

2023/2024 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.

ORDER OF EVENTS - TRACK SATURDAY 10th FEBRUARY, 2024

Not Before Time

8:00 AM	T#1	U8	Girls	700m Pack Start	Final
	T#2	U8	Boys	700m Pack Start	Final
	T#3	U11	Girls	1500m	Final
	T#4	U11	Boys	1500m	Final
	T#5	U12	Girls	1500m	Final
	T#6	U12	Boys	1500m	Final
	T#7	U13	Girls	1500m	Final
	T#8	U13	Boys	1500m	Final
8:50 AM	T#9	U14	Girls	1500m	Final
	T#10	U14	Boys	1500m	Final
	T#11	U15	Girls	1500m	Final
	T#12	U15	Boys	1500m	Final
	T#13	U17	Girls	1500m	Final
	T#14	U17	Boys	1500m	Final
9:35 AM	T#15	U8	Girls	60m Hurdles	Heats
	T#16	U8	Boys	60m Hurdles	Heats
	T#17	U9	Girls	60m Hurdles	Heats
	T#18	U9	Boys	60m Hurdles	Heats
	T#19	U10	Girls	60m Hurdles	Heats
	T#20	U10	Boys	60m Hurdles	Heats
10:15 AM	T#21	U11	Girls	80m Hurdles	Heats
	T#22	U11	Boys	80m Hurdles	Heats
	T#23	U12	Girls	80m Hurdles	Heats
	T#24	U12	Boys	80m Hurdles	Heats
10:55 AM	T#25	U8	Girls	60m Hurdles	Final
	T#26	U8	Boys	60m Hurdles	Final
	T#27	U9	Girls	60m Hurdles	Final
	T#28	U9	Boys	60m Hurdles	Final
	T#29	U10	Girls	60m Hurdles	Final
	T#30	U10	Boys	60m Hurdles	Final
11:20 AM	T#31	U11	Girls	80m Hurdles	Final
	T#32	U11	Boys	80m Hurdles	Final
	T#33	U12	Girls	80m Hurdles	Final
	T#34	U12	Boys	80m Hurdles	Final
11:45 AM	T#35	U17	Girls	300m Hurdles	Timed Finals
	T#36	U17	Boys	300m Hurdles	Timed Finals
	T#37	U15	Girls	300m Hurdles	Final
	T#38	U15	Boys	300m Hurdles	Final
	T#39	U14	Girls	200m Hurdles	Timed Finals
	T#40	U14	Boys	200m Hurdles	Final
	T#41	U13	Girls	200m Hurdles	Timed Finals
	T#42	U13	Boys	200m Hurdles	Timed Finals
12:40 PM	T#43	U8	Girls	100m	Heats
	T#44	U8	Boys	100m	Heats
	T#45	U9	Girls	100m	Heats
	T#46	U9	Boys	100m	Heats
	T#47	U10	Girls	100m	Heats
	T#48	U10	Boys	100m	Heats
	T#49	U11	Girls	100m	Heats
	T#50	U11	Boys	100m	Heats
1:05 PM	T#51	U12	Girls	100m	Heats
	T#52	U12	Boys	100m	Heats
	T#53	U13	Girls	100m	Heats
	T#54	U13	Boys	100m	Heats

	T#55	U14	Girls	100m	Heats
	T#56	U14	Boys	100m	Heats
	T#57	U15	Girls	100m	Heats
	T#58	U15	Boys	100m	Heats
	T#59	U17	Girls	100m	Heats
	T#60	U17	Boys	100m	Heats
1:55 PM	T#61	U9	Girls	400m	Timed Finals
	T#62	U9	Boys	400m	Timed Finals
	T#63	U10	Girls	400m	Timed Finals
	T#64	U10	Boys	400m	Timed Finals
	T#65	U11	Girls	400m	Timed Finals
	T#66	U11	Boys	400m	Timed Finals
	T#67	U12	Girls	400m	Timed Finals
	T#68	U12	Boys	400m	Timed Finals
2:45 PM	T#69	U13	Girls	## 400m	Timed Finals
	T#70	U13	Boys	## 400m	Timed Finals
	T#71	U14	Girls	## 400m	Timed Finals
	T#72	U14	Boys	## 400m	Timed Finals
	T#73	U15	Girls	## 400m	Timed Finals
	T#74	U15	Boys	## 400m	Timed Finals
	T#75	U17	Girls	## 400m	Timed Finals
	T#76	U17	Boys	## 400m	Timed Finals
3:35 PM	T#77	U9/10	Girls	Multi-Class 400m	no competitors
	T#78	U9/10	Boys	Multi-Class 400m	no competitors
	T#79	U11/12	Girls	Multi-Class 400m	no competitors
	T#80	U11/12	Boys	Multi-Class 400m	no competitors
	T#81	U13/14	Girls	Multi-Class 400m	no competitors
	T#82	U13/14	Boys	Multi-Class 400m	no competitors
	T#83	U15/17	Girls	Multi-Class 400m	no competitors
	T#84	U15/17	Boys	Multi Class 400m	Timed Final
3:55 PM	T#85	U8	Girls	100m	Final
	T#86	U8	Boys	100m	Final
	T#87	U9	Girls	100m	Final
	T#88	U9	Boys	100m	Final
	T#89	U10	Girls	100m	Final
	T#90	U10	Boys	100m	Final
	T#91	U11	Girls	100m	Final
	T#92	U11	Boys	100m	Final
	T#93	U12	Girls	100m	Final
	T#94	U12	Boys	100m	Final
	T#95	U13	Girls	100m	Final
	T#96	U13	Boys	100m	Final
	T#97	U14	Girls	100m	Final
	T#98	U14	Boys	100m	Final
	T#99	U15	Girls	100m	Final
	T#100	U15	Boys	100m	Final
	T#101	U17	Girls	100m	Final
	T#102	U17	Boys	100m	Final
	T#103	U9/10	Girls	Multi Class 100m	Timed Final
	T#104	U9/10	Boys	Multi-Class 100m	no competitors
	T#105	U11/12	Girls	Multi-Class 100m	no competitors
	T#106	U11/12	Boys	Multi Class 100m	Timed Final
	T#107	U13/14	Girls	Multi Class 100m	Timed Final
	T#108	U13/14	Boys	Multi Class 100m	Timed Final
	T#109	U15/17	Girls	Multi-Class 100m	no competitors
	T#110	U15/17	Boys	Multi Class 100m	Timed Final
5:00 PM	T#111	U13	Girls	## 3000m	Final
	T#112	U13	Boys	## 3000m	Final
	T#113	U14	Girls	## 3000m	Final
	T#114	U14	Boys	## 3000m	Final
	T#115	U15	Girls	## 3000m	Final
	T#116	U15	Boys	## 3000m	Final
	T#117	U17	Girls	## 3000m	Final
	T#118	U17	Boys	## 3000m	Final

At the State Championships in March the following events will be held on the Friday evening;

- All 3000m events
- U13 to U17 400m

**2023/2024 LANSW Region 5 Athletics Championships
Sydney Olympic Park Athletics Centre (SOPAC)**

Final Program

FIELD PROGRAM - Saturday 10th February 2024

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					
300	U14	Girls	Javelin (400g)	*8:00	Javelin	305	U12	Boys	Long Jump	*8:00	LJ/TJ Pit1
311	U15	Boys	Javelin (700g)	9:30	Javelin	306	U10	Girls	Long Jump	*8:00	LJ/TJ Pit2
322	MC	Mixed	Javelin	11:00	Javelin	307	U11	Boys	Triple Jump	*8:00	LJ/TJ Pit3
331	U11	Boys	Javelin (400g)	11:45	Javelin	308	U14	Boys	#Triple Jump	*8:00	LJ/TJ Pit4
338	U12	Boys	Javelin (400g)	13:15	Javelin	316	U14	Girls	Long Jump	9:45	LJ/TJ Pit1
348	U12	Girls	Javelin (400g)	14:45	Javelin	317	U13	Girls	#Long Jump	9:45	LJ/TJ Pit2
351	U17	Girls	Javelin (500g)	16:15	Javelin	318	U13	Boys	#Triple Jump	9:45	LJ/TJ Pit3
<hr/>						319	U17	Girls	Triple Jump	9:45	LJ/TJ Pit4
Discus						327	U8	Girls	Long Jump	11:30	LJ/TJ Pit1
301	U10	Boys	Discus (500g)	*8:00	Discus 1	328	U10	Boys	Long Jump	11:30	LJ/TJ Pit2
302	U13	Boys	Discus (750g)	*8:00	Discus 2	329	U11	Girls	Triple Jump	11:30	LJ/TJ Pit3
312	U12	Girls	Discus (750g)	9:30	Discus 1	330	U15	Girls	Triple Jump	11:30	LJ/TJ Pit4
313	U17	Boys	Discus (1.5kg)	9:30	Discus 2	339	U13	Boys	Long Jump	13:15	LJ/TJ Pit1
323	U10	Girls	Discus (500g)	11:00	Discus 1	340	U17	Girls	#Long Jump	13:15	LJ/TJ Pit2
324	U12	Boys	Discus (750g)	11:00	Discus 2	347	UMC	Mixed	Long Jump	14:30	LJ/TJ Pit3
334	U8	Boys	Discus (500g)	12:30	Discus 1	349	U15	Boys	#Long Jump	15:00	LJ/TJ Pit1
335	U14	Boys	Discus (1kg)	12:30	Discus 2	350	U17	Boys	Long Jump	15:00	LJ/TJ Pit2
341	U8	Girls	Discus (500g)	14:00	Discus 1	<hr/>					
342	U15	Girls	Discus (1kg)	14:00	Discus 2	High Jump					
<hr/>						303	U9	Girls	Shot Put (2kg)	*8:00	Shot 1
<hr/>						304	U17	Girls	Shot Put (1.5kg)	*8:00	Shot 2
<hr/>						314	U8	Boys	Shot Put (1.5kg)	9:30	Shot 1
<hr/>						315	U11	Girls	Shot Put (2kg)	9:30	Shot 2
<hr/>						325	U9	Boys	Shot Put (2kg)	11:00	Shot 1
<hr/>						326	U15	Boys	#Shot Put (4kg)	11:00	Shot 2
<hr/>						337	UMC	Mixed	Shot Put	12:30	Shot 1
<hr/>						336	U13	Girls	Shot Put (3kg)	12:30	Shot 2
<hr/>						343	U11	Boys	Shot Put (2kg)	14:00	Shot 1
<hr/>						344	U14	Girls	Shot Put (3kg)	14:00	Shot 2
<hr/>						309	U9	Boys	High Jump Sc	*8:00	High Jump 1 - Scissor
<hr/>						310	U15	Girls	High Jump	*8:00	High Jump 2
<hr/>						320	U9	Girls	High Jump Sc	10:00	High Jump 1 - Scissor
<hr/>						321	U14	Boys	High Jump	10:00	High Jump 2
<hr/>						332	U12	Girls	High Jump	12:00	High Jump 1
<hr/>						333	U17	Boys	High Jump	12:00	High Jump 2
<hr/>						345	U11	Girls	High Jump	14:00	High Jump 1
<hr/>						346	U13	Girls	High Jump	14:00	High Jump 2
<hr/>						<hr/>					

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

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

At the State Championships in March the following events will be held on the Friday evening;

U13 Girls Long Jump, U15 Boys Long Jump, U17 Girls Long Jump, U13Boys Triple Jump, U14Boys Triple Jump and U15 Boys Shot Put

At the State Championships in March the following events will be held on the Sunday;

MultiClass Mixed Javelin

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 not included in this time, and may start beforehand.

ORDER OF EVENTS - TRACK SUNDAY 11th FEBRUARY, 2024

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#119	U9	Girls	700m Walk	Final
	T#120	U9	Boys	700m Walk	Final
	T#121	U10	Girls	1100m Walk	Final
	T#122	U10	Boys	1100m Walk	Final
	T#123	U11	Girls	1100m Walk	Final
	T#124	U11	Boys	1100m Walk	Final
	T#125	U12	Girls	1500m Walk	Final
	T#126	U12	Boys	1500m Walk	Final
	T#127	U13	Girls	1500m Walk	Final
	T#128	U13	Boys	1500m Walk	Final
	T#129	U14	Girls	1500m Walk	Final
	T#130	U14	Boys	1500m Walk	Final
	T#131	U15	Girls	1500m Walk	Final
	T#132	U15	Boys	1500m Walk	Final
9:20 AM	T#133	U17	Girls	1500m Walk	Final
	T#134	U17	Boys	1500m Walk	Final
9:30 AM	T#135	U8	Girls	400m Pack Start	Timed Finals
	T#136	U8	Boys	400m Pack Start	Timed Finals
10:15 AM	T#137	U9	Girls	800m	Final
	T#138	U9	Boys	800m	Final
	T#139	U10	Girls	800m	Final
	T#140	U10	Boys	800m	Final
	T#141	U11	Girls	800m	Final
	T#142	U11	Boys	800m	Final
	T#143	U12	Girls	800m	Final
	T#144	U12	Boys	800m	Final
	T#145	U13	Girls	800m	Final
	T#146	U13	Boys	800m	Final
	T#147	U14	Girls	800m	Final
	T#148	U14	Boys	800m	Final
	T#149	U15	Girls	800m	Final
	T#150	U15	Boys	800m	Final
10:55 AM	T#151	U17	Girls	800m	Final
	T#152	U17	Boys	800m	Final
	T#153	U9/10	Girls	Multi-Class 800m	no competitors
	T#154	U9/10	Boys	Multi-Class 800m	no competitors
	T#155	U11/12	Girls	Multi-Class 800m	no competitors
	T#156	U11/12	Boys	Multi-Class 800m	no competitors
	T#157	U13/14	Girls	Multi-Class 800m	no competitors
	T#158	U13/14	Boys	Multi-Class 800m	no competitors
	T#159	U15/17	Girls	Multi-Class 800m	no competitors
	T#160	U15/17	Boys	Multi Class 800m	Final
11:25 AM	T#161	U8	Girls	70m	Heats
	T#162	U8	Boys	70m	Heats
	T#163	U9	Girls	70m	Heats
	T#164	U9	Boys	70m	Heats
	T#165	U10	Girls	70m	Heats
	T#166	U10	Boys	70m	Heats
12:20 PM	T#167	U13	Girls	80m Hurdles	Heats
	T#168	U13	Boys	80m Hurdles	Heats
	T#169	U14	Girls	80m Hurdles	Heats
	T#170	U14	Boys	90m Hurdles	Straight Final to be run at event T#184
	T#171	U15	Girls	90m Hurdles	Straight Final to be run at event T#185
	T#172	U15	Boys	100m Hurdles	Heats
	T#173	U17	Girls	100m Hurdles	Heats
	T#174	U17	Boys	110m Hurdles	Heats
12:20 PM	T#175	U8	Girls	70m	Final
	T#176	U8	Boys	70m	Final

	T#177	U9	Girls	70m	Final
	T#178	U9	Boys	70m	Final
	T#179	U10	Girls	70m	Final
	T#180	U10	Boys	70m	Final
12:40 PM	T#181	U13	Girls	80m Hurdles	Final
	T#182	U13	Boys	80m Hurdles	Final
	T#183	U14	Girls	80m Hurdles	Final
	T#184	U14	Boys	90m Hurdles	Straight Final
	T#185	U15	Girls	90m Hurdles	Straight Final
	T#186	U15	Boys	100m Hurdles	Final
	T#187	U17	Girls	100m Hurdles	Final
	T#188	U17	Boys	110m Hurdles	Final
1:20 PM	T#189	U8	Girls	200m	Heats
	T#190	U8	Boys	200m	Heats
	T#191	U9	Girls	200m	Heats
	T#192	U9	Boys	200m	Heats
	T#193	U10	Girls	200m	Heats
	T#194	U10	Boys	200m	Heats
	T#195	U11	Girls	200m	Heats
	T#196	U11	Boys	200m	Heats
	T#197	U12	Girls	200m	Heats
	T#198	U12	Boys	200m	Heats
2:10 PM	T#199	U13	Girls	200m	Heats
	T#200	U13	Boys	200m	Heats
	T#201	U14	Girls	200m	Heats
	T#202	U14	Boys	200m	Heats
	T#203	U15	Girls	200m	Heats
	T#204	U15	Boys	200m	Heats
	T#205	U17	Girls	200m	Heats
	T#206	U17	Boys	200m	Heats
2:55 PM	T#207	U8	Girls	200m	Final
	T#208	U8	Boys	200m	Final
	T#209	U9	Girls	200m	Final
	T#210	U9	Boys	200m	Final
	T#211	U10	Girls	200m	Final
	T#212	U10	Boys	200m	Final
	T#213	U11	Girls	200m	Final
	T#214	U11	Boys	200m	Final
3:20 PM	T#215	U12	Girls	200m	Final
	T#216	U12	Boys	200m	Final
	T#217	U13	Girls	200m	Final
	T#218	U13	Boys	200m	Final
	T#219	U14	Girls	200m	Final
	T#220	U14	Boys	200m	Final
	T#221	U15	Girls	200m	Final
	T#222	U15	Boys	200m	Final
	T#223	U17	Girls	200m	Final
	T#224	U17	Boys	200m	Final
3:50 PM	T#225	U9/10	Girls	Multi-Class-200m	no competitors
	T#226	U9/10	Boys	Multi-Class-200m	no competitors
	T#227	U11/12	Girls	Multi-Class-200m	no competitors
	T#228	U11/12	Boys	Multi-Class-200m	no competitors
	T#229	U13/14	Girls	Multi Class 200m	Timed Final
	T#230	U13/14	Boys	Multi-Class-200m	no competitors
	T#231	U15/17	Girls	Multi-Class-200m	no competitors
	T#232	U15/17	Boys	Multi Class 200m	Timed Final
4:05 PM	T#233	U9 - U12	Girls	4 x 100m Relay	Final
	T#234	U9 - U12	Boys	4 x 100m Relay	Final
	T#235	U13 - U17	Girls	4 x 100m Relay	Final
	T#236	U13 - U17	Boys	4 x 100m Relay	Final

**2023/2024 LANSW Region 5 Athletics Championships
Sydney Olympic Park Athletics Centre (SOPAC)
Final Program**

FIELD PROGRAM - Sunday 11th February 2024

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					
352	U13	Girls	Javelin (400g)	*8:00	Javelin	357	U9	Boys	Long Jump	*8:00	LJ/TJ Pit1
363	U11	Girls	Javelin (400g)	9:30	Javelin	358	U12	Girls	Long Jump	*8:00	LJ/TJ Pit2
374	U13	Boys	#Javelin (600g)	11:00	Javelin	359	U14	Girls	#Triple Jump	*8:00	LJ/TJ Pit3
385	U14	Boys	##Javelin (600g)	12:30	Javelin	360	U17	Boys	Triple Jump	*8:00	LJ/TJ Pit4
392	U15	Girls	Javelin (500g)	14:00	Javelin	368	U14	Boys	Long Jump	9:45	LJ/TJ Pit1
397	U17	Boys	#Javelin (700g)	15:30	Javelin	369	U11	Boys	Long Jump	9:45	LJ/TJ Pit2
<hr/>						370	U12	Boys	Triple Jump	9:45	LJ/TJ Pit3
Discus						371	U15	Boys	Triple Jump	9:45	LJ/TJ Pit4
353	U11	Boys	Discus (500g)	*8:00	Discus 1	379	U11	Girls	Long Jump	11:30	LJ/TJ Pit1
354	U15	Boys	Discus (1kg)	*8:00	Discus 2	380	U15	Girls	Long Jump	11:30	LJ/TJ Pit2
364	U13	Girls	Discus (750g)	9:30	Discus 1	381	U12	Girls	Triple Jump	11:30	LJ/TJ Pit3
365	U17	Girls	Discus (1kg)	9:30	Discus 2	382	U13	Girls	Triple Jump	11:30	LJ/TJ Pit4
375	U9	Girls	Discus (500g)	11:00	Discus 1	390	U9	Girls	Long Jump	13:15	LJ/TJ Pit1
376	U9	Boys	Discus (500g)	11:00	Discus 2	391	U8	Boys	Long Jump	13:15	LJ/TJ Pit2
386	MC	Mixed	Discus	12:30	Discus 1	<hr/>					
387	U14	Girls	Discus (1kg)	12:30	Discus 2	High Jump					
395	U11	Girls	Discus (500g)	14:00	Discus 2	361	U10	Girls	High Jump Sc	*8:00	High Jump 1 - Scissor
<hr/>						362	U13	Boys	High Jump	*8:00	High Jump 2
Shot Put						372	U10	Boys	High Jump Sc	10:00	High Jump 1 - Scissor
355	U12	Boys	Shot Put (2kg)	*8:00	Shot 1	373	U14	Girls	High Jump	10:00	High Jump 2
356	U14	Boys	Shot Put (3kg)	*8:00	Shot 2	383	U11	Boys	High Jump	12:00	High Jump 1
366	U12	Girls	Shot Put (2kg)	9:30	Shot 1	384	U17	Girls	High Jump	12:00	High Jump 2
367	U15	Girls	#Shot Put (3kg)	9:30	Shot 2	393	U12	Boys	High Jump	14:00	High Jump 1
377	U10	Girls	Shot Put (2kg)	11:00	Shot 1	394	U15	Boys	High Jump	14:00	High Jump 2
378	U17	Boys	Shot Put (5kg)	11:00	Shot 2	<hr/>					
388	U8	Girls	Shot Put (1.5kg)	12:30	Shot 1						
389	U10	Boys	Shot Put (2kg)	12:30	Shot 2						
396	U13	Boys	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.

At the State Championships in March the following events will be held on the Friday evening;
U13 Boys Javelin, U17 Boys Javelin, U14 Girls Triple Jump and U15 Girls Shot Put

At the State Championships in March the following events will be held on the Saturday;
U14 Boys Javelin

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 not included in this time, and may start beforehand.