager</b>	Andrew Kohlrusch
<b>Announcer</b>	
<b>Equipment officers</b>	South Eastern and Eastern Suburbs
<b>Safety officer</b>	Bruce Cleaved
<b>Results manager</b>	Lesley Rodgers
<b>Results assistants</b>	Canterbury
<b>Time keepers</b>	Eastern Suburbs
<b>Track recording</b>	Eastern Suburbs
<b>First aid</b>	Inner West
<b>Medals manager</b>	Canterbury
<b>Track referee</b>	Peter Harper (TW) with Tony Vecellio
<b>Chief umpire</b>	
<b>Chief marshall</b>	Bronwen Coker -Sat and Sun South
<b>Starting panel</b>	Eastern
<b>Chief judge</b>	Eastern Suburbs
<b>Chief timekeeper</b>	Eastern Suburbs
<b>Chief recorder</b>	Eastern Suburbs
<b>Walk judges</b>	Tony Vecellio      Danielle Mosher      Tim Batho      Simone Zantiotis
<b>Referee: High Jump</b>	Inner west
<b>Referee: Long/Triple Jump</b>	Balmain/RB
<b>Referee: Throws</b>	
<b>Chief: High Jump</b>	Inner West
<b>Chief: Long Jump</b>	Balmain
<b>Chief: Triple Jump</b>	Randwick Botany
<b>Chief: Shot Put</b>	SELAC/Tiger West - one circle per day
<b>Chief: Javelin</b>	Randwick Botany
<b>Chief: Discus</b>	Eastern Suburbs
<b>Safety committee</b>	Zone Coordinator and all referees
<b>Protests</b>	Relevant referee and zone coordinator
<b>Jury of Appeal</b>	Andrew Kohlrusch Drew Richardson - ES D Murphy - BAL D Coker - IW A Patterson - TW Steve Trope or David Mitchell - SE RB

**U7 to U11 may compete in four events only.** U12 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 LAA of NSW constitution. Any competitor that does not compete in his/her age group will be disqualified



## Inner City Zone Additional Rules

<b>Heats to Finals</b>	50m, 70m, 100m, 200m, <b>Hurdles:</b> 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. <b>400m, 200m hurdles and 300m hurdles are timed finals</b> <b>Note: The Chief Marshall may re-arrange heats depending upon number of entrants on the day.</b>
<b>5 heats</b>	1st place in each heat and fastest three qualifiers proceed to final
<b>4 Heats</b>	1st place in each heat and fastest four qualifiers proceed to final
<b>3 Heats</b>	<b>1st and 2nd place in each heat and fastest two qualifiers proceed to final</b>
<b>2 Heats</b>	<b>1st, 2nd and 3rd place in each heat and fastest two qualifiers proceed to final</b>
<b>1 Heat</b>	Straight final.
<b>Ties</b>	<b>Field Events:</b> A count back is performed <b>Track Events:</b> 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.
<b>Field Events</b>	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.
<b>Reserves</b>	<b>There are no reserves for any sprint finals</b>
<b>Track Events</b>	All 500m, 700m, 1100m and 1500m events shall be run as a <b>pack start</b>  Walks for the same distance may be combined at the discretion of the track referee .
<b>False Starts</b>	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
<b>Protests</b>	Will be accepted from <b>Official Team Managers only</b> , in writing no later than 30 minutes after the completion of a heat, or 30 minutes after the announcement of the finals.
<b>Certificates</b>	These will be awarded to all finalists in each final event. Relays - 1st, 2nd & 3rd placed teams (all team members) will receive a certificate.
<b>Medals</b>	These are awarded to <b>U/7 Boys and Girls ONLY</b> .
<b>Zone to Region Qualifiers</b>	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
<b>Region to State Qualifiers</b>	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
<b>Point Score Winners</b>	A Shield will be given to the Centre gaining the most points based on places gained in finals only. The <b>2018 winner was Balmain</b>



# 2019 INNER CITY ZONE CHAMPIONSHIPS Track & Field Program - SATURDAY

	TRACK					TRACK		
	EVENT	H / F	TIME			EVENT	H / F	TIME
#1	Girls U 7 - 500 Metre Run Pack Start	Final	8:30 AM		#111	Girls U 7 - 50 Metre Sprint	Final	2:30 PM
#2	Boys U 7 - 500 Metre Run Pack Start	Final	8:40 AM		#112	Boys U 7 - 50 Metre Sprint	Final	2:35 PM
#3	Girls U 11 - 1500 Metre Run	Final	8:50 AM		#73	Girls U 13 - 400 Metre Sprint	Final	2:40 PM
#4	Boys U 11 - 1500 Metre Run	Final	9:00 AM		#74	Boys U 13 - 400 Metre Sprint	Final	2:47 PM
#5	Girls U 12 - 1500 Metre Run	Final	9:10 AM		#75	Girls U 14 - 400 Metre Sprint	Final	2:54 PM
#6	Boys U 12 - 1500 Metre Run	Final	9:20 AM		#76	Boys U 14 - 400 Metre Sprint	Final	3:01 PM
#33	Girls U 13 - 200 Metre Hurdles (68cm)	Final	9:30 AM		#77	Girls U 15 - 400 Metre Sprint	Final	3:08 PM
#34	Boys U 13 - 200 Metre Hurdles (68cm)	Final	9:35 AM		#78	Boys U 15 - 400 Metre Sprint	Final	3:15 PM
#35	Girls U 14 - 200 Metre Hurdles (76cm)	Final	9:40 AM		#79	Girls U 17 - 400 Metre Sprint	Final	3:22 PM
#36	Boys U 14 - 200 Metre Hurdles (76cm)	Final	9:45 AM		#80	Boys U 17 - 400 Metre Sprint	Final	3:28 PM
#37	Girls U 15 - 300 Metre Hurdles (76cm)	Final	9:55 AM		#81	Girls U 8 - 400 Metre Sprint	Final	3:36 PM
#38	Boys U 15 - 300 Metre Hurdles (76cm)	Final	10:00 AM		#82	Boys U 8 - 400 Metre Sprint	Final	3:44 PM
#39	Girls U 17 - 300 Metre Hurdles (76cm)	Final	10:05 AM		#83	Girls U 9 - 400 Metre Sprint	Final	3:52 PM
#40	Boys U 17 - 300 Metre Hurdles (76cm)	Final	10:10 AM		#84	Boys U 9 - 400 Metre Sprint	Final	4:00 PM
#23	Girls U 8 - 60 Metre Hurdles (45cm)	Heats	10:15 AM		#85	Girls U 10 - 400 Metre Sprint	Final	4:08 PM
#24	Boys U 8 - 60 Metre Hurdles (45cm)	Heats	10:20 AM		#86	Boys U 10 - 400 Metre Sprint	Final	4:16 PM
#25	Girls U 9 - 60 Metre Hurdles (45cm)	Heats	10:25 AM		#87	Girls U 11 - 400 Metre Sprint	Final	4:24 PM
#26	Boys U 9 - 60 Metre Hurdles (45cm)	Heats	10:30 AM		#88	Boys U 11 - 400 Metre Sprint	Final	4:30 PM
#27	Girls U 10 - 60 Metre Hurdles (60cm)	Heats	10:40 AM		#89	Girls U 12 - 400 Metre Sprint	Final	4:36 PM
#28	Boys U 10 - 60 Metre Hurdles (60cm)	Heats	10:45 AM		#90	Boys U 12 - 400 Metre Sprint	Final	4:42 PM
#29	Girls U 11 - 80 Metre Hurdles (60cm)	Heats	10:50 AM		#91	Girls U 7 - 100 Metre Sprint	Final	4:50 PM
#30	Boys U 11 - 80 Metre Hurdles (60cm)	Heats	10:55 AM		#92	Boys U 7 - 100 Metre Sprint	Final	4:52 PM
#31	Girls U 12 - 80 Metre Hurdles (68cm)	Heats	11:05 AM		#101	Girls U 8 - 100 Metre Sprint	Final	4:54 PM
#32	Boys U 12 - 80 Metre Hurdles (68cm)	Heats	11:10 AM		#102	Boys U 8 - 100 Metre Sprint	Final	4:56 PM
#15	Girls U 13 - 1500 Metre Run	Final	11:15 AM		#103	Girls U 9 - 100 Metre Sprint	Final	4:58 PM
#16	Boys U 13 - 1500 Metre Run	Final	11:25 AM		#104	Boys U 9 - 100 Metre Sprint	Final	5:00 PM
#17	Girls U 14 - 1500 Metre Run	Final	11:35 AM		#105	Girls U 10 - 100 Metre Sprint	Final	5:02 PM
#18	Boys U 14 - 1500 Metre Run	Final	11:35 AM		#106	Boys U 10 - 100 Metre Sprint	Final	5:04 PM
#19	Girls U 15 - 1500 Metre Run	Final	11:45 AM		#107	Girls U 11 - 100 Metre Sprint	Final	5:06 PM
#21	Girls U 17 - 1500 Metre Run	Final	11:45 AM		#108	Boys U 11 - 100 Metre Sprint	Final	5:08 PM
#20	Boys U 15 - 1500 Metre Run	Final	11:55 AM		#109	Girls U 12 - 100 Metre Sprint	Final	5:11 PM
#22	Boys U 17 - 1500 Metre Run	Final	11:55 AM		#110	Boys U 12 - 100 Metre Sprint	Final	5:14 PM
#41	Girls U 11 - 80 Metre Hurdles (60cm)	Final	12:05 PM		#93	Girls U 13 - 100 Metre Sprint	Final	5:17PM
#42	Boys U 11 - 80 Metre Hurdles (60cm)	Final	12:07 PM		#94	Boys U 13 - 100 Metre Sprint	Final	5:20PM
#43	Girls U 12 - 80 Metre Hurdles (68cm)	Final	12:09 PM		#95	Girls U 14 - 100 Metre Sprint	Final	5:21PM
#44	Boys U 12 - 80 Metre Hurdles (68cm)	Final	12:11 PM		#96	Boys U 14 - 100 Metre Sprint	Final	5:24PM
#45	Girls U 8 - 60 Metre Hurdles (45cm)	Final	12:15 PM		#97	Girls U 15 - 100 Metre Sprint	Final	5:27PM
#46	Boys U 8 - 60 Metre Hurdles (45cm)	Final	12:17 PM		#98	Boys U 15 - 100 Metre Sprint	Final	5:30PM
#47	Girls U 9 - 60 Metre Hurdles (45cm)	Final	12:19 PM		#99	Girls U 17 - 100 Metre Sprint	Final	5:33PM
#48	Boys U 9 - 60 Metre Hurdles (45cm)	Final	12:21 PM		#100	Boys U 17 - 100 Metre Sprint	Final	5:36PM
#49	Girls U 10 - 60 Metre Hurdles (60cm)	Final	12:26 PM		#113	Girls U 13 - 3000 Metre Run	Final	5:40PM
#50	Boys U 10 - 60 Metre Hurdles (60cm)	Final	12:28 PM		#114	Boys U 13 - 3000 Metre Run	Final	5:40PM
#71	Girls U 7 - 50 Metre Sprint	Heats	12:35 PM		#115	Girls U 14 - 3000 Metre Run	Final	5:40PM
#72	Boys U 7 - 50 Metre Sprint	Heats	12:40 PM		#116	Boys U 14 - 3000 Metre Run	Final	5:40 PM
#53	Girls U 13 - 100 Metre Sprint	Heats	12:45 PM		#117	Girls U 15 - 3000 Metre Run	Final	5:40PM
#54	Boys U 13 - 100 Metre Sprint	Heats	12:50 PM		#118	Boys U 15 - 3000 Metre Run	Final	5:40PM
#55	Girls U 14 - 100 Metre Sprint	Heats	12:55 PM		#119	Girls U 17 - 3000 Metre Run	Final	5:40PM
#56	Boys U 14 - 100 Metre Sprint	Heats	1:00 PM		#120	Boys U 17 - 3000 Metre Run	Final	5:40PM
#57	Girls U 15 - 100 Metre Sprint	Heats	1:05 PM					
#58	Boys U 15 - 100 Metre Sprint	Heats	1:10 PM					
#59	Girls U 17 - 100 Metre Sprint	Heats	1:15 PM					
#60	Boys U 17 - 100 Metre Sprint	Heats	1:20 PM					
#51	Girls U 7 - 100 Metre Sprint	Heats	1:30 PM					
#52	Boys U 7 - 100 Metre Sprint	Heats	1:35 PM					
#61	Girls U 8 - 100 Metre Sprint	Heats	1:40 PM					
#62	Boys U 8 - 100 Metre Sprint	Heats	1:45 PM					
#63	Girls U 9 - 100 Metre Sprint	Heats	1:50 PM					
#64	Boys U 9 - 100 Metre Sprint	Heats	1:55 PM					
#65	Girls U 10 - 100 Metre Sprint	Heats	2:00 PM					
#66	Boys U 10 - 100 Metre Sprint	Heats	2:05 PM					
#67	Girls U 11 - 100 Metre Sprint	Heats	2:10 PM					
#68	Boys U 11 - 100 Metre Sprint	Heats	2:15 PM					
#69	Girls U 12 - 100 Metre Sprint	Heats	2:20 PM					
#70	Boys U 12 - 100 Metre Sprint	Heats	2:25 PM					

Times are a guide and no events will commence before the nominated time. All attempts will be made to start on time

# 2019 INNER CITY ZONE CHAMPIONSHIPS Track & Field Program - SUNDAY

TRACK				TRACK			
EVENT		H / F	TIME	EVENT		H / F	TIME
#121	Girls U 13 - 80 Metre Hurdles (76cm)	Heats	8:30 AM	#183	Girls U 10 - 70 Metre Sprint	Final	2:20pm
#122	Boys U 13 - 80 Metre Hurdles (76cm)	Heats	8:35 AM	#184	Boys U 10 - 70 Metre Sprint	Final	2:22pm
#123	Girls U 14 - 80 Metre Hurdles (76cm)	Heats	8:40 AM	#185	Girls U 9 - 70 Metre Sprint	Final	2:24pm
#124	Boys U 14 - 90 Metre Hurdles (76cm)	Heats	8:45 AM	#186	Boys U 9 - 70 Metre Sprint	Final	2:26pm
#125	Girls U 15 - 90 Metre Hurdles (76cm)	Heats	8:50 AM	#187	Girls U 8 - 70 Metre Sprint	Final	2:28pm
#126	Boys U 15 - 100 Metre Hurdles (76cm)	Heats	8:55 AM	#188	Boys U 8 - 70 Metre Sprint	Final	2:30pm
#127	Girls U 17 - 100 Metre Hurdles (76cm)	Heats	9:00 AM	#189	Girls U 7 - 70 Metre Sprint	Final	2:32pm
#128	Boys U 17 - 110 Metre Hurdles (76cm)	Heats	9:05AM	#190	Boys U 7 - 70 Metre Sprint	Final	2:34pm
#131	Girls U 11 - 1100 Metre Walk	Final	9:15 AM	#191	Girls U 11 - 800 Metre Run	Final	2:40pm
#132	Boys U 11 - 1100 Metre Walk	Final	9:15 AM	#192	Boys U 11 - 800 Metre Run	Final	2:44pm
#133	Girls U 10 - 1100 Metre Walk	Final	9:30 AM	#193	Girls U 12 - 800 Metre Run	Final	2:48pm
#134	Boys U 10 - 1100 Metre Walk	Final	9:30 AM	#194	Boys U 12 - 800 Metre Run	Final	2:52pm
#139	Girls U 13 - 1500 Metre Walk	Final	9:45 AM	#195	Girls U 13 - 800 Metre Run	Final	2:56pm
#140	Boys U 13 - 1500 Metre Walk	Final	9:45AM	#196	Boys U 13 - 800 Metre Run	Final	3:00pm
#141	Girls U 14 - 1500 Metre Walk	Final	9:45AM	#197	Girls U 14 - 800 Metre Run	Final	3:04pm
#142	Boys U 14 - 1500 Metre Walk	Final	9:45AM	#198	Boys U 14 - 800 Metre Run	Final	3:08pm
#143	Girls U 15 - 1500 Metre Walk	Final	9:45AM	#199	Girls U 15 - 800 Metre Run	Final	3:12pm
#144	Boys U 15 - 1500 Metre Walk	Final	9:45AM	#200	Boys U 15 - 800 Metre Run	Final	3:16pm
#145	Girls U 17 - 1500 Metre Walk	Final	9:45AM	#201	Girls U 17 - 800 Metre Run	Final	3:20pm
#146	Boys U 17 - 1500 Metre Walk	Final	9:45AM	#202	Boys U 17 - 800 Metre Run	Final	3:24pm
#129	Girls U 12 - 1500 Metre Walk	Final	10:00 AM	#203	Girls U 10 - 800 Metre Run	Final	3:28pm
#130	Boys U 12 - 1500 Metre Walk	Final	10:00 AM	#204	Boys U 10 - 800 Metre Run	Final	3:32pm
#135	Girls U 9 - 700 Metre Walk	Final	10:15 AM	#205	Girls U 9 - 800 Metre Run	Final	3:36pm
#136	Boys U 9 - 700 Metre Walk	Final	10:15 AM	#206	Boys U 9 - 800 Metre Run	Final	3:40pm
#137	Girls U 8 - 700 Metre Run Pack Start	Final	10:25 AM	#207	Girls U 8 - 200 Metre Sprint	Final	3:50pm
#138	Boys U 8 - 700 Metre Run Pack Start	Final	10:30 AM	#208	Boys U 8 - 200 Metre Sprint	Final	3:52pm
#147	Girls U 13 - 80 Metre Hurdles (76cm)	Final	10:40 AM	#209	Girls U 7 - 200 Metre Sprint	Final	3:54pm
#148	Boys U 13 - 80 Metre Hurdles (76cm)	Final	10:43AM	#210	Boys U 7 - 200 Metre Sprint	Final	3:56pm
#149	Girls U 14 - 80 Metre Hurdles (76cm)	Final	10:46AM	#211	Girls U 11 - 200 Metre Sprint	Final	3:58pm
#150	Boys U 14 - 90 Metre Hurdles (76cm)	Final	10:50AM	#212	Boys U 11 - 200 Metre Sprint	Final	4:00pm
#151	Girls U 15 - 90 Metre Hurdles (76cm)	Final	10:53AM	#213	Girls U 12 - 200 Metre Sprint	Final	4:02pm
#152	Boys U 15 - 100 Metre Hurdles (76cm)	Final	11:00AM	#214	Boys U 12 - 200 Metre Sprint	Final	4:04pm
#153	Girls U 17 - 100 Metre Hurdles (76cm)	Final	11:03AM	#215	Girls U 13 - 200 Metre Sprint	Final	4:07pm
#154	Boys U 17 - 110 Metre Hurdles (76cm)	Final	11:10AM	#216	Boys U 13 - 200 Metre Sprint	Final	4:10pm
MARCH PAST				#217	Girls U 14 - 200 Metre Sprint	Final	4:13pm
#155	Girls U 10 - 70 Metre Sprint	Heats	11:30am	#218	Boys U 14 - 200 Metre Sprint	Final	4:16pm
#156	Boys U 10 - 70 Metre Sprint	Heats	11:37am	#219	Girls U 15 - 200 Metre Sprint	Final	4:19pm
#157	Girls U 9 - 70 Metre Sprint	Heats	11:44am	#220	Boys U 15 - 200 Metre Sprint	Final	4:22pm
#158	Boys U 9 - 70 Metre Sprint	Heats	11:51am	#221	Girls U 17 - 200 Metre Sprint	Final	4:25pm
#159	Girls U 8 - 70 Metre Sprint	Heats	11:58am	#222	Boys U 17 - 200 Metre Sprint	Final	4:28pm
#160	Boys U 8 - 70 Metre Sprint	Heats	12:05pm	#223	Girls U 10 - 200 Metre Sprint	Final	4:30pm
#161	Girls U 7 - 70 Metre Sprint	Heats	12:12pm	#224	Boys U 10 - 200 Metre Sprint	Final	4:32pm
#162	Boys U 7 - 70 Metre Sprint	Heats	12:19pm	#225	Girls U 9 - 200 Metre Sprint	Final	4:34pm
#163	Girls U 11 - 200 Metre Sprint	Heats	12:30pm	#226	Boys U 9 - 200 Metre Sprint	Final	4:37pm
#164	Boys U 11 - 200 Metre Sprint	Heats	12:36pm	#227	Girls U 12-17 4x100 Metre Relay (Snr)	Final	4:50pm
#165	Girls U 12 - 200 Metre Sprint	Heats	12:42pm	#228	Boys U 12-17 4x100 Metre Relay (Snr)	Final	4:53pm
#166	Boys U 12 - 200 Metre Sprint	Heats	12:48pm	#229	Girls U 9-12 4x100 Metre Relay (Jnr)	Final	4:57pm
#167	Girls U 13 - 200 Metre Sprint	Heats	12:54pm	#230	Boys U 9-12 4x100 Metre Relay (Jnr)	Final	5:00pm
#168	Boys U 13 - 200 Metre Sprint	Heats	1:00pm				
#169	Girls U 10 - 200 Metre Sprint	Heats	1:06pm				
#170	Boys U 10 - 200 Metre Sprint	Heats	1:12pm				
#171	Girls U 9 - 200 Metre Sprint	Heats	1:18pm				
#172	Boys U 9 - 200 Metre Sprint	Heats	1:24pm				
#173	Girls U 8 - 200 Metre Sprint	Heats	1:30pm				
#174	Boys U 8 - 200 Metre Sprint	Heats	1:36pm				
#175	Girls U 7 - 200 Metre Sprint	Heats	1:42pm				
#176	Boys U 7 - 200 Metre Sprint	Heats	1:48pm				
#177	Girls U 14 - 200 Metre Sprint	Heats	1:54pm				
#178	Boys U 14 - 200 Metre Sprint	Heats	2:00pm				
#179	Girls U 15 - 200 Metre Sprint	Heats	2:05pm				
#180	Boys U 15 - 200 Metre Sprint	Heats	2:08pm				
#181	Girls U 17 - 200 Metre Sprint	Heats	2:11pm				
#182	Boys U 17 - 200 Metre Sprint	Heats	2:15pm				

Times are a guide and no events will commence before the nominated time. All attempts will be made to start on time

# 2019 INNER CITY ZONE CHAMPIONSHIPS Track & Field Program

## SATURDAY 7 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	15/17	F	9:45 AM	11/80	1
Long Jump	10	M	8:30 AM	12	3
Long Jump	17	M	9:45 AM	13	1
Triple Jump	14	M	10:00 AM	14	
Discus	10	F	8:30 AM	15	2
Discus	17	F	9:30AM	16	1
Shot Put	11	M	9:30 AM	17	1 or 2
Shot Put	14	F	12:00 PM	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
Javelin	17	F	2:30 PM	47	
Discus	13	M	2:15 PM	48	1
Javelin	17/15	M	2:30 PM	49/97	
Javelin	11	F	3:45 PM	50	

## SUNDAY 8 December

Event	Age	Gender	Time	Event No.	Area
High Jump	11	M	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	10	F	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
High Jump	17	F	9:45 AM	80	1
Long Jump	11	F	11:30 AM	81	3
Long Jump	13	M	12:30 PM	82	1
Triple Jump	12	F	11:00 AM	83	
Discus	9	M	11:30 AM	84	2
Shot Put	7	F	12:00 PM	85	1 or 2
Shot Put	14/15	F	12:00 PM	18/86	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
Javelin	17	M	2:30 PM	97	
Discus	14	F	1:30 PM	98	1
Javelin	17/15	F	2:30 PM	47/99	
Javelin	11	M	3:30 PM	100	

2019 INNER CITY ZONE CHAMPIONSHIPS Track & Field Program

Inner City Zone Championships - Saturday 7th 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/#80	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					
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	#17	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					
Discus	14 M		8:30 AM	#7	1
Discus	10 F		8:30 AM	#15	2
Discus	17 F		9:30 AM	#16	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		11:30 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	#48	1
Event					
Long Jump	13 F		8:30 AM	#3	1
Long Jump	10 M		8:30 AM	#12	3
Long Jump	15 M		9:45 AM	#4	1
Long Jump	17 M		9:45 AM	#13	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	#39	3
Long Jump	14 F		2:00 PM	#38	1
Event					
Javelin	13 M		10:30 AM	#28	
Javelin	12 F		11:45 AM	#24	
Javelin	15/17 M		2:30 PM	#49/#57	
Javelin	11 F		3:45 PM	#50	
Event					
Triple Jump	13 M		8:30 AM	#5	
Triple Jump	14 M		10:00 AM	#14	
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	

Times are a guide and no events will commence before the nominated time. All attempts will be made to start on time

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 kg

JAVELIN WEIGHTS

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

Inner City Zone Championships - Sunday 8th December 2018					
Event	Age	Gender	Time	Event No.	Area
High Jump	11 M		8:30 AM	#51	2
High Jump	12 F		8:30 AM	#52	2
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	10 F		11:00 AM	#70	1
High Jump	15 M		12:00 PM	#79	1 or 2
Event					
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	#85	1 or 2
Shot Put	15/14 F		12:00 PM	#86/#18	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					
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	#84	2
Discus	11 M		12:00 PM	#96	1
Discus	9 F		1:00 PM	#91	2
Discus	14 F		1:30 PM	#98	1
Event					
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	3
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	#81	3
Long Jump	11 F		12:00 PM	#82	1
Long Jump	7 F		1:00 PM	#88	3
Long Jump	7 M		1:45 PM	#89	1
Event					
Javelin	13 F		10:30 AM	#75	
Javelin	12 M		11:45 AM	#87	
Javelin	14 M		1:30 PM	#94	
Javelin	15/17 F		2:30 PM	#95/#47	
Javelin	11 M		3:30 PM	#100	
Event					
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	#83	
Triple Jump	13 F		12:15 PM	#90	
Triple Jump	12 M		1:30 PM	#95	

LONG JUMP BOARDS

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

\* U7 take off is 0.5 metre from the pit

TRIPLE JUMP BOARDS

U11 to U17 all use a take off board



Inner City Zone Championship Girls Records as at 30th Nov 2019

	7	8	9	10	11	12	13	14	15	17
50m	8.79s 2018 L Miller Bal									
70m	11.94s C McGill ES '09 T McIntosh SE '17	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 Diloï RB	12.40s 2013 J Thornton RB	12.18s 2016 M Stevens ES
200m	34.64s 2009 C McGill ES	33.07s 2018 Akeng-Saddler BA	31.44s 2016 A lge 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 Diloï RB	25.61s 2016 A Stevanovic IW	25.66s 2018 S Potter Bal
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 Kajian RB	59.44s 2009 S Kyriacou RB	1-00.14s 2009 N Murray Can	1-00.58s 2016 M Mestousis IW
Pack Start	500M 1-48.30 E Murphy Bal 13	700M 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	2-18.29s 2018 A Rand Bal	2-19.00s 2006 S Kajian RB	2-20.10s 2013 H Campbell Bal
1500m				5-21.90s 1984 K Robinson RB	5-06.93s 2018 P Simpson ES	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	4-45.10s 2018 E Miller SE
3000m							10-51.40s 2005 R Hackett Can	10-40.67s 2017 E Olson-Keating B	10-42.80s 2006 L McKillop SE	11-28.80s 2011 E McKenney RB
Walk			700m 3-59.82s W Skuadas RB '17	1100m 6-02.40s S Griffiths RB '96	1100m 5-44.90s J Stanley Bal '17	1500m 7-04.20s J Fletcher RB 2013	1500m 7-01.40s J Saville RB 1988	1500m 6-53.00s J Saville SE 1989	1500m 6-50.20s N Saville SE 1993	1500m 7-24.10s S Grujoski RB '14
60m H		10.94s 1997 N Dalcin IW	10.54s 2007 M Blakey SE	11.00s 2009 SE A Khamphet Pearse	10.04s 2001 T Holt SE	9.85s 2017 A Richards Bal				
80, 90, 100mH							80mH 12.84s ZC Azzi Bal 2015	80mH 12.84s C Young SE 2011	90mH 13.14s A Stevanovic IW '16	100mH 15.09s M Economou SE 2017
2/300H							29.55s 2018 E Murphy Bal	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	28.14m 500gm T Prentice '18 B 30.05m 750gm J Peri 1999 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	33.77m 2018 O Pinto IW
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 Bal		Senior 4x100m	49.98s 2016 Bal				



Inner City Zone Boys Records as at 30<sup>th</sup> Nov 2019

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. Diloi 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	2-14.18ss 2018 J O'Connell Bal	2-16.00s 2011 J Dever RB	2-08.30s 1986 A Hunt RB	2-02.22s 2016 A Beer Bal	1-56.84s 2018 E Brouw Bal
1500m				4-57.75s 2016 J O'Connell Bal	4-45.14s 2017 J O'Connell Bal	4-31.20s 2018 J O'Connell Bal	4-36.00s 2009 M Wilson RB	4-30.20s 1994 M Durante RB	4-14.10s 2016 A Beer Bal	4-06.94s 2018 E Brouw Bal
3000m							10-03.38s 2018 L Gillard Bal	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 L Thompson RB	1100m 5-51.30s L Thompson RB '10	1100m 5-49.62s S Gonzalez Bal '18	1500m 7-25.20s S Teo RB 2013	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 Tuohy RB 2009				
80-110 Hurd							80mH 12.44s P Saville RB 1996	90mH 12.99s J Park Bal 2016	100mH 13.64s I Metcalf RB 2012	110mH 14.13s B Swann Bal 2016
200mH							27.84s 2002 K Kafuye Can	26.94s 2003 A Elzbaidieh RB	41.87s 2016 F Long RB	37.63s 2016 S Moir SE
300mH										
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	1.87m 2018 W Moir SE	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	10.90m 2kg A Heads 2018 Can 14.13m 3kg K Vaingalo 2003 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 06 S Lane SELAC 38.09m 18 E Pallister IW	42.48m 2011 T Taukamo RB	36.49m LKalyvas RB 46.56m P MartinRB	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			56.04s 2018 Bal		Senior 4x100m	46.89s 2016 Bal				

# Inner City Zone ES Marks Map December 2019

