

## LAKE MACQUARIE ZONE - SATURDAY EVENTS

### TRACK

Event #	# Heats	Event description	Event	Combined	Athletes Entry	Marshall Time	Timed Start
<b>200m/300m Hurdles Timed Finals</b>							
1	1	Girls U 13 - 200 Metre Hurdles (68cm)	200H		7	8:10:00 AM	8:30:00 AM
2	1	Boys U 13 - 200 Metre Hurdles (68cm)	200H		4	8:15:00 AM	8:35:00 AM
3	1	Girls U 14 - 200 Metre Hurdles (76cm)	200H	4	2	8:20:00 AM	8:40:00 AM
4	1	Boys U 14 - 200 Metre Hurdles (76cm)	200H		2	8:20:00 AM	8:40:00 AM
5	1	Girls U 15 - 300 Metres Hurdles (76cm)	300H	6	2	8:27:00 AM	8:47:00 AM
6	1	Boys U 15 - 300 Metres Hurdles (76cm)	300H		2	8:27:00 AM	8:47:00 AM
7	1	Girls U 17 - 300 Metre Hurdles (76cm)	300H		1	8:27:00 AM	8:47:00 AM
8	1	Boys U 17 - 300 Metre Hurdles (76cm)	300H		1	8:27:00 AM	8:47:00 AM
<b>500m Pack starts</b>							
9	1	Girls U 7 - 500 Metre Pack Start	500 PACK	12	5	8:40:00 AM	9:00:00 AM
10	1	Boys U 7 - 500 Metre Pack Start	500 PACK		7	8:40:00 AM	9:00:00 AM
<b>1500m Timed Finals</b>							
11	1	Girls U 11 - 1500 Metre Run	1500M	17	8	8:50:00 AM	9:10:00 AM
12	1	Boys U 11 - 1500 Metre Run	1500M		9	8:50:00 AM	9:10:00 AM
13	1	Girls U 12 - 1500 Metre Run	1500M	12	7	9:00:00 AM	9:20:00 AM
14	1	Boys U 12 - 1500 Metre Run	1500M		5	9:00:00 AM	9:20:00 AM
15	1	Girls U 13 - 1500 Metre Run	1500M	11	5	9:10:00 AM	9:30:00 AM
16	1	Boys U 13 - 1500 Metre Run	1500M		6	9:10:00 AM	9:30:00 AM
17	1	Girls U 14 - 1500 Metre Run	1500M	8	2	9:20:00 AM	9:40:00 AM
18	1	Boys U 14 - 1500 Metre Run	1500M		6	9:20:00 AM	9:40:00 AM
19	1	Girls U 15 - 1500 Metre Run	1500M	6	5	9:30:00 AM	9:50:00 AM
20	1	Boys U 15 - 1500 Metre Run	1500M		1	9:30:00 AM	9:50:00 AM
21	1	Girls U 17 - 1500 Metre Run	1500M	14	6	9:40:00 AM	10:00:00 AM
22	1	Boys U 17 - 1500 Metre Run	1500M		8	9:40:00 AM	10:00:00 AM
<b>60m Hurdles Heats &amp; Finals</b>							
23	2	Girls U 8 - 60 Metre Hurdles (45cm)	60H Heats		15	10:00:00 AM	10:20:00 AM
24	2	Boys U 8 - 60 Metre Hurdles (45cm)	60H Heats		14	10:06:00 AM	10:26:00 AM
25	1	Girls U 9 - 60 Metre Hurdles (45cm)	60H Final		10	10:12:00 AM	10:32:00 AM
26	2	Boys U 9 - 60 Metre Hurdles (45cm)	60H Heats		18	10:15:00 AM	10:35:00 AM
27	2	Girls U 10 - 60 Metre Hurdles (60cm)	60H Heats		15	10:21:00 AM	10:41:00 AM
28	2	Boys U 10 - 60 Metre Hurdles (60cm)	60H Heats		12	10:27:00 AM	10:47:00 AM
<b>50m Heats &amp; Finals</b>							
29	1	Girls U 7 - 50 Metre Sprint	50M Final		7	10:50:00 AM	11:10:00 AM
30	2	Boys U 7 - 50 Metre Sprint	50M Heats		11	10:53:00 AM	11:13:00 AM
<b>100m Heats &amp; Finals</b>							
31	2	Girls U 11 - 100 Metre Sprint	100M Heats		13	11:00:00 AM	11:20:00 AM
32	1	Boys U 11 - 100 Metre Sprint	100M Final		10	11:06:00 AM	11:26:00 AM
33	2	Girls U 12 - 100 Metre Sprint	100M Heats	14	13	11:09:00 AM	11:29:00 AM
34	1	Girls U 12 - 100 Metre Sprint Multi-Class	100M Final		1	11:09:00 AM	11:29:00 AM
35	1	Boys U 12 - 100 Metre Sprint	100M Final		9	11:15:00 AM	11:35:00 AM
36	1	Girls U 13 - 100 Metre Sprint	100M Final		9	11:18:00 AM	11:38:00 AM
37	1	Boys U 13 - 100 Metre Sprint	100M Final		7	11:21:00 AM	11:41:00 AM
38	1	Girls U 14 - 100 Metre Sprint	100M Final		7	11:24:00 AM	11:44:00 AM
39	1	Boys U 14 - 100 Metre Sprint	100M Final		4	11:27:00 AM	11:47:00 AM
40	1	Girls U 15 - 100 Metre Sprint	100M Final		7	11:30:00 AM	11:50:00 AM
41	1	Girls U 17 - 100 Metre Sprint	100M Final		6	11:33:00 AM	11:53:00 AM
42	1	Boys U 17 - 100 Metre Sprint	100M Final		7	11:36:00 AM	11:56:00 AM
43	1	Girls U 7 - 100 Metre Sprint	100M Final		7	11:39:00 AM	11:59:00 AM
44	1	Boys U 7 - 100 Metre Sprint	100M Final		10	11:42:00 AM	12:02:00 PM
45	2	Girls U 8 - 100 Metre Sprint	100M Heats		15	11:48:00 AM	12:08:00 PM
46	2	Boys U 8 - 100 Metre Sprint	100M Heats		15	11:54:00 AM	12:14:00 PM
47	2	Girls U 9 - 100 Metre Sprint	100M Heats		13	12:00:00 PM	12:20:00 PM
48	2	Boys U 9 - 100 Metre Sprint	100M Heats		20	12:06:00 PM	12:26:00 PM

## LAKE MACQUARIE ZONE - SATURDAY EVENTS

### TRACK

Event #	# Heats	Event description	Event	Combined	Athletes Entry	Marshall Time	Timed Start
49	3	Girls U 10 - 100 Metre Sprint	100M Heats		22	12:12:00 PM	12:32:00 PM
50	2	Boys U 10 - 100 Metre Sprint	100M Heats		13	12:21:00 PM	12:41:00 PM
		<b>50m Finals</b>					
51	1	Boys U 7 - 50 Metre Sprint	50M Final			12:27:00 PM	12:47:00 PM
		<b>60m Hurdles Qualifying Finals</b>					
52	1	Girls U 8 - 60 Metre Hurdles (45cm)	60H Final			1:10:00 PM	1:30:00 PM
53	1	Boys U 8 - 60 Metre Hurdles (45cm)	60H Final			1:13:00 PM	1:33:00 PM
54	1	Boys U 9 - 60 Metre Hurdles (45cm)	60H Final			1:16:00 PM	1:36:00 PM
55	1	Girls U 10 - 60 Metre Hurdles (60cm)	60H Final			1:19:00 PM	1:39:00 PM
56	1	Boys U 10 - 60 Metre Hurdles (60cm)	60H Final			1:22:00 PM	1:42:00 PM
		<b>400m Timed Finals</b>					
57	1	Girls U 11 - 400 Metre Sprint	400M		7	1:35:00 PM	1:55:00 PM
58	2	Boys U 11 - 400 Metre Sprint	400M		14	1:40:00 PM	2:00:00 PM
59	2	Girls U 12 - 400 Metre Sprint	400M		10	1:50:00 PM	2:10:00 PM
60	1	Boys U 12 - 400 Metre Sprint	400M		4	2:00:00 PM	2:20:00 PM
61	1	Girls U 13 - 400 Metre Sprint	400M		6	2:05:00 PM	2:25:00 PM
62	1	Boys U 13 - 400 Metre Sprint	400M		5	2:10:00 PM	2:30:00 PM
63	1	Girls U 14 - 400 Metre Sprint	400M		8	2:15:00 PM	2:35:00 PM
64	1	Boys U 14 - 400 Metre Sprint	400M		4	2:20:00 PM	2:40:00 PM
65	1	Girls U 15 - 400 Metre Sprint	400M	8	7	2:25:00 PM	2:45:00 PM
66	1	Boys U 15 - 400 Metre Sprint	400M		1	2:30:00 PM	2:50:00 PM
67	1	Girls U 17 - 400 Metre Sprint	400M		6	2:35:00 PM	2:55:00 PM
68	1	Boys U 17 - 400 Metre Sprint	400M		5	2:40:00 PM	3:00:00 PM
69	1	Girls U 8 - 400 Metre Sprint	400M PS		10	2:45:00 PM	3:05:00 PM
70	1	Boys U 8 - 400 Metre Sprint	400M PS		13	2:50:00 PM	3:10:00 PM
71	2	Girls U 9 - 400 Metre Sprint	400M		10	2:55:00 PM	3:15:00 PM
72	2	Boys U 9 - 400 Metre Sprint	400M		12	3:05:00 PM	3:25:00 PM
73	2	Girls U 10 - 400 Metre Sprint	400M		13	3:15:00 PM	3:35:00 PM
74	2	Boys U 10 - 400 Metre Sprint	400M		11	3:25:00 PM	3:45:00 PM
		<b>100m Qualifying Finals</b>					
75	1	Girls U 11 - 100 Metre Sprint	100M Final			3:35:00 PM	3:55:00 PM
76	1	Girls U 12 - 100 Metre Sprint	100M Final			3:38:00 PM	3:58:00 PM
77	1	Girls U 8 - 100 Metre Sprint	100M Final			3:41:00 PM	4:01:00 PM
78	1	Boys U 8 - 100 Metre Sprint	100M Final			3:44:00 PM	4:04:00 PM
79	1	Girls U 9 - 100 Metre Sprint	100M Final			3:47:00 PM	4:07:00 PM
80	1	Boys U 9 - 100 Metre Sprint	100M Final			3:50:00 PM	4:10:00 PM
81	1	Girls U 10 - 100 Metre Sprint	100M Final			3:53:00 PM	4:13:00 PM
82	1	Boys U 10 - 100 Metre Sprint	100M Final			3:56:00 PM	4:16:00 PM
		<b>3000m Timed Finals</b>					
83	1	Girls U 13 - 3000 Metre Run	3000M	14	4	4:10:00 PM	4:30:00 PM
84	1	Girls U 14 - 3000 Metre Run	3000M		2	4:10:00 PM	4:30:00 PM
85	1	Girls U 15 - 3000 Metre Run	3000M		3	4:10:00 PM	4:30:00 PM
86	1	Girls U 17 - 3000 Metre Run	3000M		5	4:10:00 PM	4:30:00 PM
87	1	Boys U 13 - 3000 Metre Run	3000M	17	4	4:25:00 PM	4:45:00 PM
88	1	Boys U 14 - 3000 Metre Run	3000M		5	4:25:00 PM	4:45:00 PM
89	1	Boys U 15 - 3000 Metre Run	3000M		2	4:25:00 PM	4:45:00 PM
90	1	Boys U 17 - 3000 Metre Run	3000M		6	4:25:00 PM	4:45:00 PM

# LAKE MACQUARIE ZONE - SATURDAY EVENTS

## FIELD

Event #	Area	Event description	Event	Combined	Athletes Entry	Marshall Time	Timed Start
	Discus 1	Girls U 10 - Discus Throw (500gm)	Discus	13	12	8:10:00 AM	8:30:00 AM
	Discus 1	Girls U 10 - Discus Throw (500gm) - Multi-Class	Discus		1	8:10:00 AM	8:30:00 AM
	Discus 1	Girls U 8 - Discus Throw (500gm)	Discus		9	9:25:00 AM	9:45:00 AM
	Discus 1	Boys U 14 - Discus Throw (1Kg)	Discus		4	10:40:00 AM	11:00:00 AM
	Discus 1	Boys U 11 - Discus Throw (500gm)	Discus		15	12:10:00 PM	12:30:00 PM
	Discus 2	Boys U 13 - Discus Throw (750gm)	Discus		8	8:25:00 AM	8:45:00 AM
	Discus 2	Boys U 12 - Discus Throw (750gm)	Discus		12	9:40:00 AM	10:00:00 AM
	Discus 2	Boys U 9 - Discus Throw (500gm)	Discus		10	10:55:00 AM	11:15:00 AM
	Discus 2	Girls U 7 - Discus Throw (350gm)	Discus		6	12:10:00 PM	12:30:00 PM
	HJ 1	Boys U 9 - High Jump (S/H 0.85m)	High		15	8:10:00 AM	8:30:00 AM
	HJ 1	Girls U 9 - High Jump (S/H 0.80m)	High		6	9:25:00 AM	9:45:00 AM
	HJ 1	Girls U 11 - High Jump (S/H 1.00m)	High		6	11:10:00 AM	11:30:00 AM
	HJ 2	Girls U 12 - High Jump (S/H 1.15m)	High		5	8:10:00 AM	8:30:00 AM
	HJ 2	Boys U 14 - High Jump (S/H 1.15m)	High		3	9:25:00 AM	9:45:00 AM
	HJ 2	Girls U 13 - High Jump (S/H 1.15m)	High		8	10:40:00 AM	11:00:00 AM
	HJ 2	Girls U 15 - High Jump (S/H 1.20m)	High	2	1	11:55:00 AM	12:15:00 PM
	HJ 2	Girls U 17 - High Jump (S/H 1.25m)	High		1	11:55:00 AM	12:15:00 PM
	JAV	Girls U14 - Javelin (400Gm)	Javelin		5	10:40:00 AM	11:00:00 AM
	JAV	Boys U11 - Javelin (400gm)	Javelin		9	11:55:00 AM	12:15:00 PM
	JAV	Boys U13 - Javelin (500gm)	Javelin		6	1:10:00 PM	1:30:00 PM
	JAV	Boys U 12 - Javelin (400gm)	Javelin	17	6	2:25:00 PM	2:45:00 PM
	JAV	Boys U 15 - Javelin (700 Gm)	Javelin		5	2:25:00 PM	2:45:00 PM
	JAV	Boys U 17 - Javelin (500 Gm)	Javelin		6	2:25:00 PM	2:45:00 PM
	LJ 1	Girls U 14 - Long Jump	Long		6	8:25:00 AM	8:45:00 AM
	LJ 1	Boys U 15 - Long Jump	Long		3	9:40:00 AM	10:00:00 AM
	LJ 1	Boys U 8 - Long Jump	Long		17	10:40:00 AM	11:00:00 AM
	LJ 1	Girls U 10 - Long Jump	Long	22	21	12:10:00 PM	12:30:00 PM
	LJ 1	Girls U 10 - Long Jump - Multi-Class	Long		1	12:10:00 PM	12:30:00 PM
	LJ 1	Girls U 8 - Long Jump	Long		17	2:10:00 PM	2:30:00 PM
	LJ 2	Boys U 17 - Long Jump	Long		5	8:40:00 AM	9:00:00 AM
	LJ 2	Boys U11 - Long Jump	Long		10	9:55:00 AM	10:15:00 AM
	LJ 2	Boys U 12 - Long Jump	Long		8	11:10:00 AM	11:30:00 AM
	LJ 2	Girls U 13 - Long Jump	Long		12	12:25:00 PM	12:45:00 PM
	LJ 2	Boys U 10 - Long Jump	Long		10	1:55:00 PM	2:15:00 PM
	SP 1	Girls U 13 - Shot Put (3.0 Kg)	Shot		3	8:10:00 AM	8:30:00 AM
	SP 1	Boys U 8 - Shot Put (1.5 Kg)	Shot		5	9:25:00 AM	9:45:00 AM
	SP 1	Boys U 17 - Shot Put (5.0 Kg)	Shot	5	4	10:40:00 AM	11:00:00 AM
	SP 1	Boys U 15 - Shot Put (4.0 Kg)	Shot		1	10:40:00 AM	11:00:00 AM
	SP 1	Boys U10 - Shot Put	Shot		6	11:55:00 AM	12:15:00 PM
	SP 1	Girls U 14 - Shot Put (3.0 Kg)	Shot		3	1:10:00 PM	1:30:00 PM
	SP 2	Girls U 11 - Shot Put (2.0 Kg)	Shot		6	8:10:00 AM	8:30:00 AM
	SP 2	Boys U 7 - Shot Put (1.0 Kg)	Shot		6	9:25:00 AM	9:45:00 AM
	SP 2	Girls U12 - Shot Put	Shot	12	11	10:40:00 AM	11:00:00 AM
	SP 2	Girls U12 - Shot Put Multi-Class	Shot		1	10:40:00 AM	11:00:00 AM
	SP 2	Girls U 9 - Shot Put (2.0 Kg)	Shot		5	11:55:00 AM	12:15:00 PM
	TJ	Boys U 14 - Triple Jump	Triple		4	8:25:00 AM	8:45:00 AM
	TJ	Girls U 15 - Triple Jump	Triple	9	6	9:20:00 AM	9:40:00 AM
	TJ	Girls U 17 - Triple Jump	Triple		3	9:20:00 AM	9:40:00 AM
	TJ	Boys U 13 - Triple Jump	Triple		7	10:55:00 AM	11:15:00 AM
	TJ	Girls U12 - Triple Jump	Triple		11	12:25:00 PM	12:45:00 PM
	TJ	Girls U 11 - Triple Jump	Triple		10	1:40:00 PM	2:00:00 PM

## LAKE MACQUARIE ZONE - SUNDAY EVENTS

### TRACK

Event #	# Heats	Event description	Event	Combined	Athletes Entry	Marshal Call Time	Timed Start
142	1	Girls U 10 - 1100 Metre Walk	1100W	26	9	8:10:00 AM	8:30:00 AM
143	1	Boys U 10 - 1100 Metre Walk	1100W		8	8:10:00 AM	8:30:00 AM
144	1	Girls U 11 - 1100 Metre Walk	1100W		5	8:10:00 AM	8:30:00 AM
145	1	Boys U 11 - 1100 Metre Walk	1100W		4	8:10:00 AM	8:30:00 AM
146	1	Girls U 12 - 1500 Metre Walk	1500W	24	7	8:30:00 AM	8:50:00 AM
147	1	Boys U 12 - 1500 Metre Walk	1500W		3	8:30:00 AM	8:50:00 AM
148	1	Girls U 13 - 1500 Metre Walk	1500W		2	8:30:00 AM	8:50:00 AM
149	1	Boys U 13 - 1500 Metre Walk	1500W		4	8:30:00 AM	8:50:00 AM
150	1	Girls U 14 - 1500 Metre Walk	1500W		1	8:30:00 AM	8:50:00 AM
151	1	Girls U 15 - 1500 Metre Walk	1500W		3	8:30:00 AM	8:50:00 AM
152	1	Boys U 17 - 1500 Metre Walk	1500W		4	8:30:00 AM	8:50:00 AM
153	1	Girls U 9 - 700 Metre Walk	700W	6	4	8:45:00 AM	9:05:00 AM
154	1	Boys U 9 - 700 Metre Walk	700W		2	8:45:00 AM	9:05:00 AM
155	1	Girls U 8 - 700 Metre Pack Start	700 PACK	6	3	8:55:00 AM	9:15:00 AM
156	1	Boys U 8 - 700 Metre Pack Start	700 PACK		3	8:55:00 AM	9:15:00 AM
<b>70m Qualifying Heats</b>							
157	1	Girls U 7 - 70 Metre Sprint	70M Final		8	9:05:00 AM	9:25:00 AM
158	1	Boys U 7 - 70 Metre Sprint	70M Final		4	9:08:00 AM	9:28:00 AM
159	1	Girls U 8 - 70 Metre Sprint	70M Final		9	9:11:00 AM	9:31:00 AM
160	1	Boys U 8 - 70 Metre Sprint	70M Final		10	9:14:00 AM	9:34:00 AM
161	1	Girls U 9 - 70 Metre Sprint	70M Final		5	9:17:00 AM	9:37:00 AM
162	2	Boys U 9 - 70 Metre Sprint	70M Heats		17	9:20:00 AM	9:40:00 AM
163	2	Girls U 10 - 70 Metre Sprint	70M Heats		14	9:26:00 AM	9:46:00 AM
164	1	Boys U 10 - 70 Metre Sprint	70M Final		9	9:32:00 AM	9:52:00 AM
<b>Hurdles Final</b>							
165	2	Girls U 12 - 80 Metre Hurdles (68cm)	80mH Heats		11	9:40:00 AM	10:00:00 AM
166	1	Girls U 11 - 80 Metre Hurdles (60cm)	80mH Final		9	9:43:00 AM	10:03:00 AM
167	1	Boys U 11 - 80 Metre Hurdles (60cm)	80mH Final		7	9:48:00 AM	10:08:00 AM
168	1	Boys U 12 - 80 Metre Hurdles (68cm)	80mH Final		7	9:54:00 AM	10:14:00 AM
169	1	Girls U 13 - 80 Metre Hurdles (76cm)	80mH Final		6	9:59:00 AM	10:19:00 AM
170	1	Boys U 13 - 80 Metre Hurdles (76cm)	80mH Final		3	10:02:00 AM	10:22:00 AM
171	1	Boys U 14 - 90 Metre Hurdles (76cm)	90mH Final	3	1	10:10:00 AM	10:30:00 AM
172	1	Girls U 15 - 90 Metre Hurdles (76cm)	90mH Final		2	10:10:00 AM	10:30:00 AM
173	1	Boys U 15 - 100 Metre Hurdles (76cm)	100mH Final	5	2	10:18:00 AM	10:38:00 AM
174	1	Girls U 17 - 100 Metre Hurdles (76cm)	100mH Final		3	10:18:00 AM	10:38:00 AM
175	1	Boys U 17 - 110 Metre Hurdles (76cm)	110mH Final		3	10:26:00 AM	10:46:00 AM
176	1	Girls U 12 - 80 Metre Hurdles (68cm)	80mH Final			10:32:00 AM	10:52:00 AM
<b>70m Qualifying finals</b>							
177	1	Boys U 9 - 70 Metre Sprint	70M Final			10:42:00 AM	11:02:00 AM
178	1	Girls U 10 - 70 Metre Sprint	70M Final			10:45:00 AM	11:05:00 AM
<b>200m Heats</b>							
179	2	Girls U 11 - 200 Metre Sprint	200M Heats		11	10:50:00 AM	11:10:00 AM
180	2	Boys U 11 - 200 Metre Sprint	200M Heats		12	10:56:00 AM	11:16:00 AM
181	2	Girls U 12 - 200 Metre Sprint	200M Heats	14	13	11:02:00 AM	11:22:00 AM
182		Girls U 12 - 200 Metre Sprint - Multi-Class	200M Final		1	11:02:00 AM	11:22:00 AM
183	1	Boys U 12 - 200 Metre Sprint	200M Final		5	11:10:00 AM	11:30:00 AM
184	1	Girls U 13 - 200 Metre Sprint	200M Final		9	11:14:00 AM	11:34:00 AM
185	1	Boys U 13 - 200 Metre Sprint	200M Final		5	11:18:00 AM	11:38:00 AM
186	1	Girls U 14 - 200 Metre Sprint	200M Final		8	11:22:00 AM	11:42:00 AM
187	1	Boys U 14 - 200 Metre Sprint	200M Final		5	11:26:00 AM	11:46:00 AM
188	1	Girls U 15 - 200 Metre Sprint	200M Final		6	11:30:00 AM	11:50:00 AM
189	1	Girls U 17 - 200 Metre Sprint	200M Final		8	11:34:00 AM	11:54:00 AM
190	1	Boys U 17 - 200 Metre Sprint	200M Final		8	11:38:00 AM	11:58:00 AM
191	2	Girls U 9 - 200 Metre Sprint	200M Heats		11	11:42:00 AM	12:02:00 PM
192	2	Boys U 9 - 200 Metre Sprint	200M Heats		11	11:48:00 AM	12:08:00 PM

## LAKE MACQUARIE ZONE - SUNDAY EVENTS

### TRACK

Event #	# Heats	Event description	Event	Combined	Athletes Entry	Marshal Call Time	Timed Start
193	2	Girls U 10 - 200 Metre Sprint	200M Heats	13	12	11:54:00 AM	12:14:00 PM
194	2	Girls U 10 - 200 Metre Sprint - Multi-Class	200M Final		1	11:54:00 AM	12:14:00 PM
195	2	Boys U 10 - 200 Metre Sprint	200M Heats		11	12:02:00 PM	12:22:00 PM
196	1	Girls U 7 - 200 Metre Sprint	200M Final		9	12:08:00 PM	12:28:00 PM
197	1	Boys U 7 - 200 Metre Sprint	200M Final		6	12:12:00 PM	12:32:00 PM
198	1	Girls U 8 - 200 Metre Sprint	200M Final		9	12:16:00 PM	12:36:00 PM
199	2	Boys U 8 - 200 Metre Sprint	200M Heats		12	12:20:00 PM	12:40:00 PM
		<b>Relays</b>					
200	1	Girls U 12-17 4x100 Metre Relay (Snr)	Relay			1:10:00 PM	1:30:00 PM
201	1	Boys U 12-17 4x100 Metre Relay (Snr)	Relay			1:15:00 PM	1:35:00 PM
202	1	Girls U 9-12 4x100 Metre Relay (Jnr)	Relay			1:20:00 PM	1:40:00 PM
203	1	Boys U 9-12 4x100 Metre Relay (Jnr)	Relay			1:25:00 PM	1:45:00 PM
		<b>800m Timed Finals</b>					
204	1	Girls U 11 - 800 Metre Run	800M Final		7	1:40:00 PM	2:00:00 PM
205	1	Boys U 11 - 800 Metre Run	800M Final		11	1:46:00 PM	2:06:00 PM
206	1	Girls U 12 - 800 Metre Run	800M Final		8	1:52:00 PM	2:12:00 PM
207	1	Boys U 12 - 800 Metre Run	800M Final		10	1:58:00 PM	2:18:00 PM
208	1	Girls U 13 - 800 Metre Run	800M Final		5	2:04:00 PM	2:24:00 PM
209	1	Boys U 13 - 800 Metre Run	800M Final		4	2:10:00 PM	2:30:00 PM
210	1	Girls U 14 - 800 Metre Run	800M Final	8	2	2:16:00 PM	2:36:00 PM
211	1	Boys U 14 - 800 Metre Run	800M Final		6	2:16:00 PM	2:36:00 PM
212	1	Girls U 15 - 800 Metre Run	800M Final	7	4	2:22:00 PM	2:42:00 PM
213	1	Boys U 15 - 800 Metre Run	800M Final		3	2:22:00 PM	2:42:00 PM
214	1	Girls U 17 - 800 Metre Run	800M Final		7	2:28:00 PM	2:48:00 PM
215	1	Boys U 17 - 800 Metre Run	800M Final		6	2:34:00 PM	2:54:00 PM
216	1	Girls U 9 - 800 Metre Run	800M Final		11	2:40:00 PM	3:00:00 PM
217	1	Boys U 9 - 800 Metre Run	800M Final		13	2:46:00 PM	3:06:00 PM
218	1	Girls U 10 - 800 Metre Run	800M Final	10	9	2:52:00 PM	3:12:00 PM
219	1	Girls U 10 - 800 Metre Run - Multi-Class	800M Final		1	2:52:00 PM	3:12:00 PM
220	1	Boys U 10 - 800 Metre Run	800M Final		15	2:58:00 PM	3:18:00 PM
		<b>200m Qualifying Finals</b>					
221	1	Boys U 8 - 200 Metre Sprint	200M Final			3:10:00 PM	3:30:00 PM
222	1	Girls U 11 - 200 Metre Sprint	200M Final			3:13:00 PM	3:33:00 PM
223	1	Boys U 11 - 200 Metre Sprint	200M Final			3:16:00 PM	3:36:00 PM
224	1	Girls U 12 - 200 Metre Sprint	200M Final			3:19:00 PM	3:39:00 PM
225	1	Girls U 9 - 200 Metre Sprint	200M Final			3:22:00 PM	3:42:00 PM
226	1	Boys U 9 - 200 Metre Sprint	200M Final			3:25:00 PM	3:45:00 PM
227	1	Girls U 10 - 200 Metre Sprint	200M Final			3:28:00 PM	3:48:00 PM
228	1	Boys U 10 - 200 Metre Sprint	200M Final			3:31:00 PM	3:51:00 PM

# LAKE MACQUARIE ZONE - SUNDAY EVENTS

## FIELD

Event #	Area	Event description	Event	Combined	Athletes Entry	Marshal Call Time	Timed Start
	Discus 1	Boys U 15 - Discus Throw (1Kg)	Discus		4	8:10:00 AM	8:30:00 AM
	Discus 1	Girls U14 - Discus Throw (1kg)	Discus		6	9:25:00 AM	9:45:00 AM
	Discus 1	Boys U10 - Discus Throw (500gm)	Discus		9	10:40:00 AM	11:00:00 AM
	Discus 1	Boys U 17 - Discus Throw (1.5 Kg)	Discus		7	11:55:00 AM	12:15:00 PM
	Discus 1	Girls U 11 - Discus Throw (500gm)	Discus		4	1:40:00 PM	2:00:00 PM
	Discus 1	Girls U 13 - Discus Throw (750gm)	Discus		6	2:40:00 PM	3:00:00 PM
	Discus 2	Girls U12 - Discus Throw (750gm)	Discus	10	9	8:10:00 AM	8:30:00 AM
	Discus 2	Girls U12 - Discus Throw (750gm) - Multi-Class	Discus		1	8:10:00 AM	8:30:00 AM
	Discus 2	Girls U 9 - Discus Throw (500gm)	Discus		8	9:25:00 AM	9:45:00 AM
	Discus 2	Boys U 8 - Discus Throw (500gm)	Discus		6	10:40:00 AM	11:00:00 AM
	Discus 2	Boys U 7 - Discus Throw (350gm)	Discus		6	11:55:00 AM	12:15:00 PM
	HJ 1	Boys U 10 - High Jump (S/H 0.95m)	High		11	8:25:00 AM	8:45:00 AM
	HJ 1	Girls U 10 - High Jump (S/H 0.90m)	High		11	9:40:00 AM	10:00:00 AM
	HJ 1	Boys U 11 - High Jump (S/H 1.05m)	High	12	11	12:10:00 PM	12:30:00 PM
	HJ 1	Boys U15 - High Jump (S/H 1.25m)	High		1	12:10:00 PM	12:30:00 PM
	HJ 2	Boys U17 - High Jump (S/H 1.25m)	High		5	8:40:00 AM	8:30:00 AM
	HJ 2	Girls U 14 - High Jump (S/H 1.20m)	High		2	9:55:00 AM	10:15:00 AM
	HJ 2	Boys U 12 - High Jump (S/H 1.10m)	High		7	10:55:00 AM	11:15:00 AM
	HJ 2	Boys U 13 - High Jump (S/H 1.20m)	High		3	12:40:00 PM	1:00:00 PM
	JAV	Girls U11 - Javelin (400 Gm)	Javelin	13	4	11:40:00 AM	12:00:00 PM
	JAV	Girls U12 - Javelin (400 Gm)	Javelin		9	11:40:00 AM	12:00:00 PM
	JAV	Girls U 13 - Javelin (400 Gm)	Javelin	10	7	1:40:00 PM	2:00:00 PM
	JAV	Boys U 14 - Javelin (600 Gm)	Javelin		2	1:40:00 PM	2:00:00 PM
	JAV	Girls U 15 - Javelin (500 Gm)	Javelin		1	1:40:00 PM	2:00:00 PM
	LJ 1	Girls U 11 - Long Jump	Long		15	8:25:00 AM	8:45:00 AM
	LJ 1	Girls U 15 - Long Jump	Long		7	9:40:00 AM	10:00:00 AM
	LJ 1	Girls U 9 - Long Jump	Long		9	10:55:00 AM	11:15:00 AM
	LJ 1	Girls U 7 - Long Jump	Long		9	12:10:00 PM	12:30:00 PM
	LJ 1	Girls U 17 - Long Jump	Long		3	1:40:00 PM	2:00:00 PM
	LJ 2	Boys U 14 - Long Jump	Long	14	5	8:10:00 AM	8:30:00 AM
	LJ 2	Girls U12 - Long Jump	Long		13	9:55:00 AM	10:15:00 AM
	LJ 2	Girls U12 - Long Jump - Multi-Class	Long		1	9:55:00 AM	10:15:00 AM
	LJ 2	Boys U 13 - Long Jump	Long		6	11:10:00 AM	11:30:00 AM
	LJ 2	Boys U9 - Long Jump	Long		18	12:25:00 PM	12:45:00 PM
	LJ 2	Boys U 7 - Long Jump	Long		10	2:10:00 PM	2:30:00 PM
	SP 1	Girls U 7 - Shot Put (1.0 Kg)	Shot	10	5	8:10:00 AM	8:30:00 AM
	SP 1	Girls U 8 - Shot Put (1.5 Kg)	Shot		5	8:10:00 AM	8:30:00 AM
	SP 1	Boys U9 - Shot Put	Shot		7	9:25:00 AM	9:45:00 AM
	SP 1	Boys U11 - Shot Put	Shot		4	10:40:00 AM	11:00:00 AM
	SP 1	Girls U 10 - Shot Put (2.0 Kg)	Shot		7	11:55:00 AM	12:15:00 PM
	SP 2	Boys U 13 - Shot Put (3.0 Kg)	Shot	3	4	8:40:00 AM	9:00:00 AM
	SP 2	Boys U 12 - Shot Put (2.0 Kg)	Shot		9	9:55:00 AM	10:15:00 AM
	SP 2	Girls U 15 - Shot Put (3.0 Kg)	Shot		2	11:10:00 AM	11:30:00 AM
	SP 2	Boys U 14 - Shot Put (3.0 Kg)	Shot		2	11:10:00 AM	11:30:00 AM
	TJ	Girls U 13 - Triple Jump	Triple	12	11	8:25:00 AM	8:45:00 AM
	TJ	Boys U11 - Triple Jump	Triple		5	9:40:00 AM	10:00:00 AM
	TJ	Boys U 15 - Triple Jump	Triple		3	9:40:00 AM	10:00:00 AM
	TJ	Boys U 17 - Triple Jump	Triple		4	9:40:00 AM	10:00:00 AM
	TJ	Girls U 14 - Triple Jump	Triple		6	11:25:00 AM	11:45:00 AM
	TJ	Boys U 12 - Triple Jump	Triple		9	1:40:00 PM	2:00:00 PM