

## 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