

**LANSW - 2021-22 Season**  
**Inner City Zone Championships officials**

<b>Zone Co-ordinator</b>	Karen Mitchell				
<b>Meet Manager</b>	Youcef Abdi				
<b>Equipment Officer</b>	Bankstown Sports LAC				
<b>Safety Committee</b>	Zone Coordinator and all referees				
<b>Results Manager</b>	Canterbury				
<b>Results Assistants</b>	Canterbury				
<b>Timing Gate Operator</b>	Greg Facer				
<b>Track Recording</b>	Eastern Suburbs				
<b>Chief Judge</b>	Eastern Suburbs				
<b>Starting Panel</b>	South Eastern - Saturday		Balmain - Sunday		
<b>First Aid</b>	Inner West				
<b>Medals Manager</b>	Canterbury				
<b>Track Referee</b>	Jim Leg				
<b>Chief Marshall</b>	Inner West				
<b>Walks Judge Panel</b>	Tim Batho	Anthony Vecellio	SELAC	IWLAC	Sam Murphy
<b>Hurdle Set-up</b>	South Eastern				
<b>Referee: High Jump</b>	Inner West				
<b>Referee: Long/Triple Jump</b>	Tim Batho				
<b>Referee: Throws</b>	John Thompson				
<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 each per day				
<b>Chief: Javelin</b>	Balmain				
<b>Chief: Discus</b>	Eastern Suburbs				
<b>Protests</b>	Relevant referee and zone coordinator				
<b>Jury of Appeal</b>	K Mitchell - Zone Co				
	D Richardson - ES				
	D Murphy - BLAC				
	M Rawnesly - IW				
	A Patterson - TW				
	A Winters - Cant				
	M Davoren - SE				
	A Vecellio - RB				

**U7 to U11 may compete in four events. U12 to U17 may compete in six events.**

Anyone competing in more events than their 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 LANSW Rules of Competition. Any competitor that does not compete in his/her age group will be disqualified

# Track Program - SATURDAY

	EVENT	H / F	TIME			EVENT	H / F	TIME
#1	Girls U 7 - 500 Metre Run Pack Start	Final	8:30 AM		#50	Boys U 9 - 100 Metre Sprint	Heats	1:40 PM
#2	Boys U 7 - 500 Metre Run Pack Start	Final	8:40 AM		#51	Girls U 10 - 100 Metre Sprint	Heats	1:45 PM
#3	Girls U 11 - 1500 Metre Run	Final	8:50 AM		#52	Boys U 10 - 100 Metre Sprint	Heats	1:50 PM
#4	Boys U 11 - 1500 Metre Run	Final	9:00 AM		#53	Girls U 11 - 100 Metre Sprint	Heats	1:55 PM
#5	Girls U 12 - 1500 Metre Run	Final	9:10 AM		#54	Boys U 11 - 100 Metre Sprint	Heats	2:00 PM
#6	Boys U 12 - 1500 Metre Run	Final	9:20 AM		#55	Girls U 12 - 100 Metre Sprint	Heats	2:05 PM
#7	Girls U 13 - 200 Metre Hurdles (68cm)	Final	9:30 AM		#56	Boys U 12 - 100 Metre Sprint	Heats	2:10 PM
#8	Boys U 13 - 200 Metre Hurdles (68cm)	Final	9:35 AM		#59	Girls U 13 - 400 Metre Sprint	Final	2:30 PM
#9	Girls U 14 - 200 Metre Hurdles (76cm)	Final	9:40 AM		#60	Boys U 13 - 400 Metre Sprint	Final	2:37 PM
#10	Boys U 14 - 200 Metre Hurdles (76cm)	Final	9:45 AM		#61	Girls U 14 - 400 Metre Sprint	Final	2:41 PM
#11	Girls U 15 - 300 Metre Hurdles (76cm)	Final	9:55 AM		#62	Boys U 14 - 400 Metre Sprint	Final	3:45 PM
#12	Boys U 15 - 300 Metre Hurdles (76cm)	Final	10:00 AM		#63	Girls U 15 - 400 Metre Sprint	Final	2:51 PM
#13	Girls U 17 - 300 Metre Hurdles (76cm)	Final	10:05 AM		#64	Boys U 15 - 400 Metre Sprint	Final	2:54 PM
#14	Boys U 17 - 300 Metre Hurdles (76cm)	Final	10:10 AM		#65	Girls U 17 - 400 Metre Sprint	Final	2:58 PM
#15	Girls U 8 - 60 Metre Hurdles (45cm)	Heats	10:20 AM		#66	Boys U 17 - 400 Metre Sprint	Final	3:08 PM
#16	Boys U 8 - 60 Metre Hurdles (45cm)	Heats	10:25 AM		#67	Girls U 8 - 400 Metre Sprint	Final	3:16 PM
#17	Girls U 9 - 60 Metre Hurdles (45cm)	Heats	10:30 AM		#68	Boys U 8 - 400 Metre Sprint	Final	3:21 PM
#18	Boys U 9 - 60 Metre Hurdles (45cm)	Heats	10:35 AM		#69	Girls U 9 - 400 Metre Sprint	Final	3:26 PM
#19	Girls U 10 - 60 Metre Hurdles (60cm)	Heats	10:45 AM		#70	Boys U 9 - 400 Metre Sprint	Final	3:30 PM
#20	Boys U 10 - 60 Metre Hurdles (60cm)	Heats	10:50 AM		#71	Girls U 10 - 400 Metre Sprint	Final	3:37 PM
#21	Girls U 13 - 1500 Metre Run	Final	11:00 AM		#72	Boys U 10 - 400 Metre Sprint	Final	3:44 PM
#22	Boys U 13 - 1500 Metre Run	Final	11:00 AM		#73	Girls U 11 - 400 Metre Sprint	Final	3:51 PM
#23	Girls U 14 - 1500 Metre Run	Final	11:10 AM		#74	Boys U 11 - 400 Metre Sprint	Final	3:58 PM
#24	Boys U 14 - 1500 Metre Run	Final	11:10 AM		#75	Girls U 12 - 400 Metre Sprint	Final	4:04 PM
#25	Girls U 15 - 1500 Metre Run	Final	11:20 AM		#76	Boys U 12 - 400 Metre Sprint	Final	4:13 PM
#27	Girls U 17 - 1500 Metre Run	Final	11:20 AM		#79	Girls U 13 - 100 Metre Sprint	Final	4:20 PM
#26	Boys U 15 - 1500 Metre Run	Final	11:30 AM		#80	Boys U 13 - 100 Metre Sprint	Final	4:23 PM
#28	Boys U 17 - 1500 Metre Run	Final	11:30 AM		#82	Boys U 14 - 100 Metre Sprint	Final	4:26 PM
#29	Girls U 8 - 60 Metre Hurdles (45cm)	Final	11:45 AM		#83	Girls U 15 - 100 Metre Sprint	Final	4:29 PM
#30	Boys U 8 - 60 Metre Hurdles (45cm)	Final	11:47 AM		#85	Girls U 17 - 100 Metre Sprint	Final	4:32 PM
#31	Girls U 9 - 60 Metre Hurdles (45cm)	Final	11:49 AM		#86	Boys U 17 - 100 Metre Sprint	Final	4:35 PM
#32	Boys U 9 - 60 Metre Hurdles (45cm)	Final	11:51 AM		#87	Girls U 8 - 100 Metre Sprint	Final	4:39 PM
#33	Girls U 10 - 60 Metre Hurdles (60cm)	Final	11:56 AM		#88	Boys U 8 - 100 Metre Sprint	Final	4:42 PM
#34	Boys U 10 - 60 Metre Hurdles (60cm)	Final	11:58 AM		#89	Girls U 9 - 100 Metre Sprint	Final	4:45 PM
#57	Girls U 7 - 50 Metre Sprint	Final	12:15 PM		#90	Boys U 9 - 100 Metre Sprint	Final	5:48 PM
#58	Boys U 7 - 50 Metre Sprint	Final	12:20 PM		#91	Girls U 10 - 100 Metre Sprint	Final	4:52 PM
#37	Girls U 13 - 100 Metre Sprint	Heats	12:25 PM		#92	Boys U 10 - 100 Metre Sprint	Final	4:56 PM
#38	Boys U 13 - 100 Metre Sprint	Heats	12:30 PM		#93	Girls U 11 - 100 Metre Sprint	Final	5:00 PM
#81	Girls U 14 - 100 Metre Sprint	Final	12:35 PM		#94	Boys U 11 - 100 Metre Sprint	Final	5:03 PM
#40	Boys U 14 - 100 Metre Sprint	Heats	12:40 PM		#95	Girls U 12 - 100 Metre Sprint	Final	5:06 PM
#41	Girls U 15 - 100 Metre Sprint	Heats	12:45 PM		#96	Boys U 12 - 100 Metre Sprint	Final	5:09 PM
#84	Boys U 15 - 100 Metre Sprint	Final	12:50 PM		#97	Girls U 13 - 3000 Metre Run	Final	5:20PM
#43	Girls U 17 - 100 Metre Sprint	Heats	12:55 PM		#98	Boys U 13 - 3000 Metre Run	Final	5:20PM
#44	Boys U 17 - 100 Metre Sprint	Heats	1:00 PM		#99	Girls U 14 - 3000 Metre Run	Final	5:20PM
#77	Girls U 7 - 100 Metre Sprint	Final	1:15 PM		#100	Boys U 14 - 3000 Metre Run	Final	5:20PM
#78	Boys U 7 - 100 Metre Sprint	Final	1:20 PM		#101	Girls U 15 - 3000 Metre Run	Final	5:20PM
#47	Girls U 8 - 100 Metre Sprint	Heats	1:25 PM		#102	Boys U 15 - 3000 Metre Run	Final	5:20PM
#48	Boys U 8 - 100 Metre Sprint	Heats	1:30 PM		#103	Girls U 17 - 3000 Metre Run	Final	5:20PM
#49	Girls U 9 - 100 Metre Sprint	Heats	1:35 PM		#104	Boys U 17 - 3000 Metre Run	Final	5:20PM

**Times are a guide only . No events will commence before the nominated time.**

## Track Program - SUNDAY

	EVENT	H / F	TIME		EVENT	H / F	TIME
#105	Girls U 11 - 80 Metre Hurdles (60cm)	Heats	8:30 AM		#166	Boys U 8 - 200 Metre Sprint	Heats 2:00pm
#106	Boys U 11 - 80 Metre Hurdles (60cm)	Heats	8:35 AM		#201	Girls U 7 - 200 Metre Sprint	Final 2:06pm
#137	Girls U 12 - 80 Metre Hurdles (68cm)	Final	8:40 AM		#168	Boys U 7 - 200 Metre Sprint	Heats 2:10pm
#138	Boys U 12 - 80 Metre Hurdles (68cm)	Final	8:45 AM		#209	Girls U 14 - 200 Metre Sprint	Final 2:14pm
#109	Girls U 13 - 80 Metre Hurdles (76cm)	Heats	8:50 AM		#170	Boys U 14 - 200 Metre Sprint	Heats 2:18pm
#140	Boys U 13 - 80 Metre Hurdles (76cm)	Final	8:55 AM		#171	Girls U 15 - 200 Metre Sprint	Heats 2:24pm
#141	Girls U 14 - 80 Metre Hurdles (76cm)	Final	9:00 AM		#212	Boys U 15 - 200 Metre Sprint	Final 2:30pm
#142	Boys U 14 - 90 Metre Hurdles (76cm)	Final	9:10 AM		#173	Girls U 17 - 200 Metre Sprint	Heats 2:33pm
#143	Girls U 15 - 90 Metre Hurdles (76cm)	Final	9:13 AM		#174	Boys U 17 - 200 Metre Sprint	Heats 2:40pm
#144	Boys U 15 - 100 Metre Hurdles (76cm)	Final	9:20 AM		#175	Girls U 10 - 70 Metre Sprint	Final 2:50pm
#145	Girls U 17 - 100 Metre Hurdles (76cm)	Final	9:25 AM		#176	Boys U 10 - 70 Metre Sprint	Final 2:52pm
#146	Boys U 17 - 110 Metre Hurdles (76cm)	Final	9:30 AM		#177	Girls U 9 - 70 Metre Sprint	Final 2:54pm
#117	Girls U 11 - 1100 Metre Walk	Final	9:35 AM		#178	Boys U 9 - 70 Metre Sprint	Final 2:56pm
#118	Boys U 11 - 1100 Metre Walk	Final	9:35 AM		#179	Girls U 8 - 70 Metre Sprint	Final 2:58pm
#119	Girls U 10 - 1100 Metre Walk	Final	9:45 AM		#180	Boys U 8 - 70 Metre Sprint	Final 3:00pm
#120	Boys U 10 - 1100 Metre Walk	Final	9:45 AM		#182	Boys U 7 - 70 Metre Sprint	Final 3:02pm
#121	Girls U 13 - 1500 Metre Walk	Final	10:00 AM		#183	Girls U 11 - 800 Metre Run	Final 3:10pm
#122	Boys U 13 - 1500 Metre Walk	Final	10:00AM		#184	Boys U 11 - 800 Metre Run	Final 3:15pm
#123	Girls U 14 - 1500 Metre Walk	Final	10:00AM		#185	Girls U 12 - 800 Metre Run	Final 3:20pm
#124	Boys U 14 - 1500 Metre Walk	Final	10:00AM		#186	Boys U 12 - 800 Metre Run	Final 3:25pm
#125	Girls U 15 - 1500 Metre Walk	Final	10:00AM		#187	Girls U 13 - 800 Metre Run	Final 3:30pm
#126	Boys U 15 - 1500 Metre Walk	Final	10:00AM		#188	Boys U 13 - 800 Metre Run	Final 3:35pm
#127	Girls U 17 - 1500 Metre Walk	Final	10:00AM		#189	Girls U 14 - 800 Metre Run	Final 3:40pm
#128	Boys U 17 - 1500 Metre Walk	Final	10:00AM		#191	Girls U 15 - 800 Metre Run	Final 3:40pm
#129	Girls U 12 - 1500 Metre Walk	Final	10:15 AM		#190	Boys U 14 - 800 Metre Run	Final 3:45pm
#130	Boys U 12 - 1500 Metre Walk	Final	10:15 AM		#192	Boys U 15 - 800 Metre Run	Final 3:50pm
#131	Girls U 9 - 700 Metre Walk	Final	10:30 AM		#194	Boys U 17 - 800 Metre Run	Final 3:50pm
#132	Boys U 9 - 700 Metre Walk	Final	10:30 AM		#193	Girls U 17 - 800 Metre Run	Final 3:55pm
#133	Girls U 8 - 700 Metre Run Pack Start	Final	10:40 AM		#195	Girls U 10 - 800 Metre Run	Final 4:00pm
#134	Boys U 8 - 700 Metre Run Pack Start	Final	10:45 AM		#196	Boys U 10 - 800 Metre Run	Final 4:05pm
#135	Girls U 11 - 80 Metre Hurdles (60cm)	Final	10:55 AM		#197	Girls U 9 - 800 Metre Run	Final 4:10pm
#136	Boys U 11 - 80 Metre Hurdles (60cm)	Final	10:58 AM		#198	Boys U 9 - 800 Metre Run	Final 4:15pm
#139	Girls U 13 - 80 Metre Hurdles (76cm)	Final	11:05 AM		#199	Girls U 8 - 200 Metre Sprint	Final 4:20pm
	<b>MARCH PAST</b>		11:15am		#200	Boys U 8 - 200 Metre Sprint	Final 4:22pm
#147	Girls U 10 - 70 Metre Sprint	Heats	11:45am		#202	Boys U 7 - 200 Metre Sprint	Final 4:24pm
#148	Boys U 10 - 70 Metre Sprint	Heats	11:52am		#203	Girls U 11 - 200 Metre Sprint	Final 4:26pm
#149	Girls U 9 - 70 Metre Sprint	Heats	11:59am		#204	Boys U 11 - 200 Metre Sprint	Final 4:28pm
#150	Boys U 9 - 70 Metre Sprint	Heats	12:06pm		#205	Girls U 12 - 200 Metre Sprint	Final 4:30pm
#151	Girls U 8 - 70 Metre Sprint	Heats	12:13pm		#206	Boys U 12 - 200 Metre Sprint	Final 4:32pm
#152	Boys U 8 - 70 Metre Sprint	Heats	12:20pm		#207	Girls U 13 - 200 Metre Sprint	Final 4:35pm
#181	Girls U 7 - 70 Metre Sprint	Final	12:27pm		#208	Boys U 13 - 200 Metre Sprint	Final 4:38pm
#154	Boys U 7 - 70 Metre Sprint	Heats	12:32pm		#210	Boys U 14 - 200 Metre Sprint	Final 4:41pm
#155	Girls U 11 - 200 Metre Sprint	Heats	12:46pm		#211	Girls U 15 - 200 Metre Sprint	Final 4:44pm
#156	Boys U 11 - 200 Metre Sprint	Heats	12:53pm		#213	Girls U 17 - 200 Metre Sprint	Final 4:47pm
#157	Girls U 12 - 200 Metre Sprint	Heats	1:00pm		#214	Boys U 17 - 200 Metre Sprint	Final 4:50pm
#158	Boys U 12 - 200 Metre Sprint	Heats	1:07pm		#215	Girls U 10 - 200 Metre Sprint	Final 4:53pm
#159	Girls U 13 - 200 Metre Sprint	Heats	1:14pm		#216	Boys U 10 - 200 Metre Sprint	Final 4:55pm
#160	Boys U 13 - 200 Metre Sprint	Heats	1:21pm		#217	Girls U 9 - 200 Metre Sprint	Final 4:57pm
#161	Girls U 10 - 200 Metre Sprint	Heats	1:28pm		#218	Boys U 9 - 200 Metre Sprint	Final 4:59pm
#162	Boys U 10 - 200 Metre Sprint	Heats	1:35pm		#219	Girls U 12-17 4x100 Metre Relay (Snr)	Final 5:05pm
#163	Girls U 9 - 200 Metre Sprint	Heats	1:42pm		#220	Boys U 12-17 4x100 Metre Relay (Snr)	Final 5:10pm
#164	Boys U 9 - 200 Metre Sprint	Heats	1:48pm		#221	Girls U 9-12 4x100 Metre Relay (Jnr)	Final 5:15pm
#165	Girls U 8 - 200 Metre Sprint	Heats	1:54pm		#222	Boys U 9-12 4x100 Metre Relay (Jnr)	Final 5:20pm

**Times are a guide ONLY. No events will commence before the nominated time.**

**2021 INNER CITY ZONE CHAMPIONSHIPS Track & Field Program**

**SATURDAY 29 January**

**SUNDAY 30 January**

Event	Age		Time	Event	Area		Event	Age		Time	Event	Area
High Jump	9	M	8:30 AM	1	3		High Jump	11	M	8:30 AM	51	2
High Jump	12	M	8:30 AM	2	1		High Jump	12	F	8:30 AM	52	1
Long Jump	13	F	8:30 AM	3	2		Long Jump	9	M	8:30 AM	53	1
Long Jump	10	M	8:30 AM	4	1		Long Jump	15	F	8:30 AM	54	2
Triple Jump	13	M	8:30 AM	5			Long Jump	17	F	8:30 AM	55	2
Discus	10	F	8:30 AM	6	2		Triple Jump	14	F	8:30 AM	56	
Discus	14	M	8:30 AM	7	1		Discus	13	F	8:30 AM	57	1
Shot Put	11	F	8:30 AM	8	1		Discus	8	M	8:30 AM	58	2
Shot Put	17	M	8:30 AM	9	2		Shot Put	10	F	8:30 AM	59	1
High Jump	9	F	9:45 AM	10	3		Shot Put	14	M	8:30 AM	60	2
High Jump	15	F	9:45 AM	11	1		High Jump	10	M	9:45 AM	61	3
High Jump	17	F	9:45 AM	12	1		High Jump	13	M	9:45 AM	62	1
Long Jump	15	M	9:45 AM	13	2		Long Jump	9	F	10:00 AM	63	1
Long Jump	17	M	9:45 AM	14	2		Long Jump	11	M	10:00 AM	64	2
Triple Jump	14	M	10:00 AM	15			Triple Jump	15	M	9:45 AM	65	
Discus	15	F	9:30 AM	17	1		Triple Jump	17	M	9:45 AM	66	
Discus	17	F	9:30 AM	18	1		Discus	17	M	9:30 AM	67	1
Shot Put	11	M	9:30 AM	19	2		Discus	15	M	9:30 AM	68	1
Shot Put	8	M	9:30 AM	20	1		Shot Put	12	M	9:30 AM	69	1
High Jump	11	F	11:00 AM	21	2		Shot Put	17	F	9:30 AM	70	2
High Jump	13	F	11:00 AM	22	1		High Jump	14	F	11:00 AM	71	1
Long Jump	12	F	10:00 AM	23	1		High Jump	10	F	11:00 AM	72	3
Long Jump	12	M	11:00 AM	24	2		Long Jump	11	F	12:00 PM	73	1
Triple Jump	15	F	11:00 AM	25			Long Jump	14	M	12:00 PM	74	2
Triple Jump	17	F	11:00 AM	26			Discus	7	M	10:00 AM	75	3
Discus	12	F	10:30AM	28	1		Discus	11	F	10:30 AM	76	1
Discus	7	F	11:00 AM	16	3		Shot Put	8	F	10:30 AM	77	1
Discus	8	F	11:00 AM	27	3		Shot Put	7	F	10:30 AM	85	1
Shot Put	9	M	10:30 AM	29	2		Shot Put	12	F	10:30 AM	78	2
Shot Put	7	M	10:30 AM	30	1		Javelin	13	F	10:30 AM	79	
Javelin	13	M	10:30 AM	31			High Jump	15	M	12:00 PM	80	1
High Jump	14	M	12:15 PM	32	1		Long Jump	13	M	12:45 PM	81	2
High Jump	17	M	12:15 PM	33	1		Long Jump	7	F	1:15 PM	82	1
Long Jump	8	F	11:30 AM	34	1		Triple Jump	12	F	11:15 AM	83	
Long Jump	10	F	12:30 PM	35	2		Discus	9	M	10:45 AM	84	3
Discus	10	M	11:30 AM	36	1		Shot Put	15	F	12:00 PM	86	2
Shot Put	9	F	11:30 AM	37	2		Shot Put	14	F	12:00 PM	87	2
Shot Put	13	F	11:30 AM	38	1		Shot Put	10	M	12:00 PM	93	1
Javelin	14	F	11:15 AM	39			Javelin	12	M	12:00 PM	88	
Long Jump	8	M	1:00 PM	40	1		Long Jump	7	M	1:45 PM	89	2
Long Jump	14	F	2:00 PM	41	2		Triple Jump	13	F	12:30 PM	90	
Triple Jump	11	M	12:15 PM	42			Discus	11	M	12:00 PM	91	1
Discus	12	M	1:00 PM	43	1		Discus	9	F	1:00 PM	92	3
Shot Put	15	M	12:30 PM	44	2		Shot Put	13	M	1:00 PM	94	2
Javelin	12	F	12:00 PM	45			Javelin	14	M	1:30 PM	95	
Triple Jump	11	F	1:15 PM	46			Triple Jump	12	M	1:45 PM	96	
Discus	13	M	2:00 PM	47	1		Discus	14	F	1:30 PM	97	1
Javelin	15	M	1:15 PM	48			Javelin	17	F	2:00 PM	98	
Javelin	17	M	1:15 PM	49			Javelin	15	F	2:00 PM	99	
Javelin	11	F	2:45 PM	50			Javelin	11	M	3:00 PM	100	



**Saturday 29th January 2022**

Event	Age		Time	Number	Area
High Jump	9	M	8:30 AM	#1	3
High Jump	12	M	8:30 AM	#2	1
High Jump	9	F	9:45 AM	#10	3
<b>High Jump</b>	<b>15</b>	<b>F</b>	<b>9:45 AM</b>	<b>#11</b>	<b>1</b>
<b>High Jump</b>	<b>17</b>	<b>F</b>	<b>9:45 AM</b>	<b>#12</b>	<b>1</b>
High Jump	11	F	11:00 AM	#21	2
High Jump	13	F	11:00 AM	#22	1
<b>High Jump</b>	<b>14</b>	<b>M</b>	<b>12:15 PM</b>	<b>#32</b>	<b>1</b>
<b>High Jump</b>	<b>17</b>	<b>M</b>	<b>12:15 PM</b>	<b>#33</b>	<b>1</b>

Event	Age		Time	Number	Area
Shot Put	11	F	8:30 AM	#8	1
Shot Put	17	M	8:30 AM	#9	2
Shot Put	11	M	9:30 AM	#19	2
Shot Put	8	M	9:30 AM	#20	1
Shot Put	9	M	10:30 AM	#29	2
Shot Put	7	M	10:30 AM	#30	1
Shot Put	9	F	11:30 AM	#37	2
Shot Put	13	F	11:30 AM	#38	1
Shot Put	15	M	12:30 PM	#44	2

Event	Age		Time	Number	Area
Discus	14	M	8:30 AM	#7	1
Discus	10	F	8:30 AM	#6	2
<b>Discus</b>	<b>17</b>	<b>F</b>	<b>9:30AM</b>	<b>#18</b>	<b>1</b>
<b>Discus</b>	<b>15</b>	<b>F</b>	<b>9:30 AM</b>	<b>#17</b>	<b>1</b>
Discus	12	F	10:30AM	#28	1
<b>Discus</b>	<b>7</b>	<b>F</b>	<b>11:00 AM</b>	<b>#16</b>	<b>3</b>
<b>Discus</b>	<b>8</b>	<b>F</b>	<b>11:00 AM</b>	<b>#27</b>	<b>3</b>
Discus	10	M	11:30 AM	#36	1
Discus	12	M	1:00 PM	#43	1
Discus	13	M	2:00 PM	#47	1

Event	Age		Time	Number	Area
Long Jump	13	F	8:30 AM	#3	2
Long Jump	10	M	8:30 AM	#4	1
<b>Long Jump</b>	<b>15</b>	<b>M</b>	<b>9:45 AM</b>	<b>#13</b>	<b>2</b>
<b>Long Jump</b>	<b>17</b>	<b>M</b>	<b>9:45 AM</b>	<b>#14</b>	<b>2</b>
Long Jump	12	F	10:00 AM	#23	1
Long Jump	12	M	11:00 AM	#24	2
Long Jump	8	F	11:30 AM	#34	1
Long Jump	10	F	12:30 PM	#35	2
Long Jump	8	M	1:00 PM	#40	1
Long Jump	14	F	2:00 PM	#41	2

Event	Age		Time	Number	
Javelin	13	M	10:30 AM	#31	
Javelin	14	F	11:15 AM	#39	
Javelin	12	F	12:00 PM	#45	
<b>Javelin</b>	<b>15/17</b>	<b>M</b>	<b>1:15 PM</b>	<b>#48/#49</b>	
Javelin	11	F	2:45 PM	#50	

Event	Age		Time	Number	
Triple Jump	13	M	8:30 AM	#5	
Triple Jump	14	M	10:00 AM	#15	
<b>Triple Jump</b>	<b>17</b>	<b>F</b>	<b>11:00 AM</b>	<b>#26</b>	
<b>Triple Jump</b>	<b>15</b>	<b>F</b>	<b>11:00 AM</b>	<b>#25</b>	
Triple Jump	11	M	12:15 PM	#42	
Triple Jump	11	F	1:15 PM	#46	

**Sunday 30th January 2022**

Event	Age		Time	Number	Area
High Jump	11	M	8:30 AM	#51	1
High Jump	12	F	8:30 AM	#52	2
High Jump	10	M	9:45 AM	#61	3
High Jump	13	M	9:45 AM	#62	1
High Jump	14	F	11:00 AM	#71	1
High Jump	10	F	11:00 AM	#72	3
High Jump	15	M	12:00 PM	#80	1

Event	Age		Time	Number	Area
Shot Put	10	F	8:30 AM	#59	1
Shot Put	14	M	8:30 AM	#60	2
Shot Put	12	M	9:30 AM	#69	1
Shot Put	17	F	9:30 AM	#70	2
<b>Shot Put</b>	<b>8</b>	<b>F</b>	<b>10:30 AM</b>	<b>#77</b>	<b>1</b>
<b>Shot Put</b>	<b>7</b>	<b>F</b>	<b>10:30AM</b>	<b>#85</b>	<b>1</b>
Shot Put	12	F	10:30 AM	#78	2
<b>Shot Put</b>	<b>15/14</b>	<b>F</b>	<b>12:00 PM</b>	<b>#86/#87</b>	<b>2</b>
<b>Shot Put</b>	<b>10</b>	<b>M</b>	<b>12:00 PM</b>	<b>#93</b>	<b>1</b>
Shot Put	13	M	1:00 PM	#94	1 or 2

Event	Age		Time	Number	Area
Discus	13	F	8:30 AM	#57	1
Discus	8	M	8:30 AM	#58	2
<b>Discus</b>	<b>15</b>	<b>M</b>	<b>9:30 AM</b>	<b>#68</b>	<b>1</b>
<b>Discus</b>	<b>17</b>	<b>M</b>	<b>9:30 AM</b>	<b>#67</b>	<b>1</b>
Discus	7	M	10:00 AM	#75	3
Discus	11	F	10:30 AM	#76	1
Discus	9	M	10:45 AM	#84	3
Discus	11	M	12:00 PM	#91	1
Discus	9	F	1:00 PM	#92	3
Discus	14	F	1:30 PM	#97	1

Event	Age		Time	Number	Area
Long Jump	9	M	8:30 AM	#53	1
<b>Long Jump</b>	<b>17</b>	<b>F</b>	<b>8:30 AM</b>	<b>#55</b>	<b>2</b>
<b>Long Jump</b>	<b>15</b>	<b>F</b>	<b>8:30 AM</b>	<b>#54</b>	<b>2</b>
Long Jump	9	F	10:00 AM	#63	1
Long Jump	11	M	10:00 AM	#64	2
Long Jump	14	M	12:00 PM	#74	2
Long Jump	11	F	12:00 PM	#73	1
Long Jump	13	M	12:45 PM	#81	2
Long Jump	7	F	1:15 PM	#82	1
Long Jump	7	M	1:45 PM	#89	2

Event	Age		Time	Number	
Javelin	13	F	10:30 AM	#79	
Javelin	12	M	12:00 PM	#88	
Javelin	14	M	1:30 PM	#95	
<b>Javelin</b>	<b>15/17</b>	<b>F</b>	<b>2:00 PM</b>	<b>#99/#98</b>	
Javelin	11	M	3:00 PM	#100	

Event	Age		Time	Number	
Triple Jump	14	F	8:30 AM	#56	
<b>Triple Jump</b>	<b>15</b>	<b>M</b>	<b>9:45 AM</b>	<b>#65</b>	
<b>Triple Jump</b>	<b>17</b>	<b>M</b>	<b>9:45 AM</b>	<b>#66</b>	
Triple Jump	12	F	11:15 AM	#83	
Triple Jump	13	F	12:30 PM	#90	
Triple Jump	12	M	1:45 PM	#96	

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. Diloj RB	10.54s 1998 S Bainbridge SE	10.19s 2019 R Muldowney ES						
100m	16.04s 2009 Markworth-ScottES	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	12.43s 2019 B Blair BAL	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 Misson RB	27.84s 2010 A Kyriacou RB	26.40s 2013 J Roach RB	24.80s 2013 C Jus IW	24.37s 2019 E Vukovic ES	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 Jimmo Bal 2003 J Roach RB 2013	58.21s 2019 L Schouten BAL	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 Mishkacudov 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	2-14.18s 2018 J O'Connell Bal	2-11.82 2019 L Schouten BAL	2-08.30s 1986 A Hunt RB	2-02.22s 2016 A Beer Bal	1-56.84s 2018 E Brooy 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	4-30.24 2019 J O'Connell BAL	4-30.20s 1994 M Durante RB	4-14.10s 2016 A Beer Bal	4-06.94s 2018 E Brooy 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 2009 L Thompson RB	1100m 5-51.30s 2010 L Thompson RB	1100m 5-49.62s 2018 S Gonzalez Bal	1500m 7-25.20s 2013 S Teg RB	1500m 7-24.40s 2010 T Doyle RB	1500m 7-25.10s 2011 R Murphy SE	1500m 7-14.10s 2006 S Niyyo 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	B Blair Bal	10.04s E Lawton RB2002 K Vaingalo RB 2003 J Tuohy RB 2009				
80-110 Hurd				80mH 13.85 2019 J Powel SE	80mH 13.92 2019 Dempse-MartinB	80mH 13.92 2019 Dempse-MartinB	80mH 12.44s 1996 P Saville RB	90mH 12.99s 2016 J Park Bal	100mH 13.64s 2012 I Metcalf RB	110mH 14.13s 2016 B Swann Bal
200mH							27.49s 2019 B Blair BAL	26.94s 2003 A Elzaidieh 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 Timmarsh 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	16.41m 2004 K Vaingalo RB	16.58m 1987 C Mastoris RB	18.04m 2001 C Leano 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 Catu RB	34.44m 06 S Lane SELAC 38.09m 18 E Pallister IW	42.48m 2011 T Taukamo RB	36.49m L Kalyvas RB 46.56m P MartinRB	53.37m 2006 B Talakai RB	61.99m 2007 B Talakai RB	50.93m 2016 L Thompson RB
Javelin				27.83m 2019 A Jang ES	27.83m 2019 A Jang ES	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 Pratomio RB
Relays			Junior 4x100m 56.04s 2018 Balmain		Senior 4x100m 46.89s 2016 Balmain					

Inner City Zone Championship Girls Records as at 30<sup>th</sup> Nov 2021

Records set during the 2019-20 Zone Championship

	7	8	9	10	11	12	13	14	15	17
50m	8.79s 2018 L Miller Bal									
70m	11.94s C McGill ES 2009 T McIntosh SE 2017	11.34s 1981 J Dinithan RB	10.84s 1996 W Coleman RB	10.24s W Coleman RB '97 M Blakey SE 2008	13.54s 2006 T Singh RB	13.29s 2017 E Murphy Bal	12.42s 2011 M Blakey SE	12.24s 1994 V Diloi RB	12.40s 2013 J Thornton RB	12.18s 2016 M Stevens ES
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	28.29s 2017 A Trope SE	26.66s 2016 A Jamieson RB	25.74s 2011 M Blakey SE	25.94s 1994 V Diloi RB	25.61s 2016 A Stevanovic IW	25.66s 2018 S Potter Bal
200m	34.64s 2009 C McGill ES	33.07s 2018 Akeng-Saddler BA	30.40s 2019 Akeng-Saddler BA	29.72s 2017 B Locane Bal	1-06.94s 2010 A Kerr Bal	1-02.04s 2010 M Blakey SE	1-01.14s 2004 S Kaian RB	59.44s 2009 S Kyriacou RB	1-00.14s 2009 N Murray Can	1-00.58s 2016 M Mestousis IW
400m		1-14.84s 2006 J Thornton RB	1-11.57s 2019 Akeng-Saddler BA	1-09.74s J Taylor RB 1984 M Blakey SE 2008						
Pack Start	500M 1-48.30s 2013 E Murphy Bal	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	2-22.20s 2005 R Hackett Can	2-18.29s 2018 A Rand Bal	2-19.00s 2006 S Kajati RB	2-20.10s 2013 H Campbell Bal
1500m		3-59.82s 2017 W Skuadas RB	5-21.90s 1984 K Robinson RB	5-06.93s 2018 P Simpson ES	4-58.67s 2019 P Simpson ES	4-56.19s 2017 A Rand Bal	4-56.19s 2017 A Rand Bal	4-50.10s 2013 M Wilson ES	4-44.60s AMcKillopSE 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 2017 W Skuadas RB	1100m 6-02.40s 1996 S Griffiths RB	1100m 5-44.90s 2017 J Stanley Bal	1500m 7-04.20 2013 J Fletcher RB	1500m 9-85s 2017 A Richards Bal	1500m 7-01.40s 1988 J Saville RB	1500m 6-53.00s 1989 J Saville SE	1500m 6-50.20s 1993 N Saville SE	1500m 7-24.10s 2014 S Gruioski RB
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 15.08 2019 SE Khamphet Pearse	80mH 14.38 2019 S Mitchell SE	80mH 12.84s 2015 ZC Azzi Bal	80mH 12.84s 2011 C Young SE	80mH 28.14s 2015 A Stevanovic IW	90mH 13.14s 2016 A Stevanovic IW	100mH 15.09s 2017 M Economou SE
2/300 hurdles							29.55s 2018 E Murphy Bal	29.55s 2018 E Murphy Bal	49.19 2019 I Nystram SE	46.10s 2017 M Economou SE
Long J	3.23m 1990 J Dinithan 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	1.29m 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	33.21 500g '19 Joseph-Riogi Ca	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				25.90 2019 Joseph-Riogi Ca	30.05m 750gm J Peri 1999 ES					37.39 2019 K Shine Bal
Relay		Junior 4x100m Balmain	56.76s 2017 Balmain	Senior 4x100m Balmain	31.31m 2017 P Gibson RB	49.98s 2016 Balmain	30.81m 2003 J Anderson RB	32.69m 1999 B DeBartolo SE	36.03m 2000 B DeBartolo SE	





GENERAL  
CARPARK

CALLROOM &  
MARSHALING

SHOT  
PUT 1

DISCUS 2

JAVELIN

SHOT  
PUT 2

DISCUS 3

The Crest Athletics Track

ENTRY

FIRST  
AID

HIGH  
JUMP 1

DISCUS 1

HIGH  
JUMP 3

Bankstown  
Little Athletics

HIGH  
JUMP 2

LONG  
JUMP 1

TRIPLE  
JUMP

LONG  
JUMP 2