

# ZONE CHAMPIONSHIPS



**Coming Events:**

**STATE TRACK & FIELD CHAMPIONSHIPS**  
Sydney Olympic Park Athletic Centre

**23, 24 & 25 March 2018**

**AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS**  
Gold Coast

**28 & 29 April 2018**

**LAA NSW - 2017-2018 Season  
Zone Championships officials**

<b>Manager/Information manager</b>	Andrew Kohlrusch
<b>Announcer</b>	Sunday: Balmain in the morning and then we need others to assist
<b>Equipment officers</b>	South Eastern and Eastern Suburbs
<b>Results manager</b>	Lesley Rodgers
<b>Results assistants</b>	Canterbury
<b>Track recording</b>	Eastern Suburbs
<b>First aid</b>	Peter Adams and Maryanne Kelly
<b>Medals manager</b>	Canterbury
<b>Track referee</b>	Tony Vecellio
<b>Chief umpire</b>	
<b>Chief marshall</b>	Bronwyn Kelaher - Saturday      Bronwen Croker - Sunday
<b>Starting panel</b>	South Eastern
<b>Chief judge</b>	Judy Vecellio                      and assistant for Judy
<b>Chief timekeeper</b>	Eastern Suburbs, <b>all clubs</b> to nominate assistants as back up
<b>Chief recorder</b>	Eastern Suburbs
<b>Walk judges</b>	Tony Vecellio                      Tim Batho                      Judy Vecellio                      Anne Saville                      Danielle Mosher
<b>Referee: High Jump</b>	Martin Banfield
<b>Referee: Long/Triple Jump</b>	
<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>	Saturday - South Eastern; Sunday - Canterbury
<b>Chief: Javelin</b>	Randwick Botany
<b>Chief: Discus</b>	Eastern Suburbs
<b>Safety committee</b>	Zone Coordinator and all referees
<b>Protests</b>	Relevant referee and zone coordinator
<b>Jury of Appeal</b>	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. 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. Athletes are not to leave the competition area until the field chief gives permission. The chief 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

<b>Heats to Finals</b>	50m, 70m, 100m, 200m* <b>Hurdles:</b> 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.  <b>Note: The Chief Marshall may re-arrange heats depending upon number of entrants on the day.</b>
<b>5 heats</b>	1st place in each heat and fastest three qualifiers proceed to final
<b>4 Heats</b>	1st place in each heat and fastest four qualifiers proceed to final
<b>3 Heats</b>	<b>1st and 2nd place in each heat and fastest two qualifiers proceed to final</b>
<b>2 Heats</b>	<b>1st, 2nd and 3rd place in each heat and fastest two qualifiers proceed to final</b>
<b>1 Heat</b>	Straight final.
<b>Ties</b>	<b>Field Events:</b> A count back is performed <b>Track Events:</b> 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.
<b>Field Events</b>	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.
<b>Reserves</b>	Track finals have two 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. <b>Note: Reserves go to the Marshalling area.</b>
<b>Track Events</b>	All 500m, 700m, 1100m and 1500m events shall be run as a <b>pack start</b>  Walks for the same distance may be combined at the discretion of the track referee <b>200m hurdles and 300m hurdles for U13, U14, U15 and U17 will likely be timed finals.</b>
<b>False Starts</b>	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
<b>Protests</b>	Will be accepted from <b>Official Team Managers only</b> , in writing no later than 30 minutes after the completion of a heat, or 30 minutes after the announcement of the finals.
<b>Certificates</b>	These will be awarded to all finalists in each final event. Relays - 1st, 2nd & 3rd placed teams (all team members) will receive a certificate.
<b>Medals</b>	These are awarded to <b>U/7 Boys and Girls ONLY</b> .
<b>Zone to Region Qualifiers</b>	U/8 to U/17 finalists (1st through to 6th) automatically progress to Region. Other qualifiers are dependent on results of the other zone. Relays - 1st, 2nd and 3rd placed teams
<b>Region to State Qualifiers</b>	The top two finalists from Region automatically progress to State, except for the high jump, walks and 3000 where the athlete must also attain the qualifying standard. Relays - The 1st team will progress to State
<b>Point Score Winners</b>	A Shield will be given to the Centre gaining the most points based on places gained in finals only. The <b>2016 winner was Balmain</b>



2016 MARCH PAST WINNERS - INNER WEST

LAA NSW - 2017-2018 Season  
 Inner City Zone Championships - Saturday 9th December 2017

Event	Information	Age	Gender	Event Time
500m	500m Pack Start Final	7	F	8:30 AM
500m	500m Pack Start Final	7	M	8:45 AM
1500m	1500m Final	10	F	8:55 AM
1500m	1500m Final	10	M	9:05 AM
1500m	1500m Final	11	F	9:15 AM
1500m	1500m Final	11	M	9:25 AM
1500m	1500m Final	12	F	9:35 AM
1500m	1500m Final	12	M	9:45 AM
200m Hurdles	Final	13	F	9:55 AM
200m Hurdles	heats	13	M	10:00 AM
200m Hurdles	Final	14	F	10:05 AM
200m Hurdles	Final	14	M	10:10 AM
300m Hurdles	Final	15	M	10:20 AM
300m Hurdles	Final	17	M	10:25 AM
300m Hurdles	Final	15	F	10:30 AM
300m Hurdles	Final	17	F	10:30 AM
60m Hurdles	heats	8	F	10:35 AM
60m Hurdles	heats	8	M	10:40 AM
60m Hurdles	heats	9	F	10:45 AM
60m Hurdles	heats	9	M	10:50 AM
60m Hurdles	heats	10	F	10:55 AM
60m Hurdles	heats	10	M	11:00 AM
60m Hurdles	heats	11	F	11:05 AM
60m Hurdles	heats	11	M	11:10 AM
60m Hurdles	heats	12	F	11:15 AM
60m Hurdles	heats	12	M	11:20 AM
1500m	1500m Final	13	F	11:25 AM
1500m	1500m Final	13	M	11:33 AM
1500m	1500m Final	14	F	11:41 AM
1500m	1500m Final	14	M	11:41 AM
1500m	1500m Final	15	F	11:49 AM
1500m	1500m Final	15	M	11:49 AM
1500m	1500m Final	17	F	11:49 AM
1500m	1500m Final	17	M	11:49 AM
200m Hurdles	final	13	M	11:55 PM
60m Hurdles	60m Hurdles Final	8	F	12:05 PM
60m Hurdles	60m Hurdles Final	8	M	12:07 PM
60m Hurdles	60m Hurdles Final	9	F	12:09 PM
60m Hurdles	60m Hurdles Final	9	M	12:11 PM
60m Hurdles	60m Hurdles Final	10	F	12:13 PM
60m Hurdles	60m Hurdles Final	10	M	12:15 PM
60m Hurdles	60m Hurdles Final	11	F	12:17 PM
60m Hurdles	60m Hurdles Final	11	M	12:19 PM
60m Hurdles	60m Hurdles Final	12	F	12:21 PM
60m Hurdles	60m Hurdles Final	12	M	12:23 PM
50m	50m Heat	7	F	12:45 PM
50m	50m Heat	7	M	12:48 PM
100m	Heat	13	F	12:54 PM
100m	Heat	13	M	12:56 PM
100m	Heat	14	F	12:58 PM
100m	Heat	14	M	1:01 PM
100m	Heat	15	F	1:03 PM
100m	Final	15	M	1:05 PM
100m	Heat	17	F	1:08 PM
100m	Final	17	M	1:10 PM
100m	Heat	7	F	1:13 PM
100m	Heat	7	M	1:18 PM
100m	Heat	8	F	1:23 PM
100m	Heat	8	M	1:28 PM

Event	Information	Age	Gender	Event Time
100m	heats	9	F	1:33 PM
100m	heats	9	M	1:38 PM
100m	heats	10	F	1:43 PM
100m	heats	10	M	1:48 PM
100m	heats	11	F	1:53 PM
100m	heats	11	M	1:58 PM
100m	heats	12	F	2:04 PM
100m	heats	12	M	2:05 PM
50m	final	7	F	2:08 PM
50m	final	7	M	2:10 PM
400m	heats	13	F	2:15 PM
400m	heats	13	M	2:21 PM
400m	heats	14	F	2:27 PM
400m	heats	14	M	2:32 PM
400m	final	15	F	2:38 PM
400m	final	15	M	2:41 PM
400m	heats	17	F	2:43 PM
400m	final	17	M	2:48 PM
400m	heats	8	F	2:50 PM
400m	heats	8	M	2:55 PM
400m	heats	9	F	3:05 PM
400m	heats	9	M	3:10 PM
400m	heats	10	F	3:17 PM
400m	heats	10	M	3:27 PM
400m	heats	11	F	3:37 PM
400m	heats	11	M	3:47 PM
400m	heats	12	F	3:57 PM
400m	heats	12	M	4:07 PM
100m	100m Final	7	F	4:17 PM
100m	100m Final	7	M	4:27 PM
100m	100m Final	13	F	4:37 PM
100m	100m Final	13	M	4:39 PM
100m	100m Final	14	F	4:41 PM
100m	100m Final	14	M	4:43 PM
100m	100m Final	15	F	4:44 PM
<del>100m</del>	<del>100m Final</del>	<del>15</del>	<del>M</del>	<del>4:44 PM</del>
100m	100m Final	17	F	4:45 PM
<del>100m</del>	<del>100m Final</del>	<del>17</del>	<del>M</del>	<del>4:47 PM</del>
100m	100m Final	8	F	4:49 PM
100m	100m Final	8	M	4:51 PM
100m	100m Final	9	F	4:53 PM
100m	100m Final	9	M	4:55 PM
100m	100m Final	10	F	4:57 PM
100m	100m Final	10	M	4:59 PM
100m	100m Final	11	F	5:01 PM
100m	100m Final	11	M	5:03 PM
100m	100m Final	12	F	5:05 PM
100m	100m Final	12	M	5:07 PM
400m	final	13	F	5:15 PM
400m	final	13	M	5:17 PM
400m	final	14	F	5:19 PM
400m	final	14	M	5:22 PM
<del>400m</del>	<del>final</del>	<del>15</del>	<del>F</del>	<del>5:18 PM</del>
<del>400m</del>	<del>final</del>	<del>15</del>	<del>M</del>	<del>5:18 PM</del>
400m	final	17	F	5:27 PM
<del>400m</del>	<del>final</del>	<del>17</del>	<del>M</del>	<del>5:18 PM</del>
400m	final	8	F	5:30 PM
400m	final	8	M	5:33 PM
400m	final	9	F	5:36 PM
400m	final	9	M	5:39 PM
400m	final	10	F	5:42 PM
400m	final	10	M	5:45 PM
400m	final	11	F	5:48 PM
400m	final	11	M	5:51 PM

LAA NSW - 2017-2018 Season  
Inner City Zone Championships - Sunday 10th December 2017

Event	Information	Age	Gender	Event Time
80m Hurdles	final	13	F	8:30 AM
80m Hurdles	heat	13	M	8:35 AM
80m Hurdles	final	14	F	8:40 AM
90m Hurdles	final	14	M	8:45 AM
90m Hurdles	final	15	F	8:50 AM
100m Hurdles	final	15	M	8:55 AM
100m Hurdles	final	17	F	9:00 AM
110m Hurdles	final	17	M	9:05 AM
1500m Walk	1500m Walk Final	12	F	9:15 AM
1500m Walk	1500m Walk Final	12	M	9:15 AM
1100m Walk	1100m Walk Final	11	F	9:30 AM
1100m Walk	1100m Walk Final	11	M	9:30 AM
1100m Walk	1100m Walk Final	10	F	9:40 AM
1100m Walk	1100m Walk Final	10	M	9:50 AM
700m Walk	700m Walk Final	9	F	10:00 AM
700m Walk	700m Walk Final	9	M	10:00 AM
700m	700m Pck Strt Final	8	F	10:10 AM
700m	700m Pck Strt Final	8	M	10:15 AM
1500m Walk	1500m Walk Final	13	F	10:20 AM
1500m Walk	1500m Walk Final	13	M	10:20 AM
1500m Walk	1500m Walk Final	14	F	10:20 AM
1500m Walk	1500m Walk Final	14	M	10:20 AM
1500m Walk	1500m Walk Final	15	F	10:20 AM
1500m Walk	1500m Walk Final	15	M	10:20 AM
1500m Walk	1500m Walk Final	17	F	10:20 AM
1500m Walk	1500m Walk Final	17	M	10:20 AM
80m Hurdles	final	13	M	10:20 AM

**MARCH PAST**

70m	Heat	10	F	11:00 AM
70m	Heat	10	M	11:05 AM
70m	final	9	F	11:10 AM
70m	Heat	9	M	11:15 AM
70m	Heat	8	F	11:20 AM
70m	Heat	8	M	11:25 AM
70m	Heat	7	F	11:30 AM
70m	Heat	7	M	11:35 AM
200m	Heat	11	F	11:45 AM
200m	Heat	11	M	11:50 AM
200m	Heat	12	F	11:55 AM
200m	Heat	12	M	12:00 PM
200m	Heat	10	F	12:05 PM
200m	Heat	10	M	12:10 PM
200m	Heat	9	F	12:15 PM
200m	Heat	9	M	12:20 PM
200m	Heat	8	F	12:30 PM
200m	Heat	8	M	12:40 PM
200m	Heat	7	F	12:50 PM
200m	Heat	7	M	12:56 PM
200m	Heat	13	M	12:59 PM
200m	Heat	13	F	1:02 PM

Event	Information	Age	Gender	Event Time
200m	heat	14	F	1:06 PM
200m	heat	14	M	1:09 PM
200m	heat	15	F	1:13 PM
200m	Final	15	M	1:17 PM
200m	heat	17	F	1:20 PM
200m	Final	17	M	1:25 PM
70m	Final	10	F	1:30 PM
70m	Final	10	M	1:33 PM
70m	Final	9	F	1:36 PM
70m	Final	9	M	1:39 PM
70m	Final	8	F	1:42 PM
70m	Final	8	M	1:45 PM
70m	Final	7	F	1:48 PM
70m	Final	7	M	1:51 PM
800m	800m Timed Final	11	F	2:03 PM
800m	800m Timed Final	11	M	2:05 PM
800m	800m Timed Final	12	F	2:07 PM
800m	800m Timed Final	12	M	2:09 PM
800m	800m Timed Final	13	F	2:11 PM
800m	800m Timed Final	13	M	2:16 PM
800m	800m Timed Final	14	F	2:21 PM
800m	800m Timed Final	14	M	2:26 PM
800m	800m Timed Final	15	F	2:31 PM
800m	800m Timed Final	15	M	2:31 PM
800m	800m Timed Final	17	F	2:31 PM
800m	800m Timed Final	17	M	2:31 PM
800m	800m Timed Final	10	F	2:37 PM
800m	800m Timed Final	10	M	2:42 PM
800m	800m Timed Final	9	F	2:46 PM
800m	800m Timed Final	9	M	2:51 PM
200m	Final	8	F	2:59 PM
200m	Final	8	M	3:03 PM
200m	Final	7	F	3:06 PM
200m	Final	7	M	3:11 PM
200m	Final	11	F	3:21 PM
200m	Final	11	M	3:24 PM
200m	Final	12	F	3:27 PM
200m	Final	12	M	3:30 PM
200m	Final	10	F	3:33 PM
200m	Final	10	M	3:36 PM
200m	Final	9	F	3:39 PM
200m	Final	9	M	3:42 PM
200m	Final	13	M	3:45 PM
200m	Final	13	F	3:48 PM
200m	Final	14	M	3:51 PM
200m	Final	14	F	3:54 PM
200m	Final	15	F	3:57 PM
200m	Final	17	F	3:59 PM
4x100m	Snr Girls Relay	17	F	4:01 PM
4x100m	Snr Boys Relay	17	M	4:04 PM
4x100m	Jnr Girls Relay	12	F	4:06 PM
4x100m	Jnr Boys Relay	12	M	4:08 PM
3000m	final	13	F	4:20 PM
3000m	final	13	M	4:20 PM
3000m	final	14	F	4:20 PM
3000m	final	14	M	4:20 PM
3000m	final	15	F	4:20 PM
3000m	final	15	M	4:20 PM
3000m	final	17	F	4:20 PM
3000m	final	17	M	4:20 PM

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



## LAA NSW - 2017-2018 Season

## Inner City Zone Championships - Saturday 9th December 2017

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	15/17	F	9:30 AM	311/380	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	11/12	F	8:30 AM	308/377	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	44	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	14	M	8:30 AM	306	1
Discus	10	F	8:30 AM	315	2
Discus	12	F	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	3
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	3
Long Jump	12	M	11:30 AM	322	1
Long Jump	8	F	12:00 PM	331	3
Long Jump	10	F	1:00 PM	332	1
Long Jump	8	M	2:00 PM	338	3
Long Jump	14	F	2:30 PM	339	1
Javelin	13	M	10:30 AM	328	
Javelin	14	F	11:45 AM	337	
Javelin	12	F	1:15 PM	344	
Javelin	47	F	2:00 PM	347	
Javelin	15/17	M	2:45 PM	349/397	
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 10th December 2017

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	2
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	15/14	F	11:30 AM	386/318	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	3
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	3
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	3
Long Jump	13	M	1:00 PM	382	1
Long Jump	7	F	1:00 PM	388	3
Long Jump	7	M	2:30 PM	389	3
Javelin	13	F	10:30 AM	378	
Javelin	12	M	11:45 AM	387	
Javelin	14	M	1:45 PM	394	
Javelin	17	M	2:00 PM	397	
Javelin	15/17	F	3:00 PM	399/347	
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

Inner City Zone Girls Records as at 5<sup>th</sup> 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	13.35 A Jamieson RB 2016	12.24 M Blakey SE 2011	12.24 V Dilo RB 1994	12.64 J Thornton RB 2013	12.18 M Stevens ES 2016
200m	34.64 C McGill ES 2009	33.14 J Thornton RB 2006	31.44 A Ige RB 2016	29.84 M Blakey SE 2008	28.34 T Singh RB 2006	26.66 A Jamieson RB 2016	25.74 M Blakey SE 2011	25.94 V Dilo RB 1994	25.61 A Stevanovic IW 2016	26.00 M Stevens ES 2016
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	1-00.58 M Mestousis IW2016
Pack Start	<b>500M</b> 1-48.30 E Murphy Bal 2013	<b>700M</b> 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	10-51.24 R Lewis IW 2016	10-42.80 L McKillop SE 2006	11-28.80 E McKenney RB2011
Walk			<b>700m</b> - 4-10.92 L McKillop SE 2000	<b>1100m</b> - 6-02.40 S Griffiths RB 1996	<b>1100m</b> - 6-00.50 S Dickson SE 1996	<b>1500m</b> - 6-04.20 J Fletcher RB 2013	<b>1500m</b> - 7-01.40 J Saville RB 1988	<b>1500m</b> - 6-53.00 J Saville SE 1989	<b>1500m</b> - 6-50.20 N Saville SE 1993	<b>1500m</b> - 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							<b>80mH</b> - 12.48 ZC Azzi Bal 2015	<b>80mH</b> - 12.84 C Young SE 2011	<b>90mH</b> - 13.14 A Stevanovic IW 2016	<b>100mH</b> - 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									S Potter Bal 51.05 2016	S Pye IW 45.62 2016
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	1.61 S Kiss ES 2016
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	31.28 S Kilisimasi RB 2016
Javelin					21.77 P Gibson RB 2016	27.72 L T Fusi RB 2016	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	57.96 Balmain 2016		Senior 4x100m	49.98 Balmain 2016				

Inner City Zone Boys Records as at 8th December 2017.

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	8.57 A Garrett RB 2016									
70m	11.54 A. Yarrow RB 1987	10.74 J. Diloi RB 1992	10.54 S Bainbridge SE 1998	10.34 J Ticehurst RB 2006 J KarabesinisBal2011						
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	11.40 F Long RB 2016	11.20 S Moir SE 2016
200m	33.84 A Kyriacou RB 2006	31.94 G Lester RB 1985	29.94 S Riordan RB 1977	28.84 D Misson 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	51.69 M Fokas RB 2016
Pack Start	<b>500 m</b> 1-41.80 J Leavens RB 1989	<b>700 m</b> 2-23.03 S Mishkarudny IW 2016								
800m			2-39.85 A Marshall IW 2016	2-25.95 J O'Connell Bal 2016	2-24.90 RMCCarthyRB 1984	2-18.30 A Beer Bal 2014	2-16.00 J Dever RB 2011	2-08.30 A Hunt RB 1986	2-02.22 A Beer Bal 2016	2-03.10 R Newell RB 2009
1500m				4-57 J O'Connell Bal 2016	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	4-14.10 A Beer Bal 2016	4-24.50 H O'Neil RB 2014
3000m							10-05.80 M Wilson RB 2009	9-51.49 A Beer Bal 2015	9-16.12 A Beer Bal 2016	9-36.24 N Krecklenberg RB2016
Walk			<b>700m</b> - 3-45.00 L Thompson RB2009	<b>1100m</b> - 5-51.30 L Thompson RB2010	<b>1100m</b> - 5-54.90 DO'ConnellRB2010	<b>1500m</b> - 6-25.20 S Teo RB 2013	<b>1500m</b> - 7-24.40 T Doyle RB 2010	<b>1500m</b> - 7-25.10 R Murphy SE 2011	<b>1500m</b> - 7-14.10 S Ninyo RB 2006	<b>1500m</b> - 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							<b>80mH</b> - 10.44 P Saville RB 1996	<b>90mH</b> - 12.99 J Park Bal 2016	<b>100mH</b> - 13.64 I Metcalf RB 2012	<b>110mH</b> - 14.13 B Swann Bal 2016
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									F Long RB 41.87 2016	S Moir SE 37.63 2016
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	12.26 T Jugnarain RB 2016	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	15.12 L Thompson RB 2016
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	50.93 L Thompson RB2016
Javelin					27.35 J Greaves Can 2015	34.29 J Greaves Can 2016	38.6 A Camilleri Bal 1998	45.31 J Smith RB 2014	54.64 A Camilleri Bal 2000	47.91 R Pratomo RB 2016
Relays		Junior 4x100m	56.24 Rand Botany		Senior 4x100m	46.89 Balmain 2016				



# Inner City Zone ES Marks Map December 2017

