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REGION CHAMPIONSHIPS

2019

BE YOUR BEST.



Coming Events:

STATE TRACK & FIELD CHAMPIONSHIPS—SOPAC

16 & 17 March 2019

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

Hobart

27 & 28 April 2019

Little Athletics NSW Region 8 Championship INFORMATION FOR PROTESTS and JURY OF APPEAL

Jury of Appeal Region 8 2019

The panel for the jury of appeal will consist of:

- Track Manager
- Top Field Referee
- Bottom Field Referee
- Inner City Zone Coordinator
- Region Coordinator
- LANSW Technical Advisor

Protest Procedure:

If an athlete/centre wishes to make a protest it must be done by the Team Manager ONLY. The Team Manager needs to submit the protest in writing using the Protest Form, which is available at the Information desk. There is a \$50 fee to lodge a protest, it must be submitted to the information officer within 30 minutes of the completion of the event. The protest shall then be assessed according to the LANSW Rules of Competition as below.

LANSW Rules of Competition

1.14 Protests

- The Starters decision is final, not even the Track Referee can overturn it. A protest lodged against the start of a race will be deemed frivolous and the carnival Information Officer should advise the Team Manager prior to lodging such a protest. The \$50 accompanying the protest will be retained by the carnival Information Officer if the protest is deemed frivolous or if the centre has been advised by the carnival Information Officer that it is not a valid protest and the centre still chooses to submit it.
 - Photographic and/or video evidence from outside the arena will never be used by a Referee to make a decision on a protest (for track or field).
 - To arrive at a fair decision, the Jury of Appeal only, may consult all available evidence including video evidence however, video will not be considered for any breaches of technical rules for Race Walking.
- The Referee may decide on the protest or may refer the matter to the Jury of Appeal.
- If the Referee makes a decision, there shall be a right of appeal to the Jury, which must be made within 15 minutes after notification of the Referee's decision.
- Where a protest involves disputed finish line placing, Team Managers of athletes involved may view the finish line video/photofinish solely for the purpose of ensuring that athletes are correctly identified.
- When a protest is lodged, the name of the protesting centre and the reason for the protest is to be announced.
- Two types of reasons only shall be announced - either on a technicality or on the judges' decision.
- The Jury of Appeal will consist of 3 people. A panel of 5 to 7 must be named prior to the commencement of the carnival and communicated within the carnival documentation. 3 people will be selected from that group to act as jury as required.
- Protests concerning the status of an athlete to compete in a carnival must be made prior to the commencement of such carnival, to the Jury of Appeal. If no jury has been appointed, then to the Referee. If that matter cannot be settled satisfactorily prior to the carnival, the athlete shall be allowed to compete "under protest".

Southern Met Zone – Inner City Zone

*Bundeena – Helensburg – Illawong – Port Hacking – Revesby Workers – St George – Sutherland
Balmain – Canterbury – Eastern Suburbs – Inner West – Randwick Botany – South Eastern – Tiger Wests*

REGION 8 TRACK & FIELD CHAMPIONSHIPS**The Ridge Athletics Track.****Session Report**

Session: 1 Saturday Track Events

Day 1 - Saturday 2/02/2019 - Starts at 08:00 AM

Not Before	Event	Round
8:00 AM	#1 Girls U 11 - 1500 Metre Run	Final
8:10 AM	#2 Boys U 11 - 1500 Metre Run	Final
8:20 AM	#3 Girls U 12 - 1500 Metre Run	Final
8:30 AM	#4 Boys U 12 - 1500 Metre Run	Final
8:45 AM	#5 Girls U 13 - 200 Metre Hurdles (68cm)	Heats
8:50 AM	#6 Boys U 13 - 200 Metre Hurdles (68cm)	Heats
8:55 AM	#7 Girls U 14 - 200 Metre Hurdles (76cm)	Heats
9:00 AM	#8 Boys U 14 - 200 Metre Hurdles (76cm)	Heats
9:05 AM	#9 Girls U 15 - 300 Metre Hurdles (76cm)	Final
9:05 AM	#10 Boys U 15 - 300 Metre Hurdles (76cm)	Final
9:10 AM	#11 Girls U 17 - 300 Metre Hurdles (76cm)	Final
9:15 AM	#12 Boys U 17 - 300 Metre Hurdles (76cm)	Heats
9:30 AM	#13 Girls U 13 - 1500 Metre Run	Final
9:35 AM	#14 Boys U 13 - 1500 Metre Run	Final
9:45 AM	#15 Girls U 14 - 1500 Metre Run	Final
9:50 AM	#16 Boys U 14 - 1500 Metre Run	Final
10:00 AM	#17 Girls U 15 - 1500 Metre Run	Final
10:00 AM	#18 Boys U 15 - 1500 Metre Run	Final
10:05 AM	#19 Girls U 17 - 1500 Metre Run	Final
10:15 AM	#20 Boys U 17 - 1500 Metre Run	Final
10:30 AM	#21 Girls U 8 - 60 Metre Hurdles (45cm)	Heats
10:35 AM	#22 Boys U 8 - 60 Metre Hurdles (45cm)	Heats
10:40 AM	#23 Girls U 9 - 60 Metre Hurdles (45cm)	Heats
10:45 AM	#24 Boys U 9 - 60 Metre Hurdles (45cm)	Heats
10:50 AM	#25 Girls U 10 - 60 Metre Hurdles (60cm)	Heats
10:55 AM	#26 Boys U 10 - 60 Metre Hurdles (60cm)	Heats
11:00 AM	#27 Girls U 11 - 60 Metre Hurdles (60cm)	Heats
11:05 AM	#28 Boys U 11 - 60 Metre Hurdles (60cm)	Heats
11:10 AM	#29 Girls U 12 - 60 Metre Hurdles (68cm)	Heats
11:15 AM	#30 Boys U 12 - 60 Metre Hurdles (68cm)	Heats
11:30 AM	#31 Girls U 13 - 200 Metre Hurdles (68cm)	Final
11:30 AM	#32 Boys U 13 - 200 Metre Hurdles (68cm)	Final
11:35 AM	#33 Girls U 14 - 200 Metre Hurdles (76cm)	Final
11:35 AM	#34 Boys U 14 - 200 Metre Hurdles (76cm)	Final
11:45 AM	#35 Boys U 17 - 300 Metre Hurdles (76cm)	Final
12:00 PM	#36 Girls U 8 - 60 Metre Hurdles (45cm)	Final
12:00 PM	#37 Boys U 8 - 60 Metre Hurdles (45cm)	Final
12:05 PM	#38 Girls U 9 - 60 Metre Hurdles (45cm)	Final
12:05 PM	#39 Boys U 9 - 60 Metre Hurdles (45cm)	Final
12:10 PM	#40 Girls U 10 - 60 Metre Hurdles (60cm)	Final
12:10 PM	#41 Boys U 10 - 60 Metre Hurdles (60cm)	Final
12:15 PM	#42 Girls U 11 - 60 Metre Hurdles (60cm)	Final
12:15 PM	#43 Boys U 11 - 60 Metre Hurdles (60cm)	Final
12:20 PM	#44 Girls U 12 - 60 Metre Hurdles (68cm)	Final
12:20 PM	#45 Boys U 12 - 60 Metre Hurdles (68cm)	Final
12:35 PM	#46 Girls U 13 - 100 Metre Sprint	Heats
12:40 PM	#47 Boys U 13 - 100 Metre Sprint	Heats

REGION 8 TRACK & FIELD CHAMPIONSHIPS**The Ridge Athletics Track.****Session Report**

Session: 1 Saturday Track Events

Day 1 - Saturday 2/02/2019 - Starts at 08:00 AM

Not Before	Event	Round
12:45 PM	#48 Girls U 14 - 100 Metre Sprint	Heats
12:50 PM	#49 Boys U 14 - 100 Metre Sprint	Heats
12:55 PM	#50 Girls U 15 - 100 Metre Sprint	Heats
1:00 PM	#51 Boys U 15 - 100 Metre Sprint	Heats
1:05 PM	#52 Girls U 17 - 100 Metre Sprint	Heats
1:10 PM	#53 Boys U 17 - 100 Metre Sprint	Heats
1:15 PM	#54 Girls U 8 - 100 Metre Sprint	Heats
1:20 PM	#55 Boys U 8 - 100 Metre Sprint	Heats
1:25 PM	#56 Girls U 9 - 100 Metre Sprint	Heats
1:30 PM	#57 Boys U 9 - 100 Metre Sprint	Heats
1:35 PM	#58 Girls U 10 - 100 Metre Sprint	Heats
1:40 PM	#59 Boys U 10 - 100 Metre Sprint	Heats
1:45 PM	#60 Girls U 11 - 100 Metre Sprint	Heats
1:50 PM	#61 Boys U 11 - 100 Metre Sprint	Heats
1:55 PM	#62 Girls U 12 - 100 Metre Sprint	Heats
2:00 PM	#63 Boys U 12 - 100 Metre Sprint	Heats
2:10 PM	#64 Girls U 13 - 400 Metre Sprint	Final
2:16 PM	#65 Boys U 13 - 400 Metre Sprint	Final
2:22 PM	#66 Girls U 14 - 400 Metre Sprint	Final
2:28 PM	#67 Boys U 14 - 400 Metre Sprint	Final
2:34 PM	#68 Girls U 15 - 400 Metre Sprint	Final
2:37 PM	#69 Boys U 15 - 400 Metre Sprint	Final
2:43 PM	#70 Girls U 17 - 400 Metre Sprint	Final
2:49 PM	#71 Boys U 17 - 400 Metre Sprint	Final
2:55 PM	#72 Girls U 8 - 400 Metre Sprint	Final
3:01 PM	#73 Boys U 8 - 400 Metre Sprint	Final
3:07 PM	#74 Girls U 9 - 400 Metre Sprint	Final
3:13 PM	#75 Boys U 9 - 400 Metre Sprint	Final
3:19 PM	#76 Girls U 10 - 400 Metre Sprint	Final
3:25 PM	#77 Boys U 10 - 400 Metre Sprint	Final
3:31 PM	#78 Girls U 11 - 400 Metre Sprint	Final
3:37 PM	#79 Boys U 11 - 400 Metre Sprint	Final
3:43 PM	#80 Girls U 12 - 400 Metre Sprint	Final
3:49 PM	#81 Boys U 12 - 400 Metre Sprint	Final
3:59 PM	#82 Girls U 13 - 100 Metre Sprint	Final
3:59 PM	#83 Boys U 13 - 100 Metre Sprint	Final
4:05 PM	#84 Girls U 14 - 100 Metre Sprint	Final
4:05 PM	#85 Boys U 14 - 100 Metre Sprint	Final
4:11 PM	#86 Girls U 15 - 100 Metre Sprint	Final
4:11 PM	#87 Boys U 15 - 100 Metre Sprint	Final
4:17 PM	#88 Girls U 17 - 100 Metre Sprint	Final
4:17 PM	#89 Boys U 17 - 100 Metre Sprint	Final
4:23 PM	#90 Girls U 8 - 100 Metre Sprint	Final
4:23 PM	#91 Boys U 8 - 100 Metre Sprint	Final
4:29 PM	#92 Girls U 9 - 100 Metre Sprint	Final
4:29 PM	#93 Boys U 9 - 100 Metre Sprint	Final
4:35 PM	#94 Girls U 10 - 100 Metre Sprint	Final

REGION 8 TRACK & FIELD CHAMPIONSHIPS**The Ridge Athletics Track.****Session Report**

Session: 1 Saturday Track Events

Day 1 - Saturday 2/02/2019 - Starts at 08:00 AM

Not Before	Event	Round
4:35 PM	#95 Boys U 10 - 100 Metre Sprint	Final
4:41 PM	#96 Girls U 11 - 100 Metre Sprint	Final
4:41 PM	#97 Boys U 11 - 100 Metre Sprint	Final
4:47 PM	#98 Girls U 12 - 100 Metre Sprint	Final
4:47 PM	#99 Boys U 12 - 100 Metre Sprint	Final
5:02 PM	#100 Girls U 13 - 3000 Metre Run	Final
5:02 PM	#101 Girls U 14 - 3000 Metre Run	Final
5:02 PM	#102 Girls U 15 - 3000 Metre Run	Final
5:02 PM	#103 Girls U 17 - 3000 Metre Run	Final
5:17 PM	#104 Boys U 13 - 3000 Metre Run	Final
5:32 PM	#105 Boys U 14 - 3000 Metre Run	Final
5:47 PM	#106 Boys U 15 - 3000 Metre Run	Final
5:47 PM	#107 Boys U 17 - 3000 Metre Run	Final

REGION 8 TRACK & FIELD CHAMPIONSHIPS**The Ridge Athletics Track.****Session Report**

Session: 2 Saturday Field Events

Day 1 - Saturday 2/02/2019 - Starts at 08:00 AM

Not Before	Event	Round
8:00 AM	#1 Girls U 9 - High Jump (S/H 0.85m)	Final
8:00 AM	#2 Boys U 9 - High Jump (S/H 0.90m)	Final
8:00 AM	#3 Girls U 13 - Long Jump	Final
8:00 AM	#4 Boys U 15 - Long Jump	Final
8:00 AM	#5 Boys U 13 - Triple Jump	Final
8:00 AM	#6 Girls U 12 - Discus (750 Gram)	Final
8:00 AM	#7 Boys U 14 - Discus (1.0 Kg)	Final
8:00 AM	#8 Girls U 11 - Shot Put (2.0 Kg)	Final
8:00 AM	#9 Boys U 17 - Shot Put (5.0 Kg)	Final
8:40 AM	#10 Boys U 11 - Shot Put (2.0 Kg)	Final
9:10 AM	#11 Boys U 9 - Shot Put (2.0 Kg)	Final
9:20 AM	#12 Girls U 15 - High Jump (S/H 1.25m)	Final
9:20 AM	#13 Boys U 12 - High Jump (S/H 1.20m)	Final
9:20 AM	#14 Girls U 10 - Discus (500 Gram)	Final
9:20 AM	#15 Girls U 17 - Discus (1.0 Kg)	Final
9:30 AM	#16 Boys U 17 - Long Jump	Final
9:30 AM	#17 Boys U 14 - Triple Jump	Final
9:30 AM	#18 Girls U 14 - Shot Put (3.0 Kg)	Final
9:45 AM	#19 Boys U 10 - Long Jump	Final
10:00 AM	#20 Boys U 8 - Shot Put (1.5 Kg)	Final
10:00 AM	#21 Girls U 11 - High Jump (S/H 1.05m)	Final
10:30 AM	#22 Girls U 11 - Javelin (400 Gram)	Final
10:30 AM	#23 Girls U 8 - Discus (500 Gram)	Final
10:50 AM	#24 Girls U 9 - Shot Put (2.0 Kg)	Final
10:50 AM	#25 Girls U 13 - High Jump (S/H 1.20m)	Final
10:50 AM	#26 Girls U 12 - Long Jump	Final
11:00 AM	#27 Boys U 12 - Long Jump	Final
11:00 AM	#28 Girls U 17 - Triple Jump	Final
11:20 AM	#29 Boys U 15 - Shot Put (4.0 Kg)	Final
11:20 AM	#30 Boys U 14 - High Jump (S/H 1.30m)	Final
11:35 AM	#31 Boys U 10 - Discus (500 Gram)	Final
11:40 AM	#32 Boys U 13 - Javelin (600 Gram)	Final
11:50 AM	#33 Girls U 15 - Triple Jump	Final
12:10 PM	#34 Girls U 13 - Shot Put (3.0 Kg)	Final
12:20 PM	#35 Boys U 17 - High Jump (S/H 1.35m)	Final
12:20 PM	#36 Girls U 8 - Long Jump	Final
12:20 PM	#37 Girls U 10 - Long Jump	Final
12:20 PM	#38 Boys U 11 - Triple Jump	Final
12:45 PM	#39 Girls U 14 - Javelin (400 Gram)	Final
12:45 PM	#40 Boys U 12 - Discus (750 Gram)	Final
1:40 PM	#41 Boys U 8 - Long Jump	Final
1:40 PM	#42 Girls U 14 - Long Jump	Final
1:40 PM	#43 Girls U 11 - Triple Jump	Final
1:50 PM	#44 Girls U 12 - Javelin (400 Gram)	Final
1:55 PM	#45 Girls U 15 - Discus (1.0 Kg)	Final
2:55 PM	#46 Girls U 17 - Javelin (500 Gram)	Final
3:00 PM	#47 Boys U 13 - Discus (750 Gram)	Final

REGION 8 TRACK & FIELD CHAMPIONSHIPS

The Ridge Athletics Track.

Session Report

Session: 2 Saturday Field Events

Day 1 - Saturday 2/02/2019 - Starts at 08:00 AM

Not Before	Event	Round
3:50 PM	#48 Boys U 15 - Javelin (700 Gram)	Final

REGION 8 TRACK & FIELD CHAMPIONSHIPS**The Ridge Athletics Track.****Session Report**

Session: 3 Sunday Track Events

Day 2 - Sunday 3/02/2019 - Starts at 08:00 AM

Not Before	Event	Round
8:00 AM	#108 Girls U 13 - 80 Metre Hurdles (76cm)	Heats
8:05 AM	#109 Boys U 13 - 80 Metre Hurdles (76cm)	Heats
8:10 AM	#110 Girls U 14 - 80 Metre Hurdles (76cm)	Heats
8:17 AM	#111 Boys U 14 - 90 Metre Hurdles (76cm)	Heats
8:22 AM	#112 Girls U 15 - 90 Metre Hurdles (76cm)	Final
8:27 AM	#113 Boys U 15 - 100 Metre Hurdles (76cm)	Heats
8:34 AM	#114 Girls U 17 - 100 Metre Hurdles (76cm)	Final
8:39 AM	#115 Boys U 17 - 110 Metre Hurdles (76cm)	Heats
8:49 AM	#116 Girls U 11 - 1100 Metre Walk	Final
8:59 AM	#117 Boys U 11 - 1100 Metre Walk	Final
9:09 AM	#118 Girls U 10 - 1100 Metre Walk	Final
9:19 AM	#119 Boys U 10 - 1100 Metre Walk	Final
9:29 AM	#120 Girls U 9 - 700 Metre Walk	Final
9:35 AM	#121 Boys U 9 - 700 Metre Walk	Final
9:41 AM	#122 Girls U 8 - 700 Metre Run Pack Start	Final
9:46 AM	#123 Boys U 8 - 700 Metre Run Pack Start	Final
9:51 AM	#124 Girls U 12 - 1500 Metre Walk	Final
9:51 AM	#125 Boys U 12 - 1500 Metre Walk	Final
10:06 AM	#126 Girls U 13 - 1500 Metre Walk	Final
10:06 AM	#127 Boys U 13 - 1500 Metre Walk	Final
10:21 AM	#128 Girls U 14 - 1500 Metre Walk	Final
10:21 AM	#129 Boys U 14 - 1500 Metre Walk	Final
10:21 AM	#130 Girls U 15 - 1500 Metre Walk	Final
10:21 AM	#131 Boys U 15 - 1500 Metre Walk	Final
10:21 AM	#132 Girls U 17 - 1500 Metre Walk	Final
10:21 AM	#133 Boys U 17 - 1500 Metre Walk	Final
10:41 AM	#134 Girls U 13 - 80 Metre Hurdles (76cm)	Final
10:41 AM	#135 Boys U 13 - 80 Metre Hurdles (76cm)	Final
10:41 AM	#136 Girls U 14 - 80 Metre Hurdles (76cm)	Final
10:51 AM	#137 Boys U 14 - 90 Metre Hurdles (76cm)	Final
10:56 AM	#138 Boys U 15 - 100 Metre Hurdles (76cm)	Final
11:01 AM	#139 Boys U 17 - 110 Metre Hurdles (76cm)	Final
11:11 AM	#140 Girls U 10 - 70 Metre Sprint	Heats
11:16 AM	#141 Boys U 10 - 70 Metre Sprint	Heats
11:21 AM	#142 Girls U 9 - 70 Metre Sprint	Heats
11:26 AM	#143 Boys U 9 - 70 Metre Sprint	Heats
11:31 AM	#144 Girls U 8 - 70 Metre Sprint	Heats
11:36 AM	#145 Boys U 8 - 70 Metre Sprint	Heats
11:46 AM	#146 Girls U 11 - 200 Metre Sprint	Heats
11:52 AM	#147 Boys U 11 - 200 Metre Sprint	Heats
11:58 AM	#148 Girls U 12 - 200 Metre Sprint	Heats
12:04 PM	#149 Boys U 12 - 200 Metre Sprint	Heats
12:10 PM	#150 Girls U 13 - 200 Metre Sprint	Heats
12:16 PM	#151 Boys U 13 - 200 Metre Sprint	Heats
12:22 PM	#152 Girls U 10 - 200 Metre Sprint	Heats
12:28 PM	#153 Boys U 10 - 200 Metre Sprint	Heats
12:34 PM	#154 Girls U 9 - 200 Metre Sprint	Heats

REGION 8 TRACK & FIELD CHAMPIONSHIPS**The Ridge Athletics Track.****Session Report**

Session: 3 Sunday Track Events

Day 2 - Sunday 3/02/2019 - Starts at 08:00 AM

Not Before	Event	Round
12:40 PM	#155 Boys U 9 - 200 Metre Sprint	Heats
12:46 PM	#156 Girls U 8 - 200 Metre Sprint	Heats
12:52 PM	#157 Boys U 8 - 200 Metre Sprint	Heats
12:58 PM	#158 Girls U 14 - 200 Metre Sprint	Heats
1:04 PM	#159 Boys U 14 - 200 Metre Sprint	Heats
1:10 PM	#160 Girls U 15 - 200 Metre Sprint	Heats
1:16 PM	#161 Boys U 15 - 200 Metre Sprint	Heats
1:22 PM	#162 Girls U 17 - 200 Metre Sprint	Heats
1:28 PM	#163 Boys U 17 - 200 Metre Sprint	Heats
1:38 PM	#164 Girls U 10 - 70 Metre Sprint	Final
1:38 PM	#165 Boys U 10 - 70 Metre Sprint	Final
1:43 PM	#166 Girls U 9 - 70 Metre Sprint	Final
1:43 PM	#167 Boys U 9 - 70 Metre Sprint	Final
1:48 PM	#168 Girls U 8 - 70 Metre Sprint	Final
1:48 PM	#169 Boys U 8 - 70 Metre Sprint	Final
1:58 PM	#170 Girls U 11 - 800 Metre Run	Final
2:03 PM	#171 Boys U 11 - 800 Metre Run	Final
2:08 PM	#172 Girls U 12 - 800 Metre Run	Final
2:13 PM	#173 Boys U 12 - 800 Metre Run	Final
2:18 PM	#174 Girls U 13 - 800 Metre Run	Final
2:23 PM	#175 Boys U 13 - 800 Metre Run	Final
2:28 PM	#176 Girls U 14 - 800 Metre Run	Final
2:38 PM	#177 Boys U 14 - 800 Metre Run	Final
2:43 PM	#178 Girls U 15 - 800 Metre Run	Final
2:48 PM	#179 Boys U 15 - 800 Metre Run	Final
2:53 PM	#180 Girls U 17 - 800 Metre Run	Final
2:58 PM	#181 Boys U 17 - 800 Metre Run	Final
3:03 PM	#182 Girls U 10 - 800 Metre Run	Final
3:08 PM	#183 Boys U 10 - 800 Metre Run	Final
3:13 PM	#184 Girls U 9 - 800 Metre Run	Final
3:18 PM	#185 Boys U 9 - 800 Metre Run	Final
3:28 PM	#186 Girls U 8 - 200 Metre Sprint	Final
3:28 PM	#187 Boys U 8 - 200 Metre Sprint	Final
3:33 PM	#188 Girls U 11 - 200 Metre Sprint	Final
3:33 PM	#189 Boys U 11 - 200 Metre Sprint	Final
3:38 PM	#190 Girls U 12 - 200 Metre Sprint	Final
3:38 PM	#191 Boys U 12 - 200 Metre Sprint	Final
3:43 PM	#192 Girls U 13 - 200 Metre Sprint	Final
3:43 PM	#193 Boys U 13 - 200 Metre Sprint	Final
3:48 PM	#194 Girls U 14 - 200 Metre Sprint	Final
3:48 PM	#195 Boys U 14 - 200 Metre Sprint	Final
3:53 PM	#196 Girls U 15 - 200 Metre Sprint	Final
3:53 PM	#197 Boys U 15 - 200 Metre Sprint	Final
3:58 PM	#198 Girls U 17 - 200 Metre Sprint	Final
3:58 PM	#199 Boys U 17 - 200 Metre Sprint	Final
4:03 PM	#200 Girls U 10 - 200 Metre Sprint	Final
4:03 PM	#201 Boys U 10 - 200 Metre Sprint	Final

REGION 8 TRACK & FIELD CHAMPIONSHIPS**The Ridge Athletics Track.****Session Report**

Session: 3 Sunday Track Events

Day 2 - Sunday 3/02/2019 - Starts at 08:00 AM

Not Before	Event	Round
4:08 PM	#202 Girls U 9 - 200 Metre Sprint	Final
4:08 PM	#203 Boys U 9 - 200 Metre Sprint	Final
4:13 PM	#204 Girls U 12-17 4x100 Metre Relay (Snr)	Final
4:13 PM	#205 Boys U 12-17 4x100 Metre Relay (Snr)	Final
4:13 PM	#206 Girls U 9-12 4x100 Metre Relay (Jnr)	Final
4:13 PM	#207 Boys U 9-12 4x100 Metre Relay (Jnr)	Final

REGION 8 TRACK & FIELD CHAMPIONSHIPS**The Ridge Athletics Track.****Session Report**

Session: 4 Sunday Field Events

Day 2 - Sunday 3/02/2019 - Starts at 08:00 AM

Not Before	Event	Round
8:00 AM	#49 Girls U 10 - High Jump (S/H 0.95m)	Final
8:00 AM	#50 Boys U 10 - High Jump (S/H 1.00m)	Final
8:00 AM	#51 Girls U 17 - Long Jump	Final
8:00 AM	#52 Boys U 9 - Long Jump	Final
8:00 AM	#53 Girls U 14 - Triple Jump	Final
8:00 AM	#54 Girls U 13 - Discus (750 Gram)	Final
8:00 AM	#55 Boys U 15 - Discus (1.0 Kg)	Final
8:00 AM	#56 Girls U 10 - Shot Put (2.0 Kg)	Final
8:00 AM	#57 Boys U 14 - Shot Put (3.0 Kg)	Final
9:00 AM	#58 Girls U 12 - High Jump (S/H 1.15m)	Final
9:00 AM	#59 Boys U 11 - High Jump (S/H 1.10m)	Final
9:15 AM	#60 Girls U 9 - Long Jump	Final
9:30 AM	#61 Girls U 15 - Long Jump	Final
9:30 AM	#62 Boys U 15 - Triple Jump	Final
9:30 AM	#63 Boys U 17 - Discus (1.5 Kg)	Final
9:30 AM	#64 Girls U 11 - Discus (500 Gram)	Final
9:30 AM	#65 Boys U 12 - Shot Put (2.0 Kg)	Final
9:30 AM	#66 Girls U 17 - Shot Put (3.0 Kg)	Final
10:30 AM	#67 Boys U 13 - High Jump (S/H 1.25m)	Final
10:30 AM	#68 Girls U 14 - High Jump (S/H 1.25m)	Final
10:30 AM	#69 Boys U 11 - Javelin (400 Gram)	Final
10:40 AM	#70 Boys U 8 - Discus (500 Gram)	Final
10:45 AM	#71 Boys U 11 - Long Jump	Final
10:45 AM	#72 Boys U 14 - Long Jump	Final
10:50 AM	#73 Boys U 17 - Triple Jump	Final
10:50 AM	#74 Girls U 8 - Shot Put (1.5 Kg)	Final
10:50 AM	#75 Girls U 12 - Shot Put (2.0 Kg)	Final
11:35 AM	#76 Girls U 13 - Javelin (400 Gram)	Final
11:45 AM	#77 Boys U 9 - Discus (500 Gram)	Final
11:45 AM	#78 Girls U 17 - High Jump (S/H 1.30m)	Final
12:00 PM	#79 Girls U 11 - Long Jump	Final
12:00 PM	#80 Boys U 13 - Long Jump	Final
12:00 PM	#81 Boys U 10 - Shot Put (2.0 Kg)	Final
12:10 PM	#82 Girls U 15 - Shot Put (3.0 Kg)	Final
12:10 PM	#83 Girls U 12 - Triple Jump	Final
12:35 PM	#84 Boys U 12 - Javelin (400 Gram)	Final
12:45 PM	#85 Boys U 15 - High Jump (S/H 1.30m)	Final
1:00 PM	#86 Girls U 9 - Discus (500 Gram)	Final
1:00 PM	#87 Boys U 13 - Shot Put (3.0 Kg)	Final
1:20 PM	#88 Girls U 13 - Triple Jump	Final
1:40 PM	#89 Boys U 14 - Javelin (600 Gram)	Final
2:15 PM	#90 Boys U 11 - Discus (500 Gram)	Final
2:20 PM	#91 Boys U 12 - Triple Jump	Final
2:20 PM	#92 Boys U 17 - Javelin (700 Gram)	Final
3:00 PM	#93 Girls U 15 - Javelin (500 Gram)	Final
3:35 PM	#94 Girls U 14 - Discus (1.0 Kg)	Final