

2024/2025 LANSW Region 5 Athletics Championships

Sydney Olympic Park Athletics Centre (SOPAC)

Final Program

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.

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.

ORDER OF EVENTS - TRACK FRIDAY 7th FEBRUARY, 2025

Not Before Time

6:45 PM	* T#1	13 Girls	3000m	Final
	* T#2	13 Boys	3000m	Final
	* T#3	14 Girls	3000m	Final
	* T#4	14 Boys	3000m	Final
	* T#5	15 Girls	3000m	Final
	* T#6	15 Boys	3000m	Final
	* T#7	16 Girls	3000m	Final
	* T#8	16 Boys	3000m	Final
	* T#9	17 Girls	3000m	Final
	* T#10	17 Boys	3000m	Final

* Age groups will be combined, with the grouping to be determined on-site

All athletes are to arrive by 6:15 for a potential 6:45 start.

ORDER OF EVENTS - TRACK SATURDAY 8th FEBRUARY, 2025

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.

Not Before Time

8:00 AM	T#11	8 Girls	700m Pack Start	Final
	T#12	8 Boys	700m Pack Start	Final
	T#13	11 Girls	1500m	Final
	T#14	11 Boys	1500m	Final
	T#15	12 Girls	1500m	Final
	T#16	12 Boys	1500m	Final
	T#17	13 Girls	1500m	Final
	T#18	13 Boys	1500m	Final
	T#19	14 Girls	1500m	Final
	T#20	14 Boys	1500m	Final
	T#21	15 Girls	1500m	Final
	T#22	15 Boys	1500m	Final
	T#23	16 Girls	1500m	Final
	T#24	16 Boys	1500m	Final
	T#25	17 Girls	1500m	Final
	T#26	17 Boys	1500m	Final
	T#26	20 Boys	1500m	Final
9:45 AM	T#27	8 Girls	60m Hurdles	Heats
	T#28	8 Boys	60m Hurdles	Heats
	T#29	9 Girls	60m Hurdles	Heats
	T#30	9 Boys	60m Hurdles	Heats
	T#31	10 Girls	60m Hurdles	Heats
	T#32	10 Boys	60m Hurdles	Heats
	T#33	11 Girls	80m Hurdles	Heats
	T#34	11 Boys	80m Hurdles	Heats
	T#35	12 Girls	80m Hurdles	Heats
	T#36	12 Boys	80m Hurdles	Heats

11:15 AM	T#37	8 Girls	60m Hurdles	Final
	T#38	8 Boys	60m Hurdles	Final
	T#39	9 Girls	60m Hurdles	Final
	T#40	9 Boys	60m Hurdles	Final
	T#41	10 Girls	60m Hurdles	Final
	T#42	10 Boys	60m Hurdles	Final
	T#43	11 Girls	80m Hurdles	Final
	T#44	11 Boys	80m Hurdles	Final
	T#45	12 Girls	80m Hurdles	Final
	T#46	12 Boys	80m Hurdles	Final
12:05 PM	T#47	17 Girls	400m Hurdles	Timed Finals
	T#47	20 Girls	400m Hurdles	Timed Finals
	T#48	17 Boys	400m Hurdles	Timed Finals
	T#48	20 Boys	400m Hurdles	Timed Finals
	T#49	16 Girls	400m Hurdles	Timed Finals
	T#50	16 Boys	400m Hurdles	Timed Finals
	T#51	15 Girls	300m Hurdles	Timed Finals
	T#52	15 Boys	300m Hurdles	Timed Finals
	T#53	14 Girls	300m Hurdles	Timed Finals
	T#54	14 Boys	300m Hurdles	Timed Finals
	T#55	13 Girls	200m Hurdles	Timed Finals
	T#56	13 Boys	200m Hurdles	Timed Finals
1:05 PM	T#57	8 Girls	100m	Heats
	T#58	8 Boys	100m	Heats
	T#59	9 Girls	100m	Heats
	T#60	9 Boys	100m	Heats
	T#61	10 Girls	100m	Heats
	T#62	10 Boys	100m	Heats
	T#63	11 Girls	100m	Heats
	T#64	11 Boys	100m	Heats
	T#65	12 Girls	100m	Heats
	T#66	12 Boys	100m	Heats
	T#67	13 Girls	100m	Heats
	T#68	13 Boys	100m	Heats
	T#69	14 Girls	100m	Heats
	T#70	14 Boys	100m	Heats
	T#71	15 Girls	100m	Heats
	T#72	15 Boys	100m	Heats
	T#73	16 Girls	100m	Straight Final to be held at event T#101
	T#74	16 Boys	100m	Straight Final to be held at event T#102
	T#75	17 Girls	100m	Straight Final to be held at event T#103
	T#75	20 Girls	100m	Straight Final to be held at event T#103
	T#76	17 Boys	100m	Heats
	T#76	20 Boys	100m	Straight Final to be held at event T#104
BREAK				
3:05 PM	T#77	9/10 Girls	Multi Class 100m	Timed Finals
	T#78	9/10 Boys	Multi Class 100m	Timed Finals
	T#79	11/12 Girls	Multi Class 100m	Timed Finals
	T#80	11/12 Boys	Multi Class 100m	Timed Finals
	T#81	13/14 Girls	Multi Class 100m	Timed Finals
	T#82	13/14 Boys	Multi Class 100m	Timed Finals
	T#83	15/17 Girls	Multi Class 100m	Timed Finals
	T#83	20 Girls	Multi Class 100m	Timed Finals
	T#84	15/17 Boys	Multi Class 100m	Timed Finals
	T#84	20 Boys	Multi Class 100m	Timed Finals
3:05 PM	T#85	8 Girls	100m	Final
	T#86	8 Boys	100m	Final
	T#87	9 Girls	100m	Final
	T#88	9 Boys	100m	Final
	T#89	10 Girls	100m	Final
	T#90	10 Boys	100m	Final
	T#91	11 Girls	100m	Final
	T#92	11 Boys	100m	Final
	T#93	12 Girls	100m	Final
	T#94	12 Boys	100m	Final
	T#95	13 Girls	100m	Final
	T#96	13 Boys	100m	Final
	T#97	14 Girls	100m	Final
	T#98	14 Boys	100m	Final

	T#99	15 Girls	100m	Final
	T#100	15 Boys	100m	Final
	T#101	16 Girls	100m	Straight Final
	T#102	16 Boys	100m	Straight Final
	T#103	17 Girls	100m	Straight Final
	T#103	20 Girls	100m	Straight Final
	T#104	17 Boys	100m	Straight Final
	T#104	20 Boys	100m	Straight Final
3:45 PM	T#105	9/10 Girls	Multi Class 400m	Timed Finals
	T#106	9/10 Boys	Multi Class 400m	Timed Finals
	T#107	11/12 Girls	Multi Class 400m	Timed Finals
	T#108	11/12 Boys	Multi Class 400m	Timed Finals
	T#109	13/14 Girls	Multi Class 400m	Timed Finals
	T#110	13/14 Boys	Multi Class 400m	Timed Finals
	T#111	15/17 Girls	Multi Class 400m	Timed Finals
	T#112	15/17 Boys	Multi Class 400m	Timed Finals
3:55 PM	T#113	9 Girls	400m	Timed Finals
	T#114	9 Boys	400m	Timed Finals
	T#115	10 Girls	400m	Timed Finals
	T#116	10 Boys	400m	Timed Finals
	T#117	11 Girls	400m	Timed Finals
	T#118	11 Boys	400m	Timed Finals
	T#119	12 Girls	400m	Timed Finals
	T#120	12 Boys	400m	Timed Finals
	T#121	13 Girls	400m	Timed Finals
	T#122	13 Boys	400m	Timed Finals
	T#123	14 Girls	400m	Timed Finals
	T#124	14 Boys	400m	Timed Finals
	T#125	15 Girls	400m	Timed Finals
	T#126	15 Boys	400m	Timed Finals
5:25 PM	T#127	16 Girls	400m	Timed Finals
	T#128	16 Boys	400m	Timed Finals
	T#129	17 Girls	400m	Timed Finals
	T#129	20 Girls	400m	Timed Finals
	T#130	17 Boys	400m	Timed Finals
	T#130	20 Boys	400m	Timed Finals

Note: Track events T#73, T#74, T#75, T#76 (20s only) will be run as straight finals at the finals time.

Note: Track events T#23, T#47, T#50, T#79, T#80, T#81, T#83, T#106-112, T#130 have been removed as there were no entrants.

ORDER OF EVENTS - TRACK SUNDAY 9th FEBRUARY, 2025

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.

Not Before Time

8:00 AM	T#301	9 Girls	700m Walk	Final
	T#302	9 Boys	700m Walk	Final
8:15 AM	T#303	10 Girls	1100m Walk	Final
	T#304	10 Boys	1100m Walk	Final
	T#305	11 Girls	1100m Walk	Final
	T#306	11 Boys	1100m Walk	Final
9:00 AM	T#307	12 Girls	1500m Walk	Final
	T#308	12 Boys	1500m Walk	Final
	T#309	13 Girls	1500m Walk	Final
	T#310	13 Boys	1500m Walk	Final
	T#311	14 Girls	1500m Walk	Final
	T#312	14 Boys	1500m Walk	Final
	T#313	15 Girls	1500m Walk	Final
	T#314	15 Boys	1500m Walk	Final
	T#315	16 Girls	1500m Walk	Final
	T#316	16 Boys	1500m Walk	Final
	T#317	17 Girls	1500m Walk	Final
	T#317	20 Girls	1500m Walk	Final
	T#318	17 Boys	1500m Walk	Final
	T#318	20 Boys	1500m Walk	Final
9:55 AM	T#319	8 Girls	400m Pack Start	Timed Finals
	T#320	8 Boys	400m Pack Start	Timed Finals
10:05 AM	T#321	9 Girls	800m	Final
	T#322	9 Boys	800m	Final
	T#323	10 Girls	800m	Final
	T#324	10 Boys	800m	Final
	T#325	11 Girls	800m	Final
	T#326	11 Boys	800m	Final
	T#327	12 Girls	800m	Final
	T#328	12 Boys	800m	Final
	T#329	13 Girls	800m	Final
	T#330	13 Boys	800m	Final
	T#331	14 Girls	800m	Final
	T#332	14 Boys	800m	Final
	T#333	15 Girls	800m	Final
	T#334	15 Boys	800m	Final
	T#335	16 Girls	800m	Final
	T#336	16 Boys	800m	Final
	T#337	17 Girls	800m	Final
	T#337	20 Girls	800m	Final
	T#338	17 Boys	800m	Final
	T#338	20 Boys	800m	Final
11:15 AM	T#339	9/10 Girls	Multi-Class-800m	Timed-Finals
	T#340	9/10 Boys	Multi-Class-800m	Timed-Finals
	T#341	11/12 Girls	Multi-Class-800m	Timed-Finals
	T#342	11/12 Boys	Multi-Class-800m	Timed-Finals
	T#343	13/14 Girls	Multi-Class-800m	Timed-Finals
	T#344	13/14 Boys	Multi-Class-800m	Timed-Finals
	T#345	15/17 Girls	Multi-Class-800m	Timed-Finals
	T#345	20 Girls	Multi-Class-800m	Timed-Finals
	T#346	15/17 Boys	Multi-Class-800m	Timed-Finals
	T#346	20 Boys	Multi-Class-800m	Timed-Finals
11:25 AM	T#347	8 Girls	70m	Heats
	T#348	8 Boys	70m	Heats
	T#349	9 Girls	70m	Heats
	T#350	9 Boys	70m	Heats
	T#351	10 Girls	70m	Heats
	T#352	10 Boys	70m	Heats

11:50 AM	T#353	13 Girls	80 Metre Hurdles	Heats
	T#354	13 Boys	90 Metre Hurdles	Heats
	T#355	14 Girls	90 Metre Hurdles	Heats
	T#356	15 Girls	90 Metre Hurdles	Heats
	T#357	14 Boys	100 Metre Hurdles	Heats
	T#358	15 Boys	100 Metre Hurdles	Straight Final to be held at event T#368
	T#359	16 Girls	100 Metre Hurdles	Straight Final to be held at event T#369
	T#360	17 Girls	100 Metre Hurdles	Straight Final to be held at event T#370
	T#360	20 Girls	100 Metre Hurdles	Straight Final to be held at event T#370
	T#361	16 Boys	110 Metre Hurdles	Straight Final to be held at event T#371
	T#362	17 Boys	110 Metre Hurdles	Straight Final to be held at event T#372
	T#362	20 Boys	110 Metre Hurdles	Straight Final to be held at event T#372
Break for Officials				
1:15 PM	T#363	13 Girls	80 Metre Hurdles	Final
	T#364	13 Boys	90 Metre Hurdles	Final
	T#365	14 Girls	90 Metre Hurdles	Final
	T#366	15 Girls	90 Metre Hurdles	Final
	T#367	14 Boys	100 Metre Hurdles	Final
	T#368	15 Boys	100 Metre Hurdles	Straight Final
	T#369	16 Girls	100 Metre Hurdles	Straight Final
	T#370	17 Girls	100 Metre Hurdles	Straight Final
	T#370	20 Girls	100 Metre Hurdles	Straight Final
	T#371	16 Boys	110 Metre Hurdles	Straight Final
	T#372	17 Boys	110 Metre Hurdles	Straight Final
	T#372	20 Boys	110 Metre Hurdles	Straight Final
1:55 PM	T#373	8 Girls	70m	Final
	T#374	8 Boys	70m	Final
	T#375	9 Girls	70m	Final
	T#376	9 Boys	70m	Final
	T#377	10 Girls	70m	Final
	T#378	10 Boys	70m	Final
2:15 PM	T#379	11 Girls	200m	Heats
	T#380	11 Boys	200m	Heats
	T#381	12 Girls	200m	Heats
	T#382	12 Boys	200m	Heats
	T#383	13 Girls	200m	Heats
	T#384	13 Boys	200m	Heats
	T#385	8 Girls	200m	Heats
	T#386	8 Boys	200m	Heats
	T#387	9 Girls	200m	Heats
	T#388	9 Boys	200m	Heats
	T#389	10 Girls	200m	Heats
	T#390	10 Boys	200m	Heats
	T#391	14 Girls	200m	Heats
	T#392	14 Boys	200m	Heats
	T#393	15 Girls	200m	Heats
	T#394	15 Boys	200m	Heats
	T#395	16 Girls	200m	Straight Final to be held at event T#423
	T#396	16 Boys	200m	Straight Final to be held at event T#424
	T#397	17 Girls	200m	Straight Final to be held at event T#425
	T#397	20 Girls	200m	Heats
	T#398	17 Boys	200m	Straight Final to be held at event T#426
	T#398	20 Boys	200m	Straight Final to be held at event T#426
4:00 PM	T#399	9/10 Girls	Multi Class 200m	Timed Finals
	T#400	9/10 Boys	Multi Class 200m	Timed Finals
	T#401	11/12 Girls	Multi Class 200m	Timed Finals
	T#402	11/12 Boys	Multi Class 200m	Timed Finals
	T#403	13/14 Girls	Multi Class 200m	Timed Finals
	T#404	13/14 Boys	Multi Class 200m	Timed Finals
	T#405	15/17 Girls	Multi Class 200m	Timed Finals
	T#405	20 Girls	Multi Class 200m	Timed Finals
	T#406	15/17 Boys	Multi Class 200m	Timed Finals
	T#406	20 Boys	Multi Class 200m	Timed Finals

4:05 PM	T#407	8 Girls	200m	Final
	T#408	8 Boys	200m	Final
	T#409	9 Girls	200m	Final
	T#410	9 Boys	200m	Final
	T#411	10 Girls	200m	Final
	T#412	10 Boys	200m	Final
	T#413	11 Girls	200m	Final
	T#414	11 Boys	200m	Final
	T#415	12 Girls	200m	Final
	T#416	12 Boys	200m	Final
	T#417	13 Girls	200m	Final
	T#418	13 Boys	200m	Final
	T#419	14 Girls	200m	Final
	T#420	14 Boys	200m	Final
	T#421	15 Girls	200m	Final
	T#422	15 Boys	200m	Final
	T#423	16 Girls	200m	Straight Final
	T#424	16 Boys	200m	Straight Final
	T#425	17 Girls	200m	Straight Final
	T#425	20 Girls	200m	Final
	T#426	17 Boys	200m	Straight Final
	T#426	20 Boys	200m	Straight Final
4:55 PM	T#427	9's - 12's Girls	4 x 100m Relay	Final
	T#428	9's - 12's Boys	4 x 100m Relay	Final
	T#429	13's - 17's Girls	4 x 100m Relay	Final
	T#430	13's - 17's Boys	4 x 100m Relay	Final

Note: Track events T#358-362, T#395-397, T#398 will be run as straight finals at the finals time.

Note: Track events T#318, T#339-346, T#397 (20s only), T#400-403, T#405, T#425 have been removed as there were no entrants.

2024/2025 LANSW Region 5 Athletics Championships

Sydney Olympic Park Athletics Centre (SOPAC)

Final Program

FIELD PROGRAM - Saturday 8th February 2025

PLEASE NOTE: Times shown are 'NOT TO START BEFORE' times (i.e. warm ups may be carried out earlier and events may start later)

MARSHALLING FOR FIRST EVENTS WILL COMMENCE AT **7:40am**

Javelin						Long/Triple Jump					
204	13	Girls	Javelin (400g)	*8:00	Javelin	207	12	Boys	Long Jump	*8:00	Long Jump 1
216	MC	Mixed	Javelin	9:30	Javelin	208	16	Boys	Long Jump	*8:00	Long Jump 2
226	12	Girls	Javelin (400g)	10:15	Javelin	209	17 & 20	Boys	Long Jump	*8:00	Long Jump 2
235	11	Girls	Javelin (400g)	11:45	Javelin	210	14	Girls	Triple Jump	*8:00	Triple Jump 1
243	12	Boys	Javelin (400g)	13:15	Javelin	211	14	Boys	Triple Jump	*8:00	Triple Jump 2
254	11	Boys	Javelin (400g)	14:45	Javelin						
257	13	Boys	Javelin (600g)	16:15	Javelin						
Discus						219	11	Boys	Long Jump	9:45	Long Jump 1
201	12	Girls	Discus (750g)	*8:00	Discus 1	220	13	Girls	Long Jump	9:45	Long Jump 2
202	16	Girls	Discus (1kg)	*8:00	Discus 2	221	13	Boys	Triple Jump	9:45	Triple Jump 1
203	17 & 20	Girls	Discus (1kg)	*8:00	Discus 2	222	16	Girls	Triple Jump	9:45	Triple Jump 2
						223	17 & 20	Girls	Triple Jump	9:45	Triple Jump 2
214	11	Girls	Discus (500g)	9:30	Discus 1	231	8	Boys	Long Jump	11:30	Long Jump 1
215	15	Boys	Discus (1kg)	9:30	Discus 2	232	14	Girls	Long Jump	11:30	Long Jump 2
						233	15	Girls	Triple Jump	11:30	Triple Jump 1
227	8	Girls	Discus (500g)	11:00	Discus 1	234	15	Boys	Triple Jump	11:30	Triple Jump 2
228	12	Boys	Discus (750g)	11:00	Discus 2	244	8	Girls	Long Jump	13:15	Long Jump 1
						245	12	Girls	Long Jump	13:15	Long Jump 2
239	11	Boys	Discus (500g)	12:30	Discus 1						
240	14	Boys	Discus (1kg)	12:30	Discus 2	255	11	Girls	Long Jump	15:00	Long Jump 1
						256	MC	Mixed	Long Jump	15:00	Long Jump 2
246	15	Girls	Discus (1kg)	14:00	Discus 1						
247	16	Boys	Discus (1.5kg)	14:00	Discus 2						
248	17 & 20	Boys	Discus (1.5kg)	14:00	Discus 2						
Shot Put						High Jump					
205	9	Girls	Shot Put (2kg)	*8:00	Shot 1	212	10	Boys	High Jump Sc	*8:00	High Jump 1 - Scissor
206	9	Boys	Shot Put (2kg)	*8:00	Shot 2	213	15	Girls	High Jump	*8:00	High Jump 2
217	8	Boys	Shot Put (1.5kg)	9:30	Shot 1	224	9	Boys	High Jump Sc	10:00	High Jump 1 - Scissor
218	10	Girls	Shot Put (2kg)	9:30	Shot 2	225	14	Boys	High Jump	10:00	High Jump 2
229	10	Boys	Shot Put (2kg)	11:00	Shot 1	236	9	Girls	High Jump Sc	12:00	High Jump 1 - Scissor
230	MC	Mixed	Shot Put	11:00	Shot 2	237	16	Boys	High Jump	12:00	High Jump 2
						238	17 & 20	Boys	High Jump	12:00	High Jump 2
241	13	Girls	Shot Put (3kg)	12:30	Shot 1						
242	13	Boys	Shot Put (3kg)	12:30	Shot 2	252	10	Girls	High Jump Sc	14:00	High Jump 1 - Scissor
						253	15	Boys	High Jump	14:00	High Jump 2
249	14	Girls	Shot Put (3kg)	14:00	Shot 1						
250	16	Girls	Shot Put (3kg)	14:00	Shot 2						
251	17 & 20	Girls	Shot Put (3kg)	14:00	Shot 2						

*** For first event only please go direct to field event area.**

For all other events please report to the Field Marshalling Tent.

Note: Program information for State Championships for ages 13 and above was not available at the time of putting this program together, therefore the days of each event may or may not correspond with the same days of the State Championships.

All events marked with * will be the first field event of the day. For these events each day athletes will proceed directly to their event for marshalling at the competition area.

Competitors in all these events should be ready for the first call by 7:40am.

For all other field event marshalling competitors must make their way to the designated field marshalling area.

Athletes need to arrive at the ground at least 60 minutes prior to the "Not Before" Start time listed for their event.

2024/2025 LANSW Region 5 Athletics Championships

Sydney Olympic Park Athletics Centre (SOPAC)

Final Program

FIELD PROGRAM - Sunday 9th February 2025

PLEASE NOTE: Times shown are 'NOT TO START BEFORE' times (i.e. warm ups may be carried out earlier and events may start later)

MARSHALLING FOR FIRST EVENTS WILL COMMENCE AT **7:40am**

Javelin						Long/Triple Jump					
503	14	Boys	Javelin (700g)	*8:00	Javelin	507	15	Boys	Long Jump	*8:00	Long Jump 1
516	15	Girls	Javelin (500g)	9:30	Javelin	508	16	Girls	Long Jump	*8:00	Long Jump 2
529	14	Girls	Javelin (500g)	11:00	Javelin	509	17 & 20	Girls	Long Jump	*8:00	Long Jump 2
540	16	Girls	Javelin (500g)	12:30	Javelin	510	11	Boys	Triple Jump	*8:00	Triple Jump 1
541	17 & 20	Girls	Javelin (500g)	12:30	Javelin	511	12	Girls	Triple Jump	*8:00	Triple Jump 2
547	15	Boys	Javelin (700g)	14:00	Javelin						
552	17	Boys	Javelin (700g)	15:30	Javelin	519	9	Girls	Long Jump	9:45	Long Jump 1
553	16 & 20	Boys	Javelin (700g)	15:30	Javelin	520	10	Boys	Long Jump	9:45	Long Jump 2
						521	13	Girls	Triple Jump	9:45	Triple Jump 1
						522	16	Boys	Triple Jump	9:45	Triple Jump 2
						523	17 & 20	Boys	Triple Jump	9:45	Triple Jump 2
Discus						532	9	Boys	Long Jump	11:30	Long Jump 1
501	9	Girls	Discus (500g)	*8:00	Discus 1	533	15	Girls	Long Jump	11:30	Long Jump 2
502	13	Girls	Discus (750g)	*8:00	Discus 2	534	11	Girls	Triple Jump	11:30	Triple Jump 1
514	9	Boys	Discus (500g)	9:30	Discus 1	535	12	Boys	Triple Jump	11:30	Triple Jump 2
515	13	Boys	Discus (750g)	9:30	Discus 2	544	10	Girls	Long Jump	13:15	Long Jump 1
527	8	Boys	Discus (500g)	11:00	Discus 1	545	14	Boys	Long Jump	13:15	Long Jump 2
528	10	Girls	Discus (500g)	11:00	Discus 2	551	13	Boys	Long Jump	15:00	Long Jump 1
538	10	Boys	Discus (500g)	12:30	Discus 1						
539	14	Girls	Discus (1kg)	12:30	Discus 2						
546	MC	Mixed	Discus	14:00	Discus 1						
Shot Put						High Jump					
504	15	Girls	Shot Put (3kg)	*8:00	Shot 1	512	12	Boys	High Jump	*8:00	High Jump 1
505	16	Boys	Shot Put (5kg)	*8:00	Shot 2	513	14	Girls	High Jump	*8:00	High Jump 2
506	17 & 20	Boys	Shot Put (5kg)	*8:00	Shot 2	524	12	Girls	High Jump	10:00	High Jump 1
517	8	Girls	Shot Put (1.5kg)	9:30	Shot 1	525	16	Girls	High Jump	10:00	High Jump 2
518	11	Girls	Shot Put (2kg)	9:30	Shot 2	526	17 & 20	Girls	High Jump	10:00	High Jump 2
530	11	Boys	Shot Put (2kg)	11:00	Shot 1	536	13	Girls	High Jump	12:00	High Jump 1
531	14	Boys	Shot Put (4kg)	11:00	Shot 2	537	13	Boys	High Jump	12:00	High Jump 2
542	12	Girls	Shot Put (2kg)	12:30	Shot 1	549	11	Girls	High Jump	14:00	High Jump 1
543	15	Boys	Shot Put (4kg)	12:30	Shot 2	550	11	Boys	High Jump	14:00	High Jump 2
548	12	Boys	Shot Put (2kg)	14:00	Shot 1						

* For first event only please go direct to field event area.

For all other events please report to the Field Marshalling Tent.

Note: Program information for State Championships for ages 13 and above was not available at the time of putting this program together, therefore the days of each event may or may not correspond with the same days of the State Championships.

All events marked with * will be the first field event of the day. For these events each day athletes will proceed directly to their event for marshalling at the competition area.

Competitors in all these events should be ready for the first call by 7:40am.

For all other field event marshalling competitors must make their way to the designated field marshalling area.

Athletes need to arrive at the ground at least 60 minutes prior to the "Not Before" Start time listed for their event.

Times listed are NOT BEFORE times - Events will not commence the first trial before this time but may start after this time.

Marshalling and warm ups are excluded from the "Not Before" times and therefore may commence beforehand.