

2023/2024 NORTH EAST METROPOLITAN ZONE ATHLETICS CHAMPIONSHIPS

Scheduled Friday 24th November to Sunday 26th November, 2023

Times listed on the left hand side are **NOT BEFORE** times. Events will not begin before this time, however they may begin later.

Note: Athletes are required to be at the venue 60 minutes prior to the Not Before Time.

Event Clashes

In the case of a clash, athletes should always go to their field event and stay there until either the completion of the event or collected by the Clash Manager. There will be a Clash Manager to collect athletes from Field events to escort them to Track events.

Once an athlete has completed their track event they must return to their field event immediately without detours.

Track Progression from Heats to Finals

Where there are 2 Heats - The first 3 from each heat plus the next 2 best times progress to the final

Where there are 3 Heats - The first 2 from each heat plus the next 2 best times progress to the final

Where there are 4 Heats - The first 1 from each heat plus the next 4 best times progress to the final

Progression from Zone to Region

Under 7 competitors do not progress beyond Zone.

For Under 8 – Under 17 competitors the first 6 place getters in a final at NEMZ plus the next best 4 competitors from the finals in that event across NEMZ and NMZ will progress to Region.

In the instance of track event finals contested with 9 athletes, only the top 8 will be considered for progression to region.

See also LANSW rules of competition SectionC.

Note: The athletes progressing must contest a final, so if you make a final and are not able to compete at Region on 10th & 11th February 2024, please let us know so a replacement can run in the final so NEMZ do not forfeit a place at Region.

ORDER OF EVENTS - TRACK FRIDAY

6:45 PM	T#1	U13	Girls	3000 Metre	Final
	T#2	U13	Boys	3000 Metre	Final
	T#3	U14	Girls	3000 Metre	Final
	T#4	U14	Boys	3000 Metre	Final
	T#5	U15	Girls	3000 Metre	Final
	T#6	U15	Boys	3000 Metre	Final
	T#7	U17	Girls	3000 Metre	Final
	T#8	U17	Boys	3000 Metre	Final

ORDER OF EVENTS - TRACK SATURDAY

Not Before Time

8:30 AM	T#9	U8	Girls	400 Metre Pack Start	Timed Finals
	T#10	U8	Boys	400 Metre Pack Start	Timed Finals
	T#11	U11	Girls	1500 Metre	Final
	T#12	U11	Boys	1500 Metre	Final
	T#13	U12	Girls	1500 Metre	Final
	T#14	U12	Boys	1500 Metre	Final
	T#15	U13	Girls	1500 Metre	Final
	T#16	U13	Boys	1500 Metre	Final
9:20 AM	T#17	U14	Girls	1500 Metre	Final
	T#18	U14	Boys	1500 Metre	Final
	T#19	U15	Girls	1500 Metre	Final
	T#20	U15	Boys	1500 Metre	Final
	T#21	U17	Girls	1500 Metre	Final
	T#22	U17	Boys	1500 Metre	Final
9:40 AM	T#23	U8	Girls	60 Metre Hurdles	Heats
	T#24	U8	Boys	60 Metre Hurdles	Heats
	T#25	U9	Girls	60 Metre Hurdles	Heats
	T#26	U9	Boys	60 Metre Hurdles	Heats
	T#27	U10	Girls	60 Metre Hurdles	Heats
	T#28	U10	Boys	60 Metre Hurdles	Heats
10:25 AM	T#29	U11	Girls	80 Metre Hurdles	Heats
	T#30	U11	Boys	80 Metre Hurdles	Heats
	T#31	U12	Girls	80 Metre Hurdles	Heats
	T#32	U12	Boys	80 Metre Hurdles	Heats
11:05 AM	T#33	U7	Girls	50 Metre	Heats
	T#34	U7	Boys	50 Metre	Heats
11:25 AM	T#35	U8	Girls	60 Metre Hurdles	Final
	T#36	U8	Boys	60 Metre Hurdles	Final
	T#37	U9	Girls	60 Metre Hurdles	Final
	T#38	U9	Boys	60 Metre Hurdles	Final
	T#39	U10	Girls	60 Metre Hurdles	Final
	T#40	U10	Boys	60 Metre Hurdles	Final
	T#41	U11	Girls	80 Metre Hurdles	Final
	T#42	U11	Boys	80 Metre Hurdles	Final
	T#43	U12	Girls	80 Metre Hurdles	Final
	T#44	U12	Boys	80 Metre Hurdles	Final

12:05 PM	T#45	U17	Girls	300 Metre Hurdles	Timed Finals
	T#46	U17	Boys	300 Metre Hurdles	Timed Finals
	T#47	U15	Girls	300 Metre Hurdles	Timed Finals
	T#48	U15	Boys	300 Metre Hurdles	Timed Finals
	T#49	U14	Girls	200 Metre Hurdles	Timed Finals
	T#50	U14	Boys	200 Metre Hurdles	Timed Finals
	T#51	U13	Girls	200 Metre Hurdles	Timed Finals
	T#52	U13	Boys	200 Metre Hurdles	Timed Finals
12:50 PM	T#53	U8	Girls	100 Metre	Heats
	T#54	U8	Boys	100 Metre	Heats
	T#55	U9	Girls	100 Metre	Heats
	T#56	U9	Boys	100 Metre	Heats
	T#57	U10	Girls	100 Metre	Heats
	T#58	U10	Boys	100 Metre	Heats
	T#59	U7	Girls	100 Metre	Heats
	T#60	U7	Boys	100 Metre	Heats
	T#61	U11	Girls	100 Metre	Heats
	T#62	U11	Boys	100 Metre	Heats
1:40 PM	T#63	U12	Girls	100 Metre	Heats
	T#64	U12	Boys	100 Metre	Heats
	T#65	U13	Girls	100 Metre	Heats
	T#66	U13	Boys	100 Metre	Heats
	T#67	U14	Girls	100 Metre	Heats
	T#68	U14	Boys	100 Metre	Heats
	T#69	U15	Girls	100 Metre	No Heat - Straight Final
	T#70	U15	Boys	100 Metre	Heats
	T#71	U17	Girls	100 Metre	Heats
	T#72	U17	Boys	100 Metre	Heats
2:35 PM	T#73	U7	Girls	50 Metre	Final
	T#74	U7	Boys	50 Metre	Final
2:40 PM	T#75	U9	Girls	400 Metre	Timed Finals
	T#76	U9	Boys	400 Metre	Timed Finals
	T#77	U10	Girls	400 Metre	Timed Finals
	T#78	U10	Boys	400 Metre	Timed Finals
	T#79	U11	Girls	400 Metre	Timed Finals
	T#80	U11	Boys	400 Metre	Timed Finals
3:20 PM	T#81	U12	Girls	400 Metre	Timed Finals
	T#82	U12	Boys	400 Metre	Timed Finals
	T#83	U13	Girls	400 Metre	Timed Finals
	T#84	U13	Boys	400 Metre	Timed Finals
	T#85	U14	Girls	400 Metre	Timed Finals
	T#86	U14	Boys	400 Metre	Timed Finals
	T#87	U15	Girls	400 Metre	Timed Finals
	T#88	U15	Boys	400 Metre	Timed Finals
	T#89	U17	Girls	400 Metre	Timed Finals
	T#90	U17	Boys	400 Metre	Timed Finals
4:20 PM	T#91	U7	Girls	100 Metre	Final
	T#92	U7	Boys	100 Metre	Final
	T#93	U8	Girls	100 Metre	Final
	T#94	U8	Boys	100 Metre	Final
	T#95	U9	Girls	100 Metre	Final
	T#96	U9	Boys	100 Metre	Final
	T#97	U10	Girls	100 Metre	Final
	T#98	U10	Boys	100 Metre	Final
	T#99	U11	Girls	100 Metre	Final
	T#100	U11	Boys	100 Metre	Final
	T#101	U12	Girls	100 Metre	Final
	T#102	U12	Boys	100 Metre	Final
	T#103	U13	Girls	100 Metre	Final
	T#104	U13	Boys	100 Metre	Final
	T#105	U14	Girls	100 Metre	Final
	T#106	U14	Boys	100 Metre	Final
	T#107	U15	Girls	100 Metre	Straight Final
	T#108	U15	Boys	100 Metre	Final
	T#109	U17	Girls	100 Metre	Final
	T#110	U17	Boys	100 Metre	Final

* U8 400 Metre Pack Start will be run as up to two seeded heats using a single waterfall pack start as timed finals.

ORDER OF EVENTS - TRACK SUNDAY

Not Before Time

8:00 AM	T#111	U9	Girls	800 Metre	Final
	T#112	U9	Boys	800 Metre	Final
	T#113	U10	Girls	800 Metre	Final
	T#114	U10	Boys	800 Metre	Final
	T#115	U11	Girls	800 Metre	Final
	T#116	U11	Boys	800 Metre	Final
8:35 AM	T#117	U12	Girls	800 Metre	Final
	T#118	U12	Boys	800 Metre	Final
	T#119	U13	Girls	800 Metre	Final
	T#120	U13	Boys	800 Metre	Final
	T#121	U14	Girls	800 Metre	Final
	T#122	U14	Boys	800 Metre	Final
	T#123	U15	Girls	800 Metre	Final
	T#124	U15	Boys	800 Metre	Final
	T#125	U17	Girls	800 Metre	Final
	T#126	U17	Boys	800 Metre	Final
9:25 AM	T#127	U7	Girls	500 Metre	Final
	T#128	U7	Boys	500 Metre	Final
9:40 AM	T#129	U8	Girls	700 Metre	Final
	T#130	U8	Boys	700 Metre	Final
9:55 AM	T#131	U9	Girls	700 Metre Walk	Final
	T#132	U9	Boys	700 Metre Walk	Final
	T#133	U10	Girls	1100 Metre Walk	Final
	T#134	U10	Boys	1100 Metre Walk	Final
	T#135	U11	Girls	1100 Metre Walk	Final
	T#136	U11	Boys	1100 Metre Walk	Final
	T#137	U12	Girls	1500 Metre Walk	Final
	T#138	U12	Boys	1500 Metre Walk	Final
	T#139	U13	Girls	1500 Metre Walk	Final
	T#140	U13	Boys	1500 Metre Walk	Final
	T#141	U14	Girls	1500 Metre Walk	Final
	T#142	U14	Boys	1500 Metre Walk	Final
	T#143	U15	Girls	1500 Metre Walk	Final
	T#144	U15	Boys	1500 Metre Walk	Final
T#145	U17	Girls	1500 Metre Walk	Final	
T#146	U17	Boys	1500 Metre Walk	Final	
11:10 AM	T#147	U9 - U12	Girls	4 x 100m Relay	Final
	T#148	U9 - U12	Boys	4 x 100m Relay	Final
	T#149	U13 - U17	Girls	4 x 100m Relay	Final
	T#150	U13 - U17	Boys	4 x 100m Relay	Final
11:40 AM	T#151	U7	Girls	70 Metre	Heats
	T#152	U7	Boys	70 Metre	Heats
	T#153	U8	Girls	70 Metre	Heats
	T#154	U8	Boys	70 Metre	Heats
	T#155	U9	Girls	70 Metre	Heats
	T#156	U9	Boys	70 Metre	Heats
	T#157	U10	Girls	70 Metre	Heats
	T#158	U10	Boys	70 Metre	Heats
12:25 PM	T#159	U13	Girls	80 Metre Hurdles	Heats
	T#160	U13	Boys	80 Metre Hurdles	Heats
	T#161	U14	Girls	80 Metre Hurdles	No Heat - Straight Final
	T#162	U14	Boys	90 Metre Hurdles	No Heat - Straight Final
	T#163	U15	Girls	90 Metre Hurdles	No Heat - Straight Final
	T#164	U15	Boys	100 Metre Hurdles	No Heat - Straight Final
	T#165	U17	Girls	100 Metre Hurdles	Heats
	T#166	U17	Boys	110 Metre Hurdles	No Heat - Straight Final
12:50 PM	T#167	U7	Girls	70 Metre	Final
	T#168	U7	Boys	70 Metre	Final
	T#169	U8	Girls	70 Metre	Final
	T#170	U8	Boys	70 Metre	Final
	T#171	U9	Girls	70 Metre	Final
	T#172	U9	Boys	70 Metre	Final
	T#173	U10	Girls	70 Metre	Final
	T#174	U10	Boys	70 Metre	Final
1:20 PM	T#175	U13	Girls	80 Metre Hurdles	Final
	T#176	U13	Boys	80 Metre Hurdles	Final
	T#177	U14	Girls	80 Metre Hurdles	Straight Final
	T#178	U14	Boys	90 Metre Hurdles	Straight Final
	T#179	U15	Girls	90 Metre Hurdles	Straight Final
	T#180	U15	Boys	100 Metre Hurdles	Straight Final
	T#181	U17	Girls	100 Metre Hurdles	Final
	T#182	U17	Boys	110 Metre Hurdles	Straight Final

1:50 PM	T#183	U7	Girls	200 Metre	Heats
	T#184	U7	Boys	200 Metre	Heats
	T#185	U8	Girls	200 Metre	Heats
	T#186	U8	Boys	200 Metre	Heats
	T#187	U9	Girls	200 Metre	Heats
	T#188	U9	Boys	200 Metre	Heats
	T#189	U10	Girls	200 Metre	Heats
	T#190	U10	Boys	200 Metre	Heats
	T#191	U11	Girls	200 Metre	Heats
	T#192	U11	Boys	200 Metre	Heats
3:05 PM	T#193	U12	Girls	200 Metre	Heats
	T#194	U12	Boys	200 Metre	Heats
	T#195	U13	Girls	200 Metre	Heats
	T#196	U13	Boys	200 Metre	Heats
	T#197	U14	Girls	200 Metre	Heats
	T#198	U14	Boys	200 Metre	Heats
	T#199	U15	Girls	200 Metre	Heats
	T#200	U15	Boys	200 Metre	Heats
	T#201	U17	Girls	200 Metre	Heats
	T#202	U17	Boys	200 Metre	Heats
4:10 PM	T#203	U7	Girls	200 Metre	Final
	T#204	U7	Boys	200 Metre	Final
	T#205	U8	Girls	200 Metre	Final
	T#206	U8	Boys	200 Metre	Final
	T#207	U9	Girls	200 Metre	Final
	T#208	U9	Boys	200 Metre	Final
	T#209	U10	Girls	200 Metre	Final
	T#210	U10	Boys	200 Metre	Final
	T#211	U11	Girls	200 Metre	Final
	T#212	U11	Boys	200 Metre	Final
	T#213	U12	Girls	200 Metre	Final
	T#214	U12	Boys	200 Metre	Final
	T#215	U13	Girls	200 Metre	Final
	T#216	U13	Boys	200 Metre	Final
	T#217	U14	Girls	200 Metre	Final
	T#218	U14	Boys	200 Metre	Final
	T#219	U15	Girls	200 Metre	Final
	T#220	U15	Boys	200 Metre	Final
	T#221	U17	Girls	200 Metre	Final
	T#222	U17	Boys	200 Metre	Final

Note: Middle Distance events with low participant numbers may race in combination with multiple age groups.
 * U8 400 Metre Pack Start will be run as up to two seeded heats using a single waterfall pack start as timed finals.