

## 2019 INNER CITY ZONE CHAMPIONSHIPS Track Events Program - SATURDAY

	EVENT	H / F	ESTIMATED TIME
#1	Girls U 7 - 500 Metre Run Pack Start	Final	8:30 AM
#2	Boys U 7 - 500 Metre Run Pack Start	Final	8:40 AM
#3	Girls U 11 - 1500 Metre Run	Final	8:50 AM
#4	Boys U 11 - 1500 Metre Run	Final	9:00 AM
#5	Girls U 12 - 1500 Metre Run	Final	9:10 AM
#6	Boys U 12 - 1500 Metre Run	Final	9:20 AM
#33	Girls U 13 - 200 Metre Hurdles (68cm)	Final	9:30 AM
#34	Boys U 13 - 200 Metre Hurdles (68cm)	Final	9:35 AM
#35	Girls U 14 - 200 Metre Hurdles (76cm)	Final	9:40 AM
#36	Boys U 14 - 200 Metre Hurdles (76cm)	Final	9:45 AM
#37	Girls U 15 - 300 Metre Hurdles (76cm)	Final	9:55 AM
#38	Boys U 15 - 300 Metre Hurdles (76cm)	Final	10:00 AM
#39	Girls U 17 - 300 Metre Hurdles (76cm)	Final	10:05 AM
#40	Boys U 17 - 300 Metre Hurdles (76cm)	Final	10:10 AM
#23	Girls U 8 - 60 Metre Hurdles (45cm)	Heats	10:15 AM
#24	Boys U 8 - 60 Metre Hurdles (45cm)	Heats	10:20 AM
#25	Girls U 9 - 60 Metre Hurdles (45cm)	Heats	10:25 AM
#26	Boys U 9 - 60 Metre Hurdles (45cm)	Heats	10:30 AM
#27	Girls U 10 - 60 Metre Hurdles (60cm)	Heats	10:40 AM
#28	Boys U 10 - 60 Metre Hurdles (60cm)	Heats	10:45 AM
#29	Girls U 11 - 80 Metre Hurdles (60cm)	Heats	10:50 AM
#30	Boys U 11 - 80 Metre Hurdles (60cm)	Heats	10:55 AM
#31	Girls U 12 - 80 Metre Hurdles (68cm)	Heats	11:05 AM
#32	Boys U 12 - 80 Metre Hurdles (68cm)	Heats	11:10 AM
#15	Girls U 13 - 1500 Metre Run	Final	11:15 AM
#16	Boys U 13 - 1500 Metre Run	Final	11:25 AM
#17	Girls U 14 - 1500 Metre Run	Final	11:35 AM
#18	Boys U 14 - 1500 Metre Run	Final	11:35 AM
#19	Girls U 15 - 1500 Metre Run	Final	11:45 AM
#21	Girls U 17 - 1500 Metre Run	Final	11:45 AM
#20	Boys U 15 - 1500 Metre Run	Final	11:55 AM
#22	Boys U 17 - 1500 Metre Run	Final	11:55 AM
#41	Girls U 11 - 80 Metre Hurdles (60cm)	Final	12:05 PM
#42	Boys U 11 - 80 Metre Hurdles (60cm)	Final	12:07 PM
#43	Girls U 12 - 80 Metre Hurdles (68cm)	Final	12:09 PM
#44	Boys U 12 - 80 Metre Hurdles (68cm)	Final	12:11 PM
#45	Girls U 8 - 60 Metre Hurdles (45cm)	Final	12:15 PM
#46	Boys U 8 - 60 Metre Hurdles (45cm)	Final	12:17 PM
#47	Girls U 9 - 60 Metre Hurdles (45cm)	Final	12:19 PM
#48	Boys U 9 - 60 Metre Hurdles (45cm)	Final	12:21 PM
#49	Girls U 10 - 60 Metre Hurdles (60cm)	Final	12:26 PM
#50	Boys U 10 - 60 Metre Hurdles (60cm)	Final	12:28 PM
#71	Girls U 7 - 50 Metre Sprint	Heats	12:35 PM
#72	Boys U 7 - 50 Metre Sprint	Heats	12:40 PM
#53	Girls U 13 - 100 Metre Sprint	Heats	12:45 PM
#54	Boys U 13 - 100 Metre Sprint	Heats	12:50 PM
#55	Girls U 14 - 100 Metre Sprint	Heats	12:55 PM
#56	Boys U 14 - 100 Metre Sprint	Heats	1:00 PM
#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

	EVENT	H / F	ESTIMATED TIME
#111	Girls U 7 - 50 Metre Sprint	Final	2:30 PM
#112	Boys U 7 - 50 Metre Sprint	Final	2:35 PM
#73	Girls U 13 - 400 Metre Sprint	Final	2:40 PM
#74	Boys U 13 - 400 Metre Sprint	Final	2:47 PM
#75	Girls U 14 - 400 Metre Sprint	Final	2:54 PM
#76	Boys U 14 - 400 Metre Sprint	Final	3:01 PM
#77	Girls U 15 - 400 Metre Sprint	Final	3:08 PM
#78	Boys U 15 - 400 Metre Sprint	Final	3:15 PM
#79	Girls U 17 - 400 Metre Sprint	Final	3:22 PM
#80	Boys U 17 - 400 Metre Sprint	Final	3:28 PM
#81	Girls U 8 - 400 Metre Sprint	Final	3:36 PM
#82	Boys U 8 - 400 Metre Sprint	Final	3:44 PM
#83	Girls U 9 - 400 Metre Sprint	Final	3:52 PM
#84	Boys U 9 - 400 Metre Sprint	Final	4:00 PM
#85	Girls U 10 - 400 Metre Sprint	Final	4:08 PM
#86	Boys U 10 - 400 Metre Sprint	Final	4:16 PM
#87	Girls U 11 - 400 Metre Sprint	Final	4:24 PM
#88	Boys U 11 - 400 Metre Sprint	Final	4:30 PM
#89	Girls U 12 - 400 Metre Sprint	Final	4:36 PM
#90	Boys U 12 - 400 Metre Sprint	Final	4:42 PM
#91	Girls U 7 - 100 Metre Sprint	Final	4:50 PM
#92	Boys U 7 - 100 Metre Sprint	Final	4:52 PM
#101	Girls U 8 - 100 Metre Sprint	Final	4:54 PM
#102	Boys U 8 - 100 Metre Sprint	Final	4:56 PM
#103	Girls U 9 - 100 Metre Sprint	Final	4:58 PM
#104	Boys U 9 - 100 Metre Sprint	Final	5:00 PM
#105	Girls U 10 - 100 Metre Sprint	Final	5:02 PM
#106	Boys U 10 - 100 Metre Sprint	Final	5:04 PM
#107	Girls U 11 - 100 Metre Sprint	Final	5:06 PM
#108	Boys U 11 - 100 Metre Sprint	Final	5:08 PM
#109	Girls U 12 - 100 Metre Sprint	Final	5:11 PM
#110	Boys U 12 - 100 Metre Sprint	Final	5:14 PM
#93	Girls U 13 - 100 Metre Sprint	Final	5:17PM
#94	Boys U 13 - 100 Metre Sprint	Final	5:20PM
#95	Girls U 14 - 100 Metre Sprint	Final	5:21PM
#96	Boys U 14 - 100 Metre Sprint	Final	5:24PM
#97	Girls U 15 - 100 Metre Sprint	Final	5:27PM
#98	Boys U 15 - 100 Metre Sprint	Final	5:30PM
#99	Girls U 17 - 100 Metre Sprint	Final	5:33PM
#100	Boys U 17 - 100 Metre Sprint	Final	5:36PM
#113	Girls U 13 - 3000 Metre Run	Final	5:40PM
#114	Boys U 13 - 3000 Metre Run	Final	5:40PM
#115	Girls U 14 - 3000 Metre Run	Final	5:40PM
#116	Boys U 14 - 3000 Metre Run	Final	5:40 PM
#117	Girls U 15 - 3000 Metre Run	Final	5:40PM
#118	Boys U 15 - 3000 Metre Run	Final	5:40PM
#119	Girls U 17 - 3000 Metre Run	Final	5:40PM
#120	Boys U 17 - 3000 Metre Run	Final	5:40PM

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 Events Program - SUNDAY

	EVENT	H / F	ESTIMATED TIME
#121	Girls U 13 - 80 Metre Hurdles (76cm)	Heats	8:30 AM
#122	Boys U 13 - 80 Metre Hurdles (76cm)	Heats	8:35 AM
#123	Girls U 14 - 80 Metre Hurdles (76cm)	Heats	8:40 AM
#124	Boys U 14 - 90 Metre Hurdles (76cm)	Heats	8:45 AM
#125	Girls U 15 - 90 Metre Hurdles (76cm)	Heats	8:50 AM
#126	Boys U 15 - 100 Metre Hurdles (76cm)	Heats	8:55 AM
#127	Girls U 17 - 100 Metre Hurdles (76cm)	Heats	9:00 AM
#128	Boys U 17 - 110 Metre Hurdles (76cm)	Heats	9:05AM
#131	Girls U 11 - 1100 Metre Walk	Final	9:15 AM
#132	Boys U 11 - 1100 Metre Walk	Final	9:15 AM
#133	Girls U 10 - 1100 Metre Walk	Final	9:30 AM
#134	Boys U 10 - 1100 Metre Walk	Final	9:30 AM
#139	Girls U 13 - 1500 Metre Walk	Final	9:45 AM
#140	Boys U 13 - 1500 Metre Walk	Final	9:45AM
#141	Girls U 14 - 1500 Metre Walk	Final	9:45AM
#142	Boys U 14 - 1500 Metre Walk	Final	9:45AM
#143	Girls U 15 - 1500 Metre Walk	Final	9:45AM
#144	Boys U 15 - 1500 Metre Walk	Final	9:45AM
#145	Girls U 17 - 1500 Metre Walk	Final	9:45AM
#146	Boys U 17 - 1500 Metre Walk	Final	9:45AM
#129	Girls U 12 - 1500 Metre Walk	Final	10:00 AM
#130	Boys U 12 - 1500 Metre Walk	Final	10:00 AM
#135	Girls U 9 - 700 Metre Walk	Final	10:15 AM
#136	Boys U 9 - 700 Metre Walk	Final	10:15 AM
#137	Girls U 8 - 700 Metre Run Pack Start	Final	10:25 AM
#138	Boys U 8 - 700 Metre Run Pack Start	Final	10:30 AM
#147	Girls U 13 - 80 Metre Hurdles (76cm)	Final	10:40 AM
#148	Boys U 13 - 80 Metre Hurdles (76cm)	Final	10:43AM
#149	Girls U 14 - 80 Metre Hurdles (76cm)	Final	10:46AM
#150	Boys U 14 - 90 Metre Hurdles (76cm)	Final	10:50AM
#151	Girls U 15 - 90 Metre Hurdles (76cm)	Final	10:53AM
#152	Boys U 15 - 100 Metre Hurdles (76cm)	Final	11:00AM
#153	Girls U 17 - 100 Metre Hurdles (76cm)	Final	11:03AM
#154	Boys U 17 - 110 Metre Hurdles (76cm)	Final	11:10AM
	<b>MARCH PAST</b>		
#155	Girls U 10 - 70 Metre Sprint	Heats	11:30am
#156	Boys U 10 - 70 Metre Sprint	Heats	11:37am
#157	Girls U 9 - 70 Metre Sprint	Heats	11:44am
#158	Boys U 9 - 70 Metre Sprint	Heats	11:51am
#159	Girls U 8 - 70 Metre Sprint	Heats	11:58am
#160	Boys U 8 - 70 Metre Sprint	Heats	12:05pm
#161	Girls U 7 - 70 Metre Sprint	Heats	12:12pm
#162	Boys U 7 - 70 Metre Sprint	Heats	12:19pm
#163	Girls U 11 - 200 Metre Sprint	Heats	12:30pm
#164	Boys U 11 - 200 Metre Sprint	Heats	12:36pm
#165	Girls U 12 - 200 Metre Sprint	Heats	12:42pm
#166	Boys U 12 - 200 Metre Sprint	Heats	12:48pm
#167	Girls U 13 - 200 Metre Sprint	Heats	12:54pm
#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

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

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 Field Events 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
<b>High Jump</b>	<b>15/17</b>	<b>F</b>	<b>9:45 AM</b>	<b>11/80</b>	<b>1</b>
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
High Jump	11	F	11:00 AM	19	2
High Jump	13	F	11:00 AM	20	1
Long Jump	12	F	10:00 AM	21	3
Long Jump	12	M	11:00 AM	22	1
Triple Jump	17	F	11:00 AM	23	
Discus	8	F	11:00 AM	24	2
Discus	7	F	9:45 AM	25	2
Shot Put	8	M	10:00 AM	26	1 or 2
Shot Put	9	M	11:00 AM	27	1 or 2
Javelin	13	M	10:30 AM	28	
High Jump	14	M	12:15 PM	29	2
High Jump	17	M	12:15 PM	30	1
Long Jump	8	F	11:30 AM	31	3
Long Jump	10	F	12:30 PM	32	1
Triple Jump	15	F	11:00 AM	33	
Discus	10	M	11:45 AM	34	1
Shot Put	7	M	11:30 AM	35	1 or 2
Shot Put	9	F	12:30 PM	36	1 or 2
Javelin	14	F	11:45 AM	37	
Long Jump	8	M	1:00 PM	38	3
Long Jump	14	F	2:00 PM	39	1
Triple Jump	11	M	12:15 PM	40	
Discus	12	M	1:00 PM	41	1
Shot Put	13	F	1:00 PM	42	1 or 2
Shot Put	15	M	1:45 PM	43	1 or 2
Javelin	12	F	1:00 PM	44	
Triple Jump	11	F	1:45 PM	45	
Discus	15	F	9:30 AM	46	1
Discus	13	M	2:15 PM	48	1
<b>Javelin</b>	<b>15/17</b>	<b>M</b>	<b>2:30 PM</b>	<b>49/97</b>	
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
<b>Long Jump</b>	<b>15/17</b>	<b>F</b>	<b>8:30 AM</b>	<b>63/54</b>	<b>1</b>
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
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
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
<b>Shot Put</b>	<b>14/15</b>	<b>F</b>	<b>12:00 PM</b>	<b>18/86</b>	<b>1 or 2</b>
Javelin	12	M	11:45 AM	87	
Long Jump	7	F	1:00 PM	88	3
Long Jump	7	M	1:45 PM	89	1
Triple Jump	13	F	12:15 PM	90	
Discus	9	F	1:00 PM	91	2
Shot Put	10	M	1:00 PM	92	1 or 2
Shot Put	13	M	1:30 PM	93	1 or 2
Javelin	14	M	1:30 PM	94	
Triple Jump	12	M	1:30 PM	95	
Discus	11	M	12:00 PM	96	1
Discus	14	F	1:30 PM	98	1
<b>Javelin</b>	<b>15/17</b>	<b>F</b>	<b>2:30 PM</b>	<b>99/47</b>	
Javelin	11	M	3:30 PM	100	

## 2019 INNER CITY ZONE CHAMPIONSHIPS Field Events Program by Event

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
<b>High Jump</b>	<b>15/17 F</b>	<b>9:45 AM</b>	<b>#11/#80</b>	<b>1</b>
High Jump	11 F	11:00 AM	#19	2
High Jump	13 F	11:00 AM	#20	1
High Jump	14 M	12:15 PM	#29	2
High Jump	17 M	12:15 PM	#30	1
Event	Age/Gender	Time*	Event No.	Area
Shot Put	11 F	8:30 AM	#8	1 or 2
Shot Put	17 M	8:30 AM	#9	1 or 2
Shot Put	11 M	9:30 AM	#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	Age/Gender	Time*	Event No.	Area
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	12 F	10:30 AM	#6	1
Discus	8 F	11:00 AM	#24	2
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	Age/Gender	Time*	Event No.	Area
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	#38	3
Long Jump	14 F	2:00 PM	#39	1
Event	Age/Gender	Time*	Event No.	Area
Javelin	13 M	10:30 AM	#28	
Javelin	14 F	11:45 AM	#37	
Javelin	12 F	1:00 PM	#44	
<b>Javelin</b>	<b>15/17 M</b>	<b>2:30 PM</b>	<b>#49/#97</b>	
Javelin	11 F	3:45 PM	#50	
Event	Age/Gender	Time*	Event No.	Area
Triple Jump	13 M	8:30 AM	#5	
Triple Jump	14 M	10:00 AM	#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	

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	1
High Jump	10 M	9:45 AM	#60	2
High Jump	13 M	9:45 AM	#61	1
High Jump	14 F	11:00 AM	#69	2
High Jump	10 F	11:00 AM	#70	1
High Jump	15 M	12:00 PM	#79	1 or 2
Event	Age/Gender	Time*	Event No.	Area
Shot Put	10 F	8:30 AM	#58	1 or 2
Shot Put	14 M	8:30 AM	#59	1 or 2
Shot Put	12 M	9:30 AM	#67	1 or 2
Shot Put	17 F	9:45 AM	#68	1 or 2
Shot Put	8 F	10:45 AM	#76	1 or 2
Shot Put	12 F	10:45 AM	#77	1 or 2
Shot Put	7 F	12:00 PM	#85	1 or 2
<b>Shot Put</b>	<b>14/15 F</b>	<b>12:00 PM</b>	<b>#18/#86</b>	<b>1 or 2</b>
Shot Put	10 M	1:00 PM	#92	1 or 2
Shot Put	13 M	1:30 PM	#93	1 or 2
Event	Age/Gender	Time*	Event No.	Area
Discus	13 F	8:30 AM	#56	1
Discus	8 M	8:30 AM	#74	2
Discus	15 M	9:30 AM	#57	1
Discus	17 M	9:30 AM	#65	1
Discus	7 M	10:00 AM	#75	2
Discus	11 F	10:30 AM	#66	1
Discus	9 M	11:30 AM	#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	Age/Gender	Time*	Event No.	Area
Long Jump	9 M	8:30 AM	#53	3
<b>Long Jump</b>	<b>15/17 F</b>	<b>8:30 AM</b>	<b>#63/#54</b>	<b>1</b>
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	13 M	12:30 PM	#82	1
Long Jump	7 F	1:00 PM	#88	3
Long Jump	7 M	1:45 PM	#89	1
Event	Age/Gender	Time*	Event No.	Area
Javelin	13 F	10:30 AM	#78	
Javelin	12 M	11:45 AM	#87	
Javelin	14 M	1:30 PM	#94	
<b>Javelin</b>	<b>15/17 F</b>	<b>2:30 PM</b>	<b>#99/#47</b>	
Javelin	11 M	3:30 PM	#100	
Event	Age/Gender	Time*	Event No.	Area
Triple Jump	14 F	8:30 AM	#55	
Triple Jump	15 M	9:45 AM	#64	
Triple Jump	17 M	9:45 AM	#73	
Triple Jump	12 F	11:00 AM	#83	
Triple Jump	13 F	12:15 PM	#90	
Triple Jump	12 M	1:30 PM	#95	

\*Times are an estimate 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

### JAVELIN WEIGHTS

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

### DISCUS WEIGHTS

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

### 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

### LONG JUMP BOARDS

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

\* U7 take off is 0.5 metre from the pit

### TRIPLE JUMP BOARDS

U11 to U17 all use a take off board

# Inner City Zone ES Marks Map December 2017

