



ZONE CHAMPIONSHIPS



Coming Events:

STATE TRACK & FIELD CHAMPIONSHIPS

Sydney Olympic Park Athletic Centre

17, 18 & 19 March 2017

asics AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

Sydney

22 & 23 April 2017

**LAA NSW - 2016-2017 Season
Inner City Zone Championships
Officials**

Manager/Information manager	Andrew Kohlrusch					
Announcer	Saturday: To be confirmed; Sunday: Garry Carrigan					
Equipment officers	South Eastern and Eastern Suburbs					
Results manager	Lesley Rodgers					
Results assistants	Bob Davidson, Maria - all centres to provide one person per day					
Track recording	Eastern Suburbs					
First aid	Maryanne Kelly					
Medals manager	Mick Cronin					
Track referee	Tony Vecellio					
Chief umpire	Carmen Jones					
Chief marshal	Bronwyn Kelaher	Bronwen Croker				
Starting panel	Roy Newman	Sean Wain				
Chief judge	Judy Vecillio	Carmen Jones				
Chief timekeeper	Eastern Suburbs					
Chief recorder	Eastern Suburbs					
Walk judges	Tony Vecellio	Ian Guthrie	Judy Vecellio	Deborah Soden	Anne Saville	Danielle Mosher
Referee: High Jump	Martin Banfield					
Referee: Long/Triple Jump	To be announced					
Referee: Throws	John Thompson					
Chief: High Jump	Inner West					
Chief: Long Jump	Balmain					
Chief: Triple Jump	Randwick Botany					
Chief: Shot Put	Canterbury					
Chief: Javelin	Randwick Botany					
Chief: Discus	Eastern Suburbs					
Safety committee	Zone Coordinator and all referees					
Protests	Relevant referee and zone coordinator					
Jury of Appeal	Manager and one representative from each centre					

U7 to U12 may compete in four events only. U13 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

Track events take precedence over field events. A competitor must not leave his/her field event without reporting to the Chief Judge. The Chief Judge will send competitor/s to marshalling to have their names marked off as competing in the track event - the athlete will then return to the field event until called for. Where possible the athlete(s) should have their first three attempts at the field event before going to the track event. The athletes should return immediately to their field events after completing their track event.

Field to track: Competitors are to tell the Chief Judge when they are called for a track event. The Field Judge is to "HOLD" the Competitor until the 2nd call for that track event or **10 minutes before the scheduled time**. The competitor may have more than one attempt in any trial round, BUT NOT IN CONSECUTIVE ORDER.

Track to field: If a field event is called whilst the athlete is checking in for a track event (or is programmed to commence at the same time) he/she must advise the Chief Marshall. The athlete will be sent to the field event area to be checked in. If time permits, the child may be allowed to have an attempt at the field event. The athlete must follow the instructions of the Chief Marshall. After the Track event is completed the athlete must return to the Chief Judge at his/her field event. If these procedures are not followed the athlete may miss his/her event

Inner City Zone Additional Rules

Heats to Finals	50m, 70m, 100m, 200m* Hurdles: 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. * Timed finals for all 400m and U13 to U17 200m, 200m and 300m hurdles. Note: The Chief Marshall may re-arrange heats depending upon number of entrants on the day.
5 heats	1st place in each heat and fastest three qualifiers proceed to final
4 Heats	1st place in each heat and fastest four qualifiers proceed to final
3 Heats	1st place in each heat and fastest five qualifiers proceed to final
Heats	1st, place in each heat and fastest five qualifiers proceed to final
1 Heat	Straight final.
Ties	Field Events: A count back is performed Track Events: 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.
Field Events	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.
Reserves	Track finals have two (2) reserves allocated automatically. Team Managers must notify the Results Manager of any withdrawals from finals within 20 minutes of the heat completion. The Results Manager will notify the Team Managers concerned and the announcer for the necessary announcements of replacements. Note: Reserves go to the Marshalling area.
Track Events	All 500m, 700m, 1100m and 1500m events shall be run as a pack start All 400 metre heats will be run as timed finals Walks for the same distance may be combined at the discretion of the track referee 200m, 200m hurdles and 300m hurdles for U13, U14, U15 and U17 will be timed finals.
False Starts	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.
Protests	Will be accepted from Official Team Managers only , in writing no later than 30 minutes after the completion of a heat, or 30 minutes after the announcement of the finals.
Certificates	These will be awarded to all finalists in each final event. Relays - 1st, 2nd & 3rd placed teams (all team members) will receive a certificate.
Medals	These are awarded to U/7 Boys and Girls ONLY .
Zone to Region Qualifiers	U/8 to U/17 finalists (1st through to 6th) automatically progress to Region. A jump off may be necessary for the high jump for places 6th to 8th if there is a tie for these places. Other qualifiers are dependent on results of the other zone. Relays - 1st, 2nd and 3rd placed teams
Region to State Qualifiers	The top two finalists from Region progress to State, except for the high jump, walks and 3000 where the athlete must also attained the qualifying standard. Relays - The 1st team will progress to State
Point Score Winners	A Shield will be given to the Centre gaining the most points based on places gained in finals only. The 2015 winner was Balmain



2015 MARCH PAST WINNERS - BALMAIN

LAA NSW - 2016-2017 Season
Inner City Zone Championships - Saturday 10th December 2016

Event	Information	Age	Gender	Event Time	Event#
500m	500m Pack Start Final	7	F	8:30 AM	1
500m	500m Pack Start Final	7	M	8:45 AM	2
1500m	1500m Final	10	F	8:55 AM	3
1500m	1500m Final	10	M	9:05 AM	4
1500m	1500m Final	11	F	9:15 AM	5
1500m	1500m Final	11	M	9:25 AM	6
1500m	1500m Final	12	F	9:35 AM	7
1500m	1500m Final	12	M	9:45 AM	8
200m Hurdles	200mH Timed Final	13	F	9:55 AM	9
200m Hurdles	200mH Timed Final	13	M	10:00 AM	10
200m Hurdles	200mH Timed Final	14	F	10:05 AM	11
200m Hurdles	200mH Timed Final	14	M	10:10 AM	12
300m Hurdles	300mH Timed Final	15	M	10:20 AM	14
300m Hurdles	300mH Timed Final	17	M	10:25 AM	16
300m Hurdles	300mH Timed Final	15	F	10:30 AM	13
300m Hurdles	300mH Timed Final	17	F	10:30 AM	15
60m Hurdles	60m Hurdles Heat	8	F	10:35 AM	17
60m Hurdles	60m Hurdles Heat	8	M	10:40 AM	18
60m Hurdles	60m Hurdles Heat	9	F	10:45 AM	19
60m Hurdles	60m Hurdles Heat	9	M	10:50 AM	20
60m Hurdles	60m Hurdles Heat	10	F	10:55 AM	21
60m Hurdles	60m Hurdles Heat	10	M	11:00 AM	22
60m Hurdles	60m Hurdles Heat	11	F	11:05 AM	23
60m Hurdles	60m Hurdles Heat	11	M	11:10 AM	24
60m Hurdles	60m Hurdles Heat	12	F	11:15 AM	25
60m Hurdles	60m Hurdles Heat	12	M	11:20 AM	26
1500m	1500m Final	13	F	11:25 AM	27
1500m	1500m Final	13	M	11:33 AM	28
1500m	1500m Final	14	F	11:41 AM	29
1500m	1500m Final	14	M	11:41 AM	30
1500m	1500m Final	15	F	11:49 AM	31
1500m	1500m Final	15	M	11:49 AM	32
1500m	1500m Final	17	F	11:57 AM	33
1500m	1500m Final	17	M	11:57 AM	34
60m Hurdles	60m Hurdles Final	8	F	12:05 PM	35
60m Hurdles	60m Hurdles Final	8	M	12:07 PM	36
60m Hurdles	60m Hurdles Final	9	F	12:09 PM	37
60m Hurdles	60m Hurdles Final	9	M	12:11 PM	38
60m Hurdles	60m Hurdles Final	10	F	12:13 PM	39
60m Hurdles	60m Hurdles Final	10	M	12:15 PM	40
60m Hurdles	60m Hurdles Final	11	F	12:17 PM	41
60m Hurdles	60m Hurdles Final	11	M	12:19 PM	42
60m Hurdles	60m Hurdles Final	12	F	12:21 PM	43
60m Hurdles	60m Hurdles Final	12	M	12:23 PM	44
50m	50m Heat	7	F	12:45 PM	45
50m	50m Heat	7	M	12:48 PM	46
100m	100m Heat	13	F	12:54 PM	47
100m	100m Heat	13	M	12:56 PM	48
100m	100m Final	14	F	12:58 PM	49
100m	100m Final	14	M	1:01 PM	50
100m	100m Final	15	F	1:03 PM	51
100m	100m Final	15	M	1:05 PM	52
100m	100m Heat	17	F	1:08 PM	53
100m	100m Final	17	M	1:10 PM	54
100m	100m Heat	7	F	1:13 PM	55
100m	100m Heat	7	M	1:18 PM	56
100m	100m Heat	8	F	1:23 PM	57
100m	100m Heat	8	M	1:28 PM	58

Event	Information	Age	Gender	Event Time	Event#
100m	100m Heat	9	F	1:33 PM	59
100m	100m Heat	9	M	1:38 PM	60
100m	100m Heat	10	F	1:43 PM	61
100m	100m Heat	10	M	1:48 PM	62
100m	100m Heat	11	F	1:53 PM	63
100m	100m Heat	11	M	1:58 PM	64
100m	100m Heat	12	F	2:04 PM	65
100m	100m Heat	12	M	2:05 PM	66
50m	50m Final	7	F	2:08 PM	67
50m	50m Final	7	M	2:10 PM	68
400m	400m Timed Final	13	F	2:13 PM	69
400m	400m Timed Final	13	M	2:16 PM	70
400m	400m Timed Final	14	F	2:19 PM	71
400m	400m Timed Final	14	M	2:22 PM	72
400m	400m Timed Final	15	F	2:25 PM	73
400m	400m Timed Final	15	M	2:28 PM	74
400m	400m Timed Final	17	F	2:31 PM	75
400m	400m Timed Final	17	M	2:34 PM	76
400m	400m Timed Final	8	F	2:37 PM	77
400m	400m Timed Final	8	M	2:47 PM	78
400m	400m Timed Final	9	F	2:57 PM	79
400m	400m Timed Final	9	M	3:07 PM	80
400m	400m Timed Final	10	F	3:17 PM	81
400m	400m Timed Final	10	M	3:27 PM	82
400m	400m Timed Final	11	F	3:37 PM	83
400m	400m Timed Final	11	M	3:47 PM	84
400m	400m Timed Final	12	F	3:57 PM	85
400m	400m Timed Final	12	M	4:07 PM	86
100m	100m Final	7	F	4:17 PM	87
100m	100m Final	7	M	4:27 PM	88
100m	100m Final	13	F	4:37 PM	89
100m	100m Final	13	M	4:39 PM	90
100m	100m Final	14	F	4:41 PM	91
100m	100m Final	14	M	4:43 PM	92
100m	100m Final	15	F	4:44 PM	93
100m	100m Final	15	M	4:44 PM	94
100m	100m Final	17	F	4:45 PM	95
100m	100m Final	17	M	4:47 PM	96
100m	100m Final	8	F	4:49 PM	97
100m	100m Final	8	M	4:51 PM	98
100m	100m Final	9	F	4:53 PM	99
100m	100m Final	9	M	4:55 PM	100
100m	100m Final	10	F	4:57 PM	101
100m	100m Final	10	M	4:59 PM	102
100m	100m Final	11	F	5:01 PM	103
100m	100m Final	11	M	5:03 PM	104
100m	100m Final	12	F	5:05 PM	105
100m	100m Final	12	M	5:07 PM	106
3000m	3000m Final	13	F	5:18 PM	107
3000m	3000m Final	13	M	5:18 PM	108
3000m	3000m Final	14	F	5:18 PM	109
3000m	3000m Final	14	M	5:18 PM	110
3000m	3000m Final	15	F	5:18 PM	111
3000m	3000m Final	15	M	5:18 PM	112
3000m	3000m Final	17	F	5:18 PM	113
3000m	3000m Final	17	M	5:18 PM	114

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LAA NSW - 2016-2017 Season
Inner City Zone Championships - Sunday 11th December 2016

Event	Information	Age	Gender	Event Time	Event#
80m Hurdles	80m Hrdls Timed Final	13	F	8:30 AM	115
80m Hurdles	80m Hrdls Timed Final	13	M	8:35 AM	116
80m Hurdles	80m Hurdles Final	14	F	8:40 AM	117
90m Hurdles	90m Hurdles Final	14	M	8:45 AM	118
90m Hurdles	90m Hurdles Final	15	F	8:50 AM	119
100m Hurdles	100m Hurdles Final	15	M	8:55 AM	120
100m Hurdles	100m Hurdles Final	17	F	9:00 AM	121
110m Hurdles	110m Hurdles Final	17	M	9:05 AM	122
1500m Walk	1500m Walk Final	12	F	9:15 AM	123
1500m Walk	1500m Walk Final	12	M	9:15 AM	124
1100m Walk	1100m Walk Final	11	F	9:30 AM	125
1100m Walk	1100m Walk Final	11	M	9:30 AM	126
1100m Walk	1100m Walk Final	10	F	9:40 AM	127
1100m Walk	1100m Walk Final	10	M	9:50 AM	128
700m Walk	700m Walk Final	9	F	10:00 AM	129
700m Walk	700m Walk Final	9	M	10:00 AM	130
700m	700m Pck Strt Final	8	F	10:10 AM	131
700m	700m Pck Strt Final	8	M	10:15 AM	132
1500m Walk	1500m Walk Final	13	F	10:20 AM	133
1500m Walk	1500m Walk Final	13	M	10:20 AM	134
1500m Walk	1500m Walk Final	14	F	10:20 AM	135
1500m Walk	1500m Walk Final	14	M	10:20 AM	136
1500m Walk	1500m Walk Final	15	F	10:20 AM	137
1500m Walk	1500m Walk Final	15	M	10:20 AM	138
1500m Walk	1500m Walk Final	17	F	10:20 AM	139
1500m Walk	1500m Walk Final	17	M	10:20 AM	140

MARCH PAST

70m	70m Heat	10	F	11:00 AM	141
70m	70m Heat	10	M	11:05 AM	142
70m	70m Heat	9	F	11:10 AM	143
70m	70m Heat	9	M	11:15 AM	144
70m	70m Heat	8	F	11:20 AM	145
70m	70m Heat	8	M	11:25 AM	146
70m	70m Heat	7	F	11:30 AM	147
70m	70m Heat	7	M	11:35 AM	148
200m	200m Heat	11	F	11:45 AM	149
200m	200m Heat	11	M	11:50 AM	150
200m	200m Heat	12	F	11:55 AM	151
200m	200m Heat	12	M	12:00 PM	152
200m	200m Timed Final	13	F	12:05 PM	153
200m	200m Timed Final	13	M	12:10 PM	154
200m	200m Heat	10	F	12:15 PM	155
200m	200m Heat	10	M	12:20 PM	156
200m	200m Heat	9	F	12:25 PM	157
200m	200m Heat	9	M	12:35 PM	158
200m	200m Heat	8	F	12:45 PM	159

200m	200m Heat	8	M	12:55 PM	160
200m	200m Heat	7	F	1:05 PM	161
200m	200m Heat	7	M	1:10 PM	162
200m	200m Timed Final	14	F	1:20 PM	163
200m	200m Timed Final	14	M	1:25 PM	164
200m	200m Timed Final	15	F	1:30 PM	165
200m	200m Timed Final	15	M	1:35 PM	166
200m	200m Timed Final	17	F	1:40 PM	167
200m	200m Timed Final	17	M	1:45 PM	168
70m	70m Final	10	F	1:55 PM	169
70m	70m Final	10	M	1:57 PM	170
70m	70m Final	9	F	1:59 PM	171
70m	70m Final	9	M	2:01 PM	172
70m	70m Final	8	F	2:03 PM	173
70m	70m Final	8	M	2:05 PM	174
70m	70m Final	7	F	2:07 PM	175
70m	70m Final	7	M	2:09 PM	176
800m	800m Timed Final	11	F	2:11 PM	177
800m	800m Timed Final	11	M	2:16 PM	178
800m	800m Timed Final	12	F	2:21 PM	179
800m	800m Timed Final	12	M	2:26 PM	180
800m	800m Timed Final	13	F	2:31 PM	181
800m	800m Timed Final	13	M	2:36 PM	182
800m	800m Timed Final	14	F	2:41 PM	183
800m	800m Timed Final	14	M	2:46 PM	184
800m	800m Timed Final	15	F	2:48 PM	185
800m	800m Timed Final	15	M	2:52 PM	186
800m	800m Timed Final	17	F	2:56 PM	187
800m	800m Timed Final	17	M	2:56 PM	188
800m	800m Timed Final	10	F	2:59 PM	189
800m	800m Timed Final	10	M	3:03 PM	190
800m	800m Timed Final	9	F	3:06 PM	191
800m	800m Timed Final	9	M	3:11 PM	192
200m	200m Final	8	F	3:21 PM	193
200m	200m Final	8	M	3:24 PM	194
200m	200m Final	7	F	3:27 PM	195
200m	200m Final	7	M	3:30 PM	196
200m	200m Final	11	F	3:33 PM	197
200m	200m Final	11	M	3:36 PM	198
200m	200m Final	12	F	3:39 PM	199
200m	200m Final	12	M	3:42 PM	200
200m	200m Final	10	F	3:45 PM	201
200m	200m Final	10	M	3:48 PM	202
200m	200m Final	9	F	3:51 PM	203
200m	200m Final	9	M	3:54 PM	204
4x100m	Snr Girls Relay	17	F	4:11 PM	205
4x100m	Snr Boys Relay	17	M	4:16 PM	206
4x100m	Jnr Girls Relay	12	F	4:21 PM	207
4x100m	Jnr Boys Relay	12	M	4:26 PM	208

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LAA NSW - 2016-2017 Season
Inner City Zone Championships - Saturday 10th December 2016

Event	Age	Gender	Time	Event No.	Area
High Jump	9	M	8:30 AM	301	2
High Jump	12	M	8:30 AM	302	1
High Jump	9	F	9:30 AM	310	2
High Jump	15	F	9:30 AM	311	1
High Jump	11	F	10:30 AM	319	2
High Jump	13	F	10:30 AM	320	1
High Jump	14	M	11:30 AM	329	2
High Jump	17	M	11:30 AM	330	1
Shot Put	11	F	8:30 AM	308	1 or 2
Shot Put	17	M	8:30 AM	309	1 or 2
Shot Put	11	M	9:30 AM	317	1 or 2
Shot Put	14	F	9:30 AM	318	1 or 2
Shot Put	8	M	10:30 AM	326	1 or 2
Shot Put	9	M	10:30 AM	327	1 or 2
Shot Put	7	M	11:30 AM	335	1 or 2
Shot Put	9	F	11:30 AM	336	1 or 2
Shot Put	13	F	12:30 PM	342	1 or 2
Shot Put	15	M	12:30 PM	343	1 or 2
Discus	12	F	8:30 AM	306	1
Discus	10	F	8:30 AM	315	2
Discus	14	M	10:30 AM	307	1
Discus	17	F	9:30 AM	316	1
Discus	8	F	10:30 AM	324	2
Discus	7	F	9:30 AM	325	2
Discus	10	M	11:30 AM	334	1
Discus	12	M	12:30 PM	341	1
Discus	15	F	9:30 AM	346	1
Discus	13	M	1:30 PM	348	1
Long Jump	13	F	8:30 AM	303	1
Long Jump	10	M	8:30 AM	304	2
Long Jump	15	M	10:00 AM	312	1
Long Jump	17	M	10:00 AM	313	1
Long Jump	12	F	10:30 AM	321	2
Long Jump	12	M	11:30 AM	322	1
Long Jump	8	F	12:00 PM	331	2
Long Jump	10	F	1:00 PM	332	1
Long Jump	8	M	2:00 PM	338	2
Long Jump	14	F	2:30 PM	339	1
Javelin	13	M	11:00 AM	328	
Javelin	14	F	12:00 PM	337	
Javelin	12	F	1:00 PM	344	
Javelin	17	F	2:00 PM	347	
Javelin	15	M	3:00 PM	349	
Javelin	11	F	4:00 PM	350	
Triple Jump	13	M	8:30 AM	305	
Triple Jump	14	M	10:00 AM	314	
Triple Jump	17	F	11:00 AM	323	
Triple Jump	15	F	11:00 AM	333	
Triple Jump	11	M	12:00 PM	340	
Triple Jump	11	F	1:45 PM	345	

Inner City Zone Championships - Sunday 11th December 2016

Event	Age	Gender	Time	Event No.	Area
High Jump	11	M	8:30 AM	351	2
High Jump	12	F	8:30 AM	352	1
High Jump	10	M	9:30 AM	360	2
High Jump	13	M	9:30 AM	361	1
High Jump	14	F	10:30 AM	369	2
High Jump	10	F	10:30 AM	370	1
High Jump	15	M	11:30 AM	379	2
High Jump	17	F	11:30 AM	380	1
Shot Put	10	F	8:30 AM	358	1 or 2
Shot Put	14	M	8:30 AM	359	1 or 2
Shot Put	12	M	9:30 AM	367	1 or 2
Shot Put	17	F	9:30 AM	368	1 or 2
Shot Put	8	F	10:30 AM	376	1 or 2
Shot Put	12	F	10:30 AM	377	1 or 2
Shot Put	7	F	11:30 AM	385	1 or 2
Shot Put	15	F	11:30 AM	386	1 or 2
Shot Put	10	M	12:30 PM	392	1 or 2
Shot Put	13	M	12:30 PM	393	1 or 2
Discus	13	F	8:30 AM	356	1
Discus	8	M	8:30 AM	374	2
Discus	15	M	9:30 AM	357	1
Discus	17	M	9:30 AM	365	1
Discus	7	M	10:00 AM	375	2
Discus	11	F	10:30 AM	366	1
Discus	9	M	11:30 AM	384	2
Discus	9	F	1:30 PM	391	2
Discus	11	M	12:30 PM	396	1
Discus	14	F	1:30 PM	398	1
Long Jump	9	M	8:30 AM	353	2
Long Jump	17	F	8:30 AM	354	1
Long Jump	15	F	8:30 AM	363	1
Long Jump	9	F	10:00 AM	362	2
Long Jump	11	M	10:00 AM	371	1
Long Jump	14	M	11:30 AM	372	1
Long Jump	11	F	11:30 AM	381	2
Long Jump	13	M	1:00 PM	382	1
Long Jump	7	F	1:00 PM	388	2
Long Jump	7	M	2:30 PM	389	2
Javelin	13	F	11:00 AM	378	
Javelin	12	M	12:00 PM	387	
Javelin	14	M	1:00 PM	394	
Javelin	17	M	2:00 PM	397	
Javelin	15	F	3:00 PM	399	
Javelin	11	M	4:00 PM	400	
Triple Jump	14	F	8:30 AM	355	
Triple Jump	15	M	10:00 AM	364	
Triple Jump	17	M	10:00 AM	373	
Triple Jump	12	F	11:00 AM	383	
Triple Jump	13	F	12:00 PM	390	
Triple Jump	12	M	1:45 PM	395	

HIGH JUMP STARTING HEIGHTS

Age	Boys	Girls
U9	0.95m	0.80m
U10	1.00m	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, U12G	Orange 2 kg
U12B and U13B, U13 to U17G	White 3 kg
U14 and U15B	Red 4 kg
U17B	Green 5 kg

DISCUS WEIGHTS

U7	350 grams
U8 to U10	500 grams
U11B & 11G, U12B & 12G, U13G	750 grams
U13 to U15B, U14 to U17G	1 kg
U15 to U17B	1.5 kgs

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

JAVELIN WEIGHTS

U11 to U12B, U11 to U14G	400 grams
U15 and U17G	500 grams
U13 and U14B	600 grams
U15 and U17B	700 grams

TRIPLE JUMP BOARDS

U11 to U17 all use a take off board

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

Inner City Zone Boys Records as at 5th Dec 2016.
Historical hand-held times have been standardised as per LANSW Section 'D' Rule 1.5 (i) (b)

EVENT	7	8	9	10	11	12	13	14	15	17
50m	8.64 D Kepo Can 2010									
70m	11.54 A. Yarrow RB 1987	10.74 J. Dilo RB 1992	10.54 S Bainbridge SE 1998	10.34 J Ticehurst RB 2006 J Karabesinis Bal 2011						
100m	16.04 J Markworth-Scott ES 2009	15.24 S. Vickery Can 1998	14.24 P Provenzano RB 1977	13.84 A Kyriacou RB 2009	13.30 T Koula RB 2013	12.54 P Provenzano RB 1980	12.44 J Niupalau SE 1990 J Ticehurst ES 2009	12.04 A Sacca RB 2003	11.64 R Leonard SE 2009	11.30 I Metcalf RB 2013
200m	33.84 A Kyriacou RB 2006	31.94 G Lester RB 1985	29.94 S Riordan RB 1977	28.84 D Mission RB 1977	27.84 AKyriacouRB2010	26.40 J Roach RB 2013	24.80 C Ius IW 2013	24.58 O Pintaric SE 2015	23.07 N Khan RB 2015	22.31 H Whitehead ES2015
400m		1-13.74 L Trowell RB 2007	1-08.64 H Firkin SE 1991	1-06.14 S Moir SE 2010	1-01.84 L Trowell RB 2010	1-00.80 M Nimmo Bal 2003 J Roach RB 2013	58.34 W Staines Can 1985	53.44 T Garrett RB 2002	52.84 P Want RB 2005	51.76 J Cullen Can 2014
Pack Start	500M 1-41.80 J Leavens RB 1989	TBC								
800m			2-40.40 J Leavens RB 1991	2-31.00 N Blakey SE 2010	2-24.90 RMcCarthyRB1984	2-18.30 A Beer Bal 2014	2-16.00 J Dever RB 2011	2-08.30 A Hunt RB 1986	2-04.30 L Dever RB 2013	2-03.10 R Newell RB 2009
1500m				5-07.50 N Blakey SE 2010	4-52.90 RMcCarthyRB1984	4-46.80 R McCarthy RB 1985	4-36.00 M Wilson RB 2009	4-30.20 M Durante RB 1994	4-22.20 L Dever RB 2013	4-24.50 H O'Neil RB 2014
3000m							10-05.80 M Wilson RB 2009	9-51.49 A Beer Bal 2015	9-34.90 J Matthews IW 2002	9-40.10 H O'Neil RB2014
Walk			700m - 3-45.00 L Thompson RB2009	1100m - 5-51.30 L Thompson RB2010	1100m - 5-54.90 DO'ConnellRB2010	1500m - 6-25.20 S Teo RB 2013	1500m - 7-24.40 T Doyle RB 2010	1500m - 7-25.10 R Murphy SE 2011	1500m - 7-14.10 S Ninyo RB 2006	1500m - 6-35.60 T Doyle RB 2013
60m H		10.80 S Taukamo RB 2013	10.44 N Phillips RB 1997	10.24 K Vangalo RB 2001	10.14 D Quirk ES 2011	10.04 E Lawaton RB2002 K Vaingalo RB 2003 J Tuohy RB 2009				
80-110 Hurd							80mH - 10.44 P Saville RB 1996	90mH - 13.14 C Sills SE 2005	100mH - 13.64 I Metcalf RB 2012	110mH - 14.55 B Swann Bal 2015
200mH							27.84 K Kafuye Can 2002	26.94 A Elzbaidieh RB 2003	25.74 A Jeffery IW 2014	24.96 S Moir SE 2015 B Swann Bal 2015
300mH									TBA	TBA
Long J	3.57 L Cleverley ES 2014	3.89 H Lester RB 2011	4.21 P Betham Can 1998	4.98 M Sadgrove RB 1978	4.91 R Batho Bal 2013	5.39 R Pane TW 2015	5.63 R Machmud RB 1997	6.08 S. Jacenko Bal 1996	6.42 S Jacenko Bal 1997	6.83 I Metcalf RB 2013
High J			1.30 A Hookey RB 2004	1.41 A Kellaway IW 2006	1.46 I Metcalf RB 2008	1.52 J Titmarsh IW 2014	1.78 C Hardy ES 1988	1.80 C Hardy ES 1989	1.86 I Metcalf RB 2012	2.00 I Metcalf RB 2013
Triple J					10.68 S Lai RB 1990	11.65 G Keimelo RB 1995	11.36 A Tzannes ES 1990	12.16 J Bassil RB 2011	13.41 S Jacenko Bal 1997	13.59 I Metcalf RB 2013
Shot	8.82 D. Dossantos RB1990	8.80 I. Ljukovac Can 1994	9.11 S Petrovic RB 1987	11.25 G Lolo RB 2004	13.78 T TaukamoRB2010	14.13 K Vaingalo RB 2003	16.41 K Vaingalo RB 2004	16.58 C Mastoris RB 1987	18.04 C Leaeno Can 2001	13.76 G Holland IW 2011
Discus	27.11 P Martin RB 2010	26.09 K. Robinson RB1999	31.25 J Greaves Can 2014	40.22 J Cann RB 1977	34.44 S Lane SE 2006	42.48 T Taukamo RB 2011	46.56 P Martin RB 2015	53.37 B Talakai RB 2006	61.99 B Talakai RB 2007	46.74 L Thompson RB2015
Javelin					27.35 J Greaves Can 2015	32.20 A Pagliasso Can 2015	38.6 A Camilleri Bal 1998	45.31 J Smith RB 2014	54.64 A Camilleri Bal 2000	46.02 M Malone RB 2009
Relays		Junior 4x100m	56.24 Rand Botany		Senior 4x100m	47.13 Rand Botany 2015				

Inner City Zone Girls Records as at 5th Dec 2016.
Historical hand-held times have been standardised as per LANSW Section 'D' Rule 1.5 (i) (b)

EVENT	7	8	9	10	11	12	13	14	15	17
50m	8.84 L Mapusa RB 2007									
70m	11.94 C McGill ES 2009	11.34 J Dinihan RB 1981	10.84 W Coleman RB 1996	10.24 W Coleman RB 1997 M Blakey SE 2008						
100m	16.64 C McGill ES 2009	15.84 P Thomson RB 1986	14.54 H Moore RB 1988	14.24 W Coleman RB 1997	13.54 T Singh RB 2006	13.44 J Potter Bal 2006 A Kelly RB 2009	12.24 M Blakey SE 2011	12.24 V Dilo RB 1994	12.64 J Thornton RB 2013	12.84 A Kyriacou RB 2013
200m	34.64 C McGill ES 2009	33.14 J Thornton RB 2006	31.94 N Moore RB 1986 C McGill ES 2011	29.84 M Blakey SE 2008	28.34 T Singh RB 2006	27.34 L Roberts Bal 2002 J Potter Bal 2006 M Blakey SE 2010	25.74 M Blakey SE 2011	25.94 V Dilo RB 1994	25.63 T Lummow RB 2015	26.56 M Mestousis IW2015
400m		1-14.84 J Thornton RB 2006	1-12.24 J Thornton RB 2007	1-09.74 J Taylor RB 1984 M Blakey SE 2008	1-06.94 A Kerr Bal 2010	1-02.04 M Blakey SE 2010	1-01.14 S Kajan RB 2004	59.44 S Kyriacou RB 2009	1-00.14 N Murray Can 2009	1-01.22 M Mestousis IW2015
Pack Start	500M 1-48.30 E Murphy Bal 2013	700M 2-24.80 J Thornton RB 2006								
800m			2-38.20 B Stanton Can 1996	2-39.50 J Taylor RB 1974	2-32.60 S King SE 2009	2-24.50 S King SE 2010	2-22.20 R Hackett Can 2005	2-20.40 S Kajan RB 2005	2-19.00 S Kajan RB 2006	2-20.10 H Campbell Bal 2013
1500m				5-21.90 K Robinson RB 1984	5-12.10 S King SE 2009	5-07.60 R Hackett Can 2004	4-58.10 N Funtas RB 2005	4-50.10 M Wilson ES 2013	4-44.60 AMcKillop SE 2005 J Tuohy RB 2009	4-46.90 H Campbell Bal 2013
3000m							10-51.40 R Hackett Can 2005	10-52.10 R Hackett Can 2006	10-42.80 L McKillop SE 2006	11-28.80 E McKenney RB2011
Walk			700m - 4-10.92 L McKillop SE 2000	1100m - 6-02.40 S Griffiths RB 1996	1100m - 6-00.50 S Dickson SE 1996	1500m - 6-04.20 J Fletcher RB 2013	1500m - 7-01.40 J Saville RB 1988	1500m - 6-53.00 J Saville SE 1989	1500m - 6-50.20 N Saville SE 1993	1500m - 7-24.10 S Grujoski RB 2014
60m H		10.94 N Dalcin IW 1997	10.54 M Blakey SE 2007	11.04 V Deeks RB 1997 J Fountas RB 2009	10.04 T Holt SE 2001	9.94 T Holt SE 2002				
80, 90, 100mH							80mH - 12.48 ZC Azzi Bal 2015	80mH - 12.84 C Young SE 2011	90mH - 13.64 T Penitani ES 2011	100mH - 16.35 S Pye IW 2015
200mH							29.65 A Foxe ES 2015	28.14 A Stevanovic IW 2015	28.64 J Potter Bal 2009	29.43 S Pye IW 2015
300mH									TBA	TBA
Long J	3.23 J Dinihan RB 1990	3.51 J Fountas RB 2007	3.85 H Moore RB 1988	4.22 B Skene RB 1987	4.51 AJamiesonRB2015	4.96 T Holt SE 2002	4.94 E Jatmuka RB 2001	5.18 J Potter Bal 2008	5.60 A Kyriacou RB 2012	5.69 A Kyriacou RB 2013
High J			1.19 B Holloway SE 2007	1.29 D Roberts Bal 1993	1.49 K Wylie Bal 2002	1.55 M Clarkson Bal 2011	1.60 M Tagiri ES 1993	1.68 A Church IW 1998	1.67 S Sleeman Bal 2003	1.60 J Nicol Bal 2012 S Kiss ES 2015
Triple J					9.39 D Betham Can1994	10.35 A Papadatos RB1993	11.40 A Papadatos RB 1994	11.46 A Papadatos RB 1995	11.65 J Fountas RB 2014	12.40 J Fountas RB 2015
Shot	6.42 R Rae SE 1990	6.71 J Peri ES 1996	9.05 P Martins RB 2012	10.00 J Peri ES 1998	11.49 J Peri ES 1999	13.97 T Robinson RB 2002	12.73 V Lolo RB 2003	14.05 V Lolo RB 2004	15.30 V Lolo RB 2005	11.95 T Minslow RB 2014
Discus	14.77 N Penitani ES 2007	17.76 S Stuchbury Bal 1991	23.10 N Taylor SS 1985	30.36 E Jones RB 1991	30.05 J Peri ES 1999	37.26 E Jones RB 1993	43.2 S Motuliki RB 2000	40.18 V Lolo RB 2004	42.16 J Peri RB 2003	30.60 T Minslow RB 2014
Javelin					18.07 L Fusi TW 2015	23.27 T La Coste ES 2014	30.81 J Anderson RB 2003	32.69 B DeBartolo SE 1999	36.03 B DeBartolo SE 2000	34.33 M Kohlrusch Bal2015
Relays		Junior 4x100m	58.62 Rand Botany 2011		Senior 4x100m	50.04				

Inner City Zone ES Marks Map December 2016

