

## INFORMATION

**DATE** Friday 30 January, Saturday 31 January and Sunday 1 February

**LOCATION** ES Marks Athletics Field, Boronia St, Kensington NSW 2033

**RULES:** The Rules of Competition 2025 2026 will be used for this event. These can be accessed at <https://cdn.revolutionise.com.au/cups/nswathletics/files/fbraunpfrims8z4u.pdf>

### KEY RULES CHANGES FOR ATHLETES IN 2026 AT REGION

- **BLOCKS** are compulsory for athletes in 14s – 17s in all laned track events (400m and below) regardless of footwear worn as per World Athletics Rules. Blocks will be supplied and only those blocks may be used. No private blocks are permitted.
- **FALSE STARTS:**  
For 13s athletes, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified.  
For 14s, 15s, 16s, 17s and Under 20 age groups at the Region and State Championships, any athlete responsible for a false start will be disqualified.

**RESULTS** Results will be posted online at the Athletic.Live website. A direct link will be shared by centres and QR codes will be posted near information.

**UNIFORM** All athletes must wear their approved centre singlet/t-shirt/crop top with registration number and age patch affixed as per LANSW rules. Fully form-fitting clothing is permitted to cover the knees in the Racewalk by athletes for cultural or medically certified reasons.

**CALLROOM** Athletes in the first listed **field** events of each day will go straight to their first event. All other athletes **must attend the relevant Call Room** when their event has been announced. Events may be announced to attend call room up to 30 minute before the 'Not Before Time' listed in the program. The Track Call Room and Field Call Room are located at the northern end of the main track, behind the straight track start line. **Only competing athletes are permitted in the Call Room. Only parents rostered to help are permitted in the Call Room.** Parents should not hang around the Call Room once athletes are in the tent. **Athletes are not allowed to wear their spikes in the call room,** they will be given time to put them on at the start line for their event.

**ATHLETES WITHDRAWING** Any athlete who is withdrawing from any event over the course of the weekend needs to notify their team manager and Information as soon as they know they are unable to compete. This will assist in the smooth running of the program.

**TRACK EVENTS HAVE PRIORITY OVER FIELD** Athletes should advise the Chief Judge of their event if they believe a clash may occur so that the chief can make arrangements with the clash manager for that athlete to attend call room and compete in their event. Track events take priority when a clash occurs. The athlete is responsible for returning immediately to their field event to complete any further attempts. Athletes should be aware of any potential clashes of events they are competing in.

**PROGRESSION FROM TRACK HEATS TO FINAL** will be done in accordance with LANSW Rules of Competition. Timed finals are held for all pack start events, 400m and 800m races as well as the 200m, 300m and 400m hurdle events. All other track events will be run as heats and finals unless there is only 1 heat in which the event will be run as a straight final.

The following athletes shall progress to the final in their track event:

- i. If there are 2 heats: 1st, 2nd, and 3rd in each heat plus the next 2 fastest times
- ii. If there are 3 heats: 1st and 2nd in each heat plus the next two fastest times

**PROGRESSION FROM REGION TO STATE** As per LANSW Rules of Competition, for athletes in the 9's to 12's age groups, the first 2 placegetters in an event will automatically progress to the Little Athletics State Championships. The next best 8 results from all Regional Championships will also qualify to the Little Athletics State Championships. For athletes in the 13's to 15's, the first 2 placegetters in an event will automatically progress to the State Junior Championships. The next 8 positions will be filled from best performances from the Region Championships, any Permit meet in NSW. Athletes in the 16's and 17's will be able to directly enter the State Junior Championships.

**SPIKES** Shoes are compulsory for all competitors in all events. Spikes may only be worn at the event. Spikes may be worn as follows:

- 8s to 10s: Spikes may not be worn in any event.
- 11s to 12s: Spikes may be worn in all track events run entirely in lanes, all jumps events and javelin.
- U13 to U17: Spikes may be worn in all track events (except Walks), all jumps events, and javelin.

**Spike length for track events must NOT exceed 7mm. Spike length for field events must not exceed 9mm. Spike shoes with the spikes removed or blanks inserted may not be worn in any events.** Athletes in the 11s – 13s age group who wear spikes do not have to use blocks at ES Marks Athletics Track.

**WARMING UP** Athletes are NOT to warm up on any part of the track or competition field area.

**PARENT ASSISTANCE** Parent helpers need to check in with their TEAM MANAGER (not information desk). Closed in shoes are to be worn by parents doing a duty at these Championships. **Parent helpers ARE NOT ALLOWED to provide any assistance, coaching or encouragement to ANY athlete whilst helping at an event. Use of mobile phones is not permitted at any event by athletes or parent helpers.**

**PROTESTS** Must be submitted by the Team Manager ONLY (on behalf of the athlete) using the Protest Form available from the Information Desk. There is a \$50 fee to lodge a protest, it must be submitted to the information officer no more than 15 minutes after the results have been posted.

**On field protests (Field Events ONLY – 13s -17s age groups):** If an athlete in the 13s and above age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at their discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest.

**COACHING AREAS** will be set aside for coaching during field events for athletes in the **13s -17s age groups ONLY** as per the Rules of Competition. It is the responsibility of the individual athlete to ensure they cross the track safely and do not miss a trial. Athletes from 8s to 12s cannot leave the field event area to receive coaching advice.

**MEDALS** There will be formal medal presentations for athletes in the 8s for all events. Athletes in the 9s – 12s will be called to receive their medals. Athletes in the 13s and older age groups can collect their medals from the medal area after results have been published. Athletes may choose to use the dais for a photo opportunity.

**WEATHER** Competition is taking place on an all-weather track and will proceed regardless of weather conditions, unless it is deemed unsafe by the Safety Officer and Carnival Manager in line with NSW Athletics weather policies.

**PARKING AND TRANSPORT** Please note that the onsite parking is reserved for officials only and will be monitored throughout the weekend.

- Off-site parking is available at Randwick Race Course (\$15 flat fee) - 700m walk to venue
- NIDA parking at the Barker St Car Park is available for public use and is 2 tram stops away (free on weekends)
- Non-metered street parking on both sides of Anzac Parade (2-hour limit)
- Light Rail - stop is a 5 minute walk

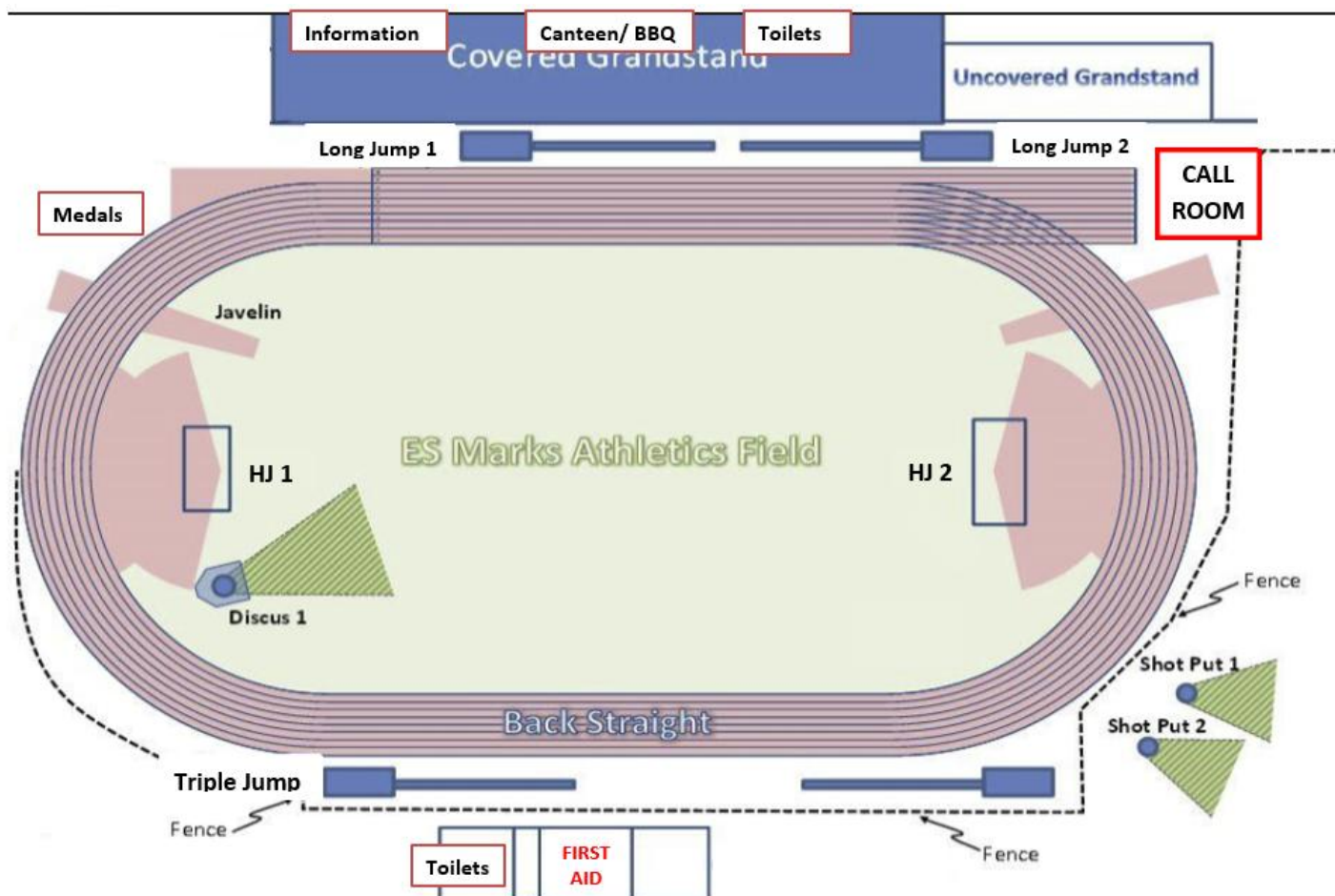


**SMOKING** There is to be **no smoking or vaping** anywhere in the complex as this is a children's sporting event.

**DOGS** Dogs are not permitted anywhere within the complex. (Assistance dogs excepted).

**FOOD** There will be a bbq and canteen operating selling both hot and cold food across Saturday and Sunday. There will also be a coffee van onsite on both Saturday and Sunday. There will be no canteen or coffee van available on Friday night.

## VENUE MAP



## 2026 Region 8 Championship Officials

	Friday	Saturday	Sunday
<b>Region Coordinator</b>	Karen Mitchell		
<b>Zone Coordinator</b>	Craig Elton		
<b>Technical Delegate</b>	Lee Brigandi and Peter Brigandi		
<b>Protests</b>	Craig Elton or Karen Mitchell and relevant Referee		
<b>Jury of Appeal from:</b>	Craig Elton, Karen Mitchell, Lee Brigandi (Technical Delegate), Peter Brigandi (Technical Delegate), Ray Russell (Field Referee), David Murphy (Field Referee), Jim Legge (Track Referee)		
<b>Equipment</b>	Eastern Suburbs LAC		
<b>Safety Officer</b>	TBC		
<b>Information/ Medals</b>	Lynne Whatman, Heather Mitchell, Scarlett McGraw (Medals)		
<b>Announcer</b>	Karen Herrmann, Kirstie Philip		
<b>Meet Manager</b>	Mikaela North and Bree McGraw		
<b>Clash Manager</b>	Michelle Hanley		
<b>Track Call Room</b>	Christine Butters		
<b>Field Call Room</b>	Jess Redmond, Elisabeth Watts, and Jess Ranginui		
<b>Photo finish</b>	Tony Smyth, Steven Clarke		
Starting Panel	Friday	Saturday	Sunday
	Duncan James Richard Chen Alex Llaverro Xavier Gonzalez	Ian Lister Neil Oakey Peter Bottrill Craig McCulloch Jackie Gilroy	Sam Chen Alex Llaverro Richard Chen
<b>Track Referee</b>	Jim Legge		
<b>Chief Umpire</b>	TBC		
<b>Field Referee Throws</b>	Ray Russell		
<b>Field Referee Jumps</b>	David Murphy , Jackie Gilroy , Craig Elton		
<b>Walks Judge Panel SUNDAY</b>	Kirsten Crocker, David Murphy, Nicole Challinor, Emily Challinor, Anthony Veccellio, Heather Mitchell		
<b>Relay Change Chiefs SUNDAY</b>	Matt Davoren, John Argall, David Murphy		
	Friday	Saturday	Sunday
<b>Chief: High Jump 1</b>		Duncan James	Duncan James
<b>Chief: High Jump 2</b>		Sam Chen	Siobhan Mackenzie
<b>Chief: Long Jump 1</b>		Siobhan Mackenzie Caitlyn Whitbread	Neil Oakey
<b>Chief: Long Jump 2</b>		Dave Kistle Juliet Hearn	Dave Kistle
<b>Chief: Triple Jump</b>		Anthony Valenta	Anthony Valenta Juliet Hearn
<b>Chief: Shot Put 1</b>		Liz Radley	Liz Radley
<b>Chief: Shot Put 2</b>		Matt Davoren TBC	Peter Brigandi
<b>Chief: Javelin</b>		Andrew McPherson Lilli McPherson Alex Llaverro	Andrew McPherson Lilli McPherson
<b>Chief: Discus 1</b>	Craig Elton Peter Brigandi	Richard Chen Mareta Carati Jemima Key Doak	Jemima Key Doak Mareta Carati
<b>Hurdles</b>	SELAC Theresa Novak	SELAC Theresa Novak	SELAC Theresa Novak

**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

Session: 1 Friday Track Events  
Day 1 - Friday 30/01/2026 - Starts at 06:30 PM

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
6:30 PM	#1 Girls 3000 Metre Run 13s	Final
6:30 PM	#2 Girls 3000 Metre Run 14s	Final
6:45 PM	#3 Boys 3000 Metre Run 13s	Final
6:45 PM	#4 Boys 3000 Metre Run 14s	Final
7:00 PM	#5 Girls 3000 Metre Run 15s	Final
7:00 PM	#6 Boys 3000 Metre Run 15s	Final
7:00 PM	#7 Girls 3000 Metre Run 16s	Final
7:00 PM	#8 Boys 3000 Metre Run 16s	Final
7:00 PM	#9 Boys 3000 Metre Run 17s	Final
7:25 PM	#10 Girls 200 Metre Hurdles (76cm) 13s	Final
7:31 PM	#11 Boys 200 Metre Hurdles (76cm) 13s	Final
7:37 PM	#12 Girls 300 Metre Hurdles (76cm) 14s	Final
7:43 PM	#13 Boys 300 Metre Hurdles (76cm) 14s	Final
7:55 PM	#14 Girls 300 Metre Hurdles (76cm) 15s	Final
7:58 PM	#15 Boys 300 Metre Hurdles (76cm) 15s	Final
8:05 PM	#16 Girls 400 Metre Hurdles (76cm) 16s	Final
8:05 PM	#17 Girls 400 Metre Hurdles (76cm) 17s	Final
8:05 PM	#18 Boys 400 Metre Hurdles (76cm) 16s	Final

**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

Session: 2 Friday Field Events  
Day 1 - Friday 30/01/2026 - Starts at 06:30 PM

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Not Before Time	Event	Round	Area
6:30 PM	#19 Girls Discus (1.0 Kg) 15s	Final	Discus 1
6:30 PM	#20 Girls Discus (1.0 Kg) 16s	Final	Discus 1
6:30 PM	#21 Girls Discus (1.0 Kg) 17s	Final	Discus 1
7:30 PM	#22 Boys Discus (1.0 Kg) 15s	Final	Discus 1
7:30 PM	#23 Boys Discus (1.5 Kg) 16s	Final	Discus 1
7:30 PM	#24 Boys Discus (1.5 Kg) 17s	Final	Discus 1



**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Session: 3 Saturday Track Events

Day 2 - Saturday 31/01/2026 - Starts at 08:00 AM

**Not Before  
Time**

**Event**

**Round**

8:00 AM	#25 Girls 60 Metre Hurdles (45cm) 8s	Prelims
8:05 AM	#26 Boys 60 Metre Hurdles (45cm) 8s	Prelims
8:10 AM	#27 Girls 60 Metre Hurdles (45cm) 9s	Prelims
8:15 AM	#28 Boys 60 Metre Hurdles (45cm) 9s	Prelims
8:20 AM	#29 Girls 60 Metre Hurdles (60cm) 10s	Prelims
8:25 AM	#30 Boys 60 Metre Hurdles (60cm) 10s	Prelims
8:35 AM	#31 Girls 1500 Metre Run 11s	Final
8:45 AM	#32 Boys 1500 Metre Run 11s	Final
8:55 AM	#33 Girls 1500 Metre Run 12s	Final
9:05 AM	#34 Boys 1500 Metre Run 12s	Final
9:15 AM	#35 Girls 1500 Metre Run 13s	Final
9:25 AM	#36 Boys 1500 Metre Run 13s	Final
9:35 AM	#37 Girls 1500 Metre Run 14s	Final
9:43 AM	#38 Boys 1500 Metre Run 14s	Final
9:51 AM	#39 Boys 1500 Metre Run 15s	Final
9:59 AM	#40 Girls 1500 Metre Run 15s	Final
9:59 AM	#41 Girls 1500 Metre Run 16s	Final
9:59 AM	#42 Boys 1500 Metre Run 16s	Final
9:59 AM	#43 Boys 1500 Metre Run 17s	Final
10:10 AM	#44 Girls 60 Metre Hurdles (45cm) 8s	Final
10:13 AM	#45 Boys 60 Metre Hurdles (45cm) 8s	Final
10:16 AM	#46 Girls 60 Metre Hurdles (45cm) 9s	Final
10:19 AM	#47 Boys 60 Metre Hurdles (45cm) 9s	Final
10:22 AM	#48 Girls 60 Metre Hurdles (60cm) 10s	Final
10:25 AM	#49 Boys 60 Metre Hurdles (60cm) 10s	Final
10:40 AM	#50 Girls 100 Metre Sprint 13s	Prelims
10:46 AM	#51 Boys 100 Metre Sprint 13s	Prelims
10:52 AM	#52 Girls 100 Metre Sprint 14s	Prelims
10:58 AM	#53 Boys 100 Metre Sprint 14s	Prelims
11:06 AM	#54 Girls 100 Metre Sprint 15s	Prelims
11:14 AM	#55 Boys 100 Metre Sprint 15s	Prelims
11:20 AM	#56 Girls 100 Metre Sprint 16s	Final
11:23 AM	#57 Boys 100 Metre Sprint 16s	Prelims
11:26 AM	#58 Girls 100 Metre Sprint 17s	Final
11:26 AM	#59 Boys 100 Metre Sprint 17s	Final
11:30 AM	#60 Girls 100 Metre Sprint 12s	Prelims
11:36 AM	#61 Boys 100 Metre Sprint 12s	Prelims
11:42 AM	#62 Girls 100 Metre Sprint 11s	Prelims
11:48 AM	#63 Boys 100 Metre Sprint 11s	Prelims
11:55 AM	#64 Girls 100 Metre Sprint 8s	Prelims
12:00 PM	#65 Boys 100 Metre Sprint 8s	Prelims
12:05 PM	#66 Girls 100 Metre Sprint 9s	Prelims
12:10 PM	#67 Boys 100 Metre Sprint 9s	Prelims

**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Session: 3 Saturday Track Events

Day 2 - Saturday 31/01/2026 - Starts at 08:00 AM

**Not Before**

<b>Time</b>	<b>Event</b>	<b>Round</b>	
12:15 PM	#68 Girls 100 Metre Sprint 10s	Prelims	
12:20 PM	#69 Boys 100 Metre Sprint 10s	Prelims	
12:25 PM	#70 Girls 100 Metre Sprint Para 9s-10s	Final	
12:25 PM	#71 Boys 100 Metre Sprint Para 9s-10s	Final	
12:25 PM	#72 Boys 100 Metre Sprint Para 11s-12s	Final	
12:25 PM	#73 Girls 100 Metre Sprint Para 13s-14s	Final	
12:28 PM	#74 Boys 100 Metre Sprint Para 13s-14s	Final	
12:28 PM	#75 Boys 100 Metre Sprint Para 15s-16s	Final	
1:00 PM	#76 Girls 100 Metre Sprint 13s	Final	<b>Track Officials Lunch Break</b>
1:00 PM	#77 Boys 100 Metre Sprint 13s	Final	
1:06 PM	#78 Girls 100 Metre Sprint 14s	Final	
1:06 PM	#79 Boys 100 Metre Sprint 14s	Final	
1:12 PM	#80 Girls 100 Metre Sprint 15s	Final	
1:12 PM	#81 Boys 100 Metre Sprint 15s	Final	
1:18 PM	#82 Boys 100 Metre Sprint 16s	Final	
1:21 PM	#83 Girls 100 Metre Sprint 12s	Final	
1:21 PM	#84 Boys 100 Metre Sprint 12s	Final	
1:27 PM	#85 Girls 100 Metre Sprint 11s	Final	
1:27 PM	#86 Boys 100 Metre Sprint 11s	Final	
1:35 PM	#87 Girls 100 Metre Sprint 8s	Final	
1:35 PM	#88 Boys 100 Metre Sprint 8s	Final	
1:40 PM	#89 Girls 100 Metre Sprint 9s	Final	
1:40 PM	#90 Boys 100 Metre Sprint 9s	Final	
1:45 PM	#91 Girls 100 Metre Sprint 10s	Final	
1:45 PM	#92 Boys 100 Metre Sprint 10s	Final	
2:05 PM	#93 Boys 400 Metre Run Para 9s-10s	Final	
2:05 PM	#94 Girls 400 Metre Run Para 11s-12s	Final	
2:05 PM	#95 Boys 400 Metre Run Para 11s-12s	Final	
2:05 PM	#96 Boys 400 Metre Run Para 13s-14s	Final	
2:05 PM	#97 Boys 400 Metre Run Para 15s-16s	Final	
2:15 PM	#98 Girls 400 Metre Sprint 13s	Final	
2:22 PM	#99 Boys 400 Metre Sprint 13s	Final	
2:29 PM	#100 Girls 400 Metre Sprint 14s	Final	
2:36 PM	#101 Boys 400 Metre Sprint 14s	Final	
2:46 PM	#102 Girls 400 Metre Sprint 15s	Final	
2:50 PM	#103 Boys 400 Metre Sprint 15s	Final	
2:57 PM	#104 Girls 400 Metre Run 16s	Final	
3:01 PM	#105 Boys 400 Metre Run 16s	Final	
3:08 PM	#106 Girls 400 Metre Sprint 17s	Final	
3:08 PM	#107 Boys 400 Metre Sprint 17s	Final	
3:13 PM	#108 Girls 400 Metre Sprint 12s	Final	
3:20 PM	#109 Boys 400 Metre Sprint 12s	Final	
3:27 PM	#110 Girls 400 Metre Sprint 11s	Final	



**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

Session: 3 Saturday Track Events  
Day 2 - Saturday 31/01/2026 - Starts at 08:00 AM

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
3:34 PM	#111 Boys 400 Metre Sprint 11s	Final
3:40 PM	#112 Girls 400 Metre Run Pack Start 8s	Final
3:44 PM	#113 Boys 400 Metre Run Pack Start 8s	Final
3:50 PM	#114 Girls 400 Metre Sprint 9s	Final
3:56 PM	#115 Boys 400 Metre Sprint 9s	Final
4:02 PM	#116 Girls 400 Metre Sprint 10s	Final
4:08 PM	#117 Boys 400 Metre Sprint 10s	Final

**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Session: 4 Saturday Field Events  
Day 2 - Saturday 31/01/2026 - Starts at 08:00 AM

**Not Before**

<b>Time</b>	<b>Event</b>	<b>Round</b>	<b>Area</b>
8:00 AM	#118 Girls High Jump (S/H 0.85m) 9s	Final	High Jump 1
9:00 AM	#119 Boys High Jump (S/H 1.00m) 10s	Final	High Jump 1
10:30 AM	#120 Girls High Jump (S/H 1.05m) 11s	Final	High Jump 1
12:00 PM	#121 Boys High Jump (S/H 1.30m) 14s	Final	High Jump 1
8:00 AM	#122 Girls High Jump (S/H 1.25m) 15s	Final	High Jump 2
8:50 AM	#123 Girls High Jump (S/H 1.30m) 16s	Final	High Jump 2
8:50 AM	#124 Girls High Jump (S/H 1.30m) 17s	Final	High Jump 2
9:35 AM	#125 Girls High Jump (S/H 1.20m) 13s	Final	High Jump 2
11:35 AM	#126 Girls High Jump (S/H 1.15m) 12s	Final	High Jump 2
8:00 AM	#127 Boys Long Jump 11s	Final	Long Jump 1
9:15 AM	#128 Girls Long Jump Para 9s-10s	Final	Long Jump 1
9:15 AM	#129 Boys Long Jump Para 11s-12s	Final	Long Jump 1
9:15 AM	#130 Boys Long Jump Para 13s-14s	Final	Long Jump 1
9:15 AM	#131 Boys Long Jump Para 15s-16s	Final	Long Jump 1
9:45 AM	#132 Boys Long Jump 9s	Final	Long Jump 1
11:30 AM	#133 Girls Long Jump 8s	Final	Long Jump 1
12:45 PM	#134 Girls Long Jump 10s	Final	Long Jump 1
8:00 AM	#135 Boys Long Jump 15s	Final	Long Jump 2
8:50 AM	#136 Boys Long Jump 16s	Final	Long Jump 2
8:50 AM	#137 Boys Long Jump 17s	Final	Long Jump 2
9:25 AM	#138 Girls Long Jump 14s	Final	Long Jump 2
11:10 AM	#139 Boys Long Jump 12s	Final	Long Jump 2
12:25 PM	#140 Girls Long Jump 13s	Final	Long Jump 2
8:00 AM	#141 Girls Triple Jump 16s	Final	Triple Jump
8:00 AM	#142 Girls Triple Jump 17s	Final	Triple Jump
8:30 AM	#143 Girls Triple Jump 12s	Final	Triple Jump
9:40 AM	#144 Boys Triple Jump 14s	Final	Triple Jump
10:55 AM	#145 Boys Triple Jump 13s	Final	Triple Jump
12:45 PM	#146 Girls Triple Jump 15s	Final	Triple Jump
1:30 PM	#147 Girls Triple Jump 11s	Final	Triple Jump
8:00 AM	#148 Boys Discus (500 Gram) 9s	Final	Discus
9:05 AM	#149 Girls Discus (500 Gram) 8s	Final	Discus
10:10 AM	#150 Girls Discus (500 Gram) 10s	Final	Discus
11:15 AM	#151 Boys Discus (500 Gram) 11s	Final	Discus
12:50 PM	#152 Boys Discus (750 Gram) 13s	Final	Discus
2:00 PM	#153 Boys Discus (1.0 Kg) 14s	Final	Discus
3:00 PM	#154 Boys Discus (750 Gram) 12s	Final	Discus
8:00 AM	#155 Girls Shot Put (3.0 Kg) 13s	Final	Shot Put 1
9:00 AM	#156 Boys Shot Put (1.5 Kg) 8s	Final	Shot Put 1
10:00 AM	#157 Girls Shot Put (2.0 Kg) 9s	Final	Shot Put 1
11:00 AM	#158 Boys Shot Put (2.0 Kg) 10s	Final	Shot Put 1
8:00 AM	#159 Girls Shot Put (2.0 Kg) 11s	Final	Shot Put 2
9:00 AM	#160 Boys Shot Put (4.0 Kg) 15s	Final	Shot Put 2

**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Session: 4 Saturday Field Events  
Day 2 - Saturday 31/01/2026 - Starts at 08:00 AM

**Not Before**

<b>Time</b>	<b>Event</b>	<b>Round</b>	<b>Area</b>
9:40 AM	#161 Boys Shot Put (5.0 Kg) 16s	Final	Shot Put 2
9:40 AM	#162 Boys Shot Put (5.0 Kg) 17s	Final	Shot Put 2
10:20 AM	#163 Girls Shot Put (2.0 Kg) 12s	Final	Shot Put 2
11:30 AM	#164 Girls Shot Put Para 9s-10s	Final	Shot Put 2
11:30 AM	#165 Boys Shot Put Para 13s-14s	Final	Shot Put 2
11:30 AM	#166 Boys Shot Put Para 15s-16s	Final	Shot Put 2
12:00 PM	#167 Girls Shot Put (3.0 Kg) 14s	Final	Shot Put 2
8:00 AM	#168 Girls Javelin (500 Gram) 14s	Final	Javelin
9:00 AM	#169 Boys Javelin (600 Gram) 13s	Final	Javelin
10:10 AM	#170 Boys Javelin (400 Gram) 11s	Final	Javelin
11:10 AM	#171 Boys Javelin (700 Gram) 16s	Final	Javelin
11:10 AM	#172 Boys Javelin (700 Gram) 17s	Final	Javelin
12:00 PM	#173 Boys Javelin (700 Gram) 15s	Final	Javelin
1:00 PM	#174 Boys Javelin (400 Gram) 12s	Final	Javelin

**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Session: 5 Sunday Track Events  
Day 3 - Sunday 1/02/2026 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
8:00 AM	#175 Girls 80 Metre Hurdles (60cm) 11s	Prelims
8:06 AM	#176 Boys 80 Metre Hurdles (60cm) 11s	Prelims
8:12 AM	#177 Girls 80 Metre Hurdles (68cm) 12s	Prelims
8:18 AM	#178 Boys 80 Metre Hurdles (68cm) 12s	Prelims
8:25 AM	#179 Girls 80 Metre Hurdles (76cm) 13s	Prelims
8:35 AM	#180 Boys 90 Metre Hurdles (76cm) 13s	Prelims
8:41 AM	#181 Girls 90 Metre Hurdles (76cm) 14s	Prelims
8:47 AM	#182 Girls 90 Metre Hurdles (76cm) 15s	Prelims
8:53 AM	#183 Boys 100 Metre Hurdles (76cm) 14s	Prelims
9:05 AM	#184 Girls 1100 Metre Walk 11s	Final
9:05 AM	#185 Boys 1100 Metre Walk 11s	Final
9:15 AM	#186 Girls 1100 Metre Walk 10s	Final
9:15 AM	#187 Boys 1100 Metre Walk 10s	Final
9:25 AM	#188 Girls 700 Metre Walk 9s	Final
9:25 AM	#189 Boys 700 Metre Walk 9s	Final
9:35 AM	#190 Girls 700 Metre Run Pack Start 8s	Final
9:40 AM	#191 Boys 700 Metre Run Pack Start 8s	Final
9:45 AM	#192 Girls 1500 Metre Walk 12s	Final
9:45 AM	#193 Boys 1500 Metre Walk 12s	Final
10:00 AM	#194 Girls 1500 Metre Walk 13s	Final
10:00 AM	#195 Boys 1500 Metre Walk 13s	Final
10:00 AM	#196 Girls 1500 Metre Walk 14s	Final
10:00 AM	#197 Boys 1500 Metre Walk 14s	Final
10:00 AM	#198 Girls 1500 Metre Walk 15s	Final
10:00 AM	#199 Boys 1500 Metre Walk 15s	Final
10:00 AM	#200 Girls 1500 Metre Walk 17s	Final
10:20 AM	#201 Girls 80 Metre Hurdles (60cm) 11s	Final
10:20 AM	#202 Boys 80 Metre Hurdles (60cm) 11s	Final
10:25 AM	#203 Girls 80 Metre Hurdles (68cm) 12s	Final
10:25 AM	#204 Boys 80 Metre Hurdles (68cm) 12s	Final
10:30 AM	#205 Girls 80 Metre Hurdles (76cm) 13s	Final
10:40 AM	#206 Boys 90 Metre Hurdles (76cm) 13s	Final
10:40 AM	#207 Girls 90 Metre Hurdles (76cm) 14s	Final
10:45 AM	#208 Girls 90 Metre Hurdles (76cm) 15s	Final
10:55 AM	#209 Boys 100 Metre Hurdles (76cm) 14s	Final
10:55 AM	#210 Boys 100 Metre Hurdles (76cm) 15s	Final
10:55 AM	#211 Girls 100 Metre Hurdles (76cm) 16s	Final
11:05 AM	#212 Boys 110 Metre Hurdles (76cm) 16s	Final
11:05 AM	#213 Boys 110 Metre Hurdles (76cm) 17s	Final
11:15 AM	#214 Girls 70 Metre Sprint 10s	Prelims
11:20 AM	#215 Boys 70 Metre Sprint 10s	Prelims
11:25 AM	#216 Girls 70 Metre Sprint 9s	Prelims
11:30 AM	#217 Boys 70 Metre Sprint 9s	Prelims

**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Session: 5 Sunday Track Events  
Day 3 - Sunday 1/02/2026 - Starts at 08:00 AM

**Not Before**

<b>Time</b>	<b>Event</b>	<b>Round</b>	
11:35 AM	#218 Girls 70 Metre Sprint 8s	Prelims	
11:40 AM	#219 Boys 70 Metre Sprint 8s	Prelims	
11:50 AM	#220 Girls 4x100 Metre Relay (Snr) Senior	Final	
11:55 AM	#221 Boys 4x100 Metre Relay (Snr) Senior	Final	
12:00 PM	#222 Girls 4x100 Metre Relay (Jnr) Junior	Final	
12:05 PM	#223 Boys 4x100 Metre Relay (Jnr) Junior	Final	
12:50 PM	#224 Girls 70 Metre Sprint 8s	Final	<b>Track Officials Lunch Break</b>
12:50 PM	#225 Boys 70 Metre Sprint 8s	Final	
12:55 PM	#226 Girls 70 Metre Sprint 9s	Final	
12:55 PM	#227 Boys 70 Metre Sprint 9s	Final	
1:00 PM	#228 Girls 70 Metre Sprint 10s	Final	
1:00 PM	#229 Boys 70 Metre Sprint 10s	Final	
1:10 PM	#230 Girls 200 Metre Sprint 16s	Prelims	
1:16 PM	#231 Boys 200 Metre Sprint 16s	Prelims	
1:22 PM	#232 Girls 200 Metre Sprint 15s	Prelims	
1:28 PM	#233 Boys 200 Metre Sprint 15s	Prelims	
1:36 PM	#234 Girls 200 Metre Sprint 14s	Prelims	
1:44 PM	#235 Boys 200 Metre Sprint 14s	Prelims	
1:52 PM	#236 Girls 200 Metre Sprint 13s	Prelims	
1:58 PM	#237 Boys 200 Metre Sprint 13s	Prelims	
2:04 PM	#238 Girls 200 Metre Sprint 12s	Prelims	
2:10 PM	#239 Boys 200 Metre Sprint 12s	Prelims	
2:15 PM	#240 Girls 200 Metre Sprint 11s	Prelims	
2:20 PM	#241 Boys 200 Metre Sprint 11s	Prelims	
2:25 PM	#242 Girls 200 Metre Sprint 10s	Prelims	
2:30 PM	#243 Boys 200 Metre Sprint 10s	Prelims	
2:35 PM	#244 Girls 200 Metre Sprint 9s	Prelims	
2:40 PM	#245 Boys 200 Metre Sprint 9s	Prelims	
2:45 PM	#246 Girls 200 Metre Sprint 8s	Prelims	
2:50 PM	#247 Boys 200 Metre Sprint 8s	Prelims	
2:55 PM	#248 Boys 200 Metre Run Para 9s-10s	Final	
2:55 PM	#249 Boys 200 Metre Run Para 11s-12s	Final	
2:55 PM	#250 Girls 200 Metre Run Para 13s-14s	Final	
2:55 PM	#251 Boys 200 Metre Run Para 13s-14s	Final	
2:55 PM	#252 Boys 200 Metre Run Para 15s-16s	Final	
3:00 PM	#253 Girls 200 Metre Sprint 17s	Final	
3:00 PM	#254 Boys 200 Metre Sprint 17s	Final	
3:03 PM	#255 Girls 200 Metre Sprint 16s	Final	
3:06 PM	#256 Boys 200 Metre Sprint 16s	Final	
3:09 PM	#257 Girls 200 Metre Sprint 15s	Final	
3:12 PM	#258 Boys 200 Metre Sprint 15s	Final	
3:15 PM	#259 Girls 200 Metre Sprint 14s	Final	
3:18 PM	#260 Boys 200 Metre Sprint 14s	Final	

**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Session: 5 Sunday Track Events  
Day 3 - Sunday 1/02/2026 - Starts at 08:00 AM

**Not Before**

<b>Time</b>	<b>Event</b>	<b>Round</b>
3:21 PM	#261 Girls 200 Metre Sprint 13s	Final
3:24 PM	#262 Boys 200 Metre Sprint 13s	Final
3:27 PM	#263 Girls 200 Metre Sprint 12s	Final
3:30 PM	#264 Boys 200 Metre Sprint 12s	Final
3:33 PM	#265 Girls 200 Metre Sprint 11s	Final
3:36 PM	#266 Boys 200 Metre Sprint 11s	Final
3:40 PM	#267 Girls 200 Metre Sprint 10s	Final
3:40 PM	#268 Boys 200 Metre Sprint 10s	Final
3:45 PM	#269 Girls 200 Metre Sprint 9s	Final
3:45 PM	#270 Boys 200 Metre Sprint 9s	Final
3:50 PM	#271 Girls 200 Metre Sprint 8s	Final
3:50 PM	#272 Boys 200 Metre Sprint 8s	Final
4:00 PM	#273 Boys 800 Metre Run Para 9s-10s	Final
4:00 PM	#274 Girls 800 Metre Run Para 11s-12s	Final
4:00 PM	#275 Boys 800 Metre Run Para 11s-12s	Final
4:00 PM	#276 Boys 800 Metre Run Para 13s-14s	Final
4:05 PM	#277 Girls 800 Metre Run 17s	Final
4:05 PM	#278 Girls 800 Metre Run 16s	Final
4:05 PM	#279 Boys 800 Metre Run 16s	Final
4:09 PM	#280 Girls 800 Metre Run 15s	Final
4:13 PM	#281 Boys 800 Metre Run 15s	Final
4:17 PM	#282 Girls 800 Metre Run 14s	Final
4:21 PM	#283 Boys 800 Metre Run 14s	Final
4:25 PM	#284 Girls 800 Metre Run 13s	Final
4:29 PM	#285 Boys 800 Metre Run 13s	Final
4:33 PM	#286 Girls 800 Metre Run 12s	Final
4:37 PM	#287 Boys 800 Metre Run 12s	Final
4:41 PM	#288 Girls 800 Metre Run 9s	Final
4:45 PM	#289 Boys 800 Metre Run 9s	Final
4:49 PM	#290 Girls 800 Metre Run 10s	Final
4:53 PM	#291 Boys 800 Metre Run 10s	Final
4:57 PM	#292 Girls 800 Metre Run 11s	Final
5:01 PM	#293 Boys 800 Metre Run 11s	Final



**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Session: 6 Sunday Field Events  
Day 3 - Sunday 1/02/2026 - Starts at 08:00 AM

**Not Before**

<b>Time</b>	<b>Event</b>	<b>Round</b>	<b>Area</b>
8:00 AM	#294 Boys High Jump (S/H 0.90m) 9s	Final	High Jump 1
9:30 AM	#295 Girls High Jump (S/H 0.95m) 10s	Final	High Jump 1
11:30 AM	#296 Boys High Jump (S/H 1.10m) 11s	Final	High Jump 1
12:45 PM	#297 Girls High Jump (S/H 1.25m) 14s	Final	High Jump 1
8:00 AM	#298 Boys High Jump (S/H 1.30m) 15s	Final	High Jump 2
9:15 AM	#299 Boys High Jump (S/H 1.20m) 12s	Final	High Jump 2
11:15 AM	#300 Boys High Jump (S/H 1.25m) 13s	Final	High Jump 2
12:45 PM	#301 Boys High Jump (S/H 1.35m) 16s	Final	High Jump 2
12:45 PM	#302 Boys High Jump (S/H 1.35m) 17s	Final	High Jump 2
8:00 AM	#303 Boys Long Jump 14s	Final	Long Jump 1
9:15 AM	#304 Boys Long Jump 13s	Final	Long Jump 1
10:35 AM	#305 Girls Long Jump 15s	Final	Long Jump 1
12:05 PM	#306 Girls Long Jump 16s	Final	Long Jump 1
12:55 PM	#307 Girls Long Jump 12s	Final	Long Jump 1
8:00 AM	#308 Girls Long Jump 11s	Final	Long Jump 2
9:30 AM	#309 Boys Long Jump 10s	Final	Long Jump 2
11:15 AM	#310 Girls Long Jump 9s	Final	Long Jump 2
12:35 PM	#311 Boys Long Jump 8s	Final	Long Jump 2
8:00 AM	#312 Boys Triple Jump 11s	Final	Triple Jump
9:15 AM	#313 Boys Triple Jump 16s	Final	Triple Jump
9:15 AM	#314 Boys Triple Jump 17s	Final	Triple Jump
9:45 AM	#315 Girls Triple Jump 13s	Final	Triple Jump
10:55 AM	#316 Girls Triple Jump 14s	Final	Triple Jump
12:35 PM	#317 Boys Triple Jump 15s	Final	Triple Jump
1:35 PM	#318 Boys Triple Jump 12s	Final	Triple Jump
8:00 AM	#319 Girls Discus (500 Gram) 9s	Final	Discus 1
9:05 AM	#320 Girls Discus (1.0 Kg) 14s	Final	Discus 1
10:10 AM	#321 Boys Discus (500 Gram) 8s	Final	Discus 1
11:15 AM	#322 Girls Discus Para 9s-10s	Final	Discus 1
11:15 AM	#323 Boys Discus Para 13s-14s	Final	Discus 1
11:15 AM	#324 Boys Discus Para 15s-16s	Final	Discus 1
11:45 AM	#325 Boys Discus (500 Gram) 10s	Final	Discus 1
1:15 PM	#326 Girls Discus (500 Gram) 11s	Final	Discus 1
2:20 PM	#327 Girls Discus (750 Gram) 13s	Final	Discus 1
3:25 PM	#328 Girls Discus (750 Gram) 12s	Final	Discus 1
8:00 AM	#329 Girls Shot Put (2.0 Kg) 10s	Final	Shot Put 1
9:00 AM	#330 Girls Shot Put (3.0 Kg) 15s	Final	Shot Put 1
9:55 AM	#331 Boys Shot Put (2.0 Kg) 11s	Final	Shot Put 1
11:15 AM	#332 Boys Shot Put (2.0 Kg) 9s	Final	Shot Put 1
8:00 AM	#333 Boys Shot Put (3.0 Kg) 13s	Final	Shot Put 2
9:00 AM	#334 Girls Shot Put (1.5 Kg) 8s	Final	Shot Put 2
9:50 AM	#335 Boys Shot Put (4.0 Kg) 14s	Final	Shot Put 2
10:45 AM	#336 Girls Shot Put (3.0 Kg) 16s	Final	Shot Put 2

**Region 8 Championships**  
**E.S. Marks Athletics Centre**  
**Session Report**

**Note: Times provided are "Not Before Times" and are a guide only. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

Session: 6 Sunday Field Events  
Day 3 - Sunday 1/02/2026 - Starts at 08:00 AM

**Not Before**

<b>Time</b>	<b>Event</b>	<b>Round</b>	<b>Area</b>
10:45 AM	#337 Girls Shot Put (3.0 Kg) 17s	Final	Shot Put 2
11:50 AM	#338 Boys Shot Put (2.0 Kg) 12s	Final	Shot Put 2
8:00 AM	#339 Girls Javelin (400 Gram) 13s	Final	Javelin
9:10 AM	#340 Girls Javelin (500 Gram) 16s	Final	Javelin
9:10 AM	#341 Girls Javelin (500 Gram) 17s	Final	Javelin
10:00 AM	#342 Girls Javelin (400 Gram) 12s	Final	Javelin
11:00 AM	#343 Girls Javelin (400 Gram) 11s	Final	Javelin
12:00 PM	#344 Boys Javelin Para 13s-14s	Final	Javelin
12:00 PM	#345 Boys Javelin Para 15s-16s	Final	Javelin
12:50 PM	#346 Girls Javelin (500 Gram) 15s	Final	Javelin
1:35 PM	#347 Boys Javelin (700 Gram) 14s	Final	Javelin