

HART ZONE SPORT CHAMPIONSHIPS



 Little
Athletics
NSW

2023/24

2023-24 Inner City Zone Championship Officials

Zone Co-ordinator	Karen Mitchell	
Carnival Manager	Karen Mitchell	
Meet Manager	Youcef Abdi	
Meet Manager Asst	Ljiljana Sentas & Venessa Reidy	
Equipment Officer	ESLAC & SELAC	
Safety Committee	Zone Coordinator and Referees	
Results Manager	Canterbury	
Results Runners	Randwick Botany	
Photofinish	Tony Smythe & Greg Facer	
Back Up Timing	All clubs as required	
Starting Panel	Saturday - South Eastern	Sunday - Balmain
Track Referee	Jim Legge	
Call Room	Jess Redmond & Jess Ranginui	
Walks Judge Panel	Anthony Vecellio, Anne Saville, Sam Murphy & 2	
Hurdle Set-up	Saturday - Balmain	Sunday - South Eastern
Referee: Jumps	David Murphy	
Referee: Throws	Veronica Pinto	
Chief: High Jump 1	Inner West	Matt Rawnsley
Chief: High Jump 2	Inner West	Elisabeth Watts
Chief: Long Jump 1	Canterbury	
Chief: Long Jump 2	Randwick Botany	
Chief: Triple Jump	Balmain	
Chief: Shot Put 1	SELAC	
Chief: Shot Put 2	Tiger West	
Chief: Javelin	Saturday – Balmain	Sunday – South Eastern
Chief: Discus 1	Eastern Suburbs	
Chief: Discus 2	Eastern Suburbs	
Protests	Relevant Referee and Zone Coordinator	
Jury of Appeal	K Mitchell	Zone Co
	D Richardson	ESLAC
	TBC	BLAC
	M Rawnesly	IWLAC
	P Harper	TWLAC
	A Winters	CLAC
	M Davoren	SELAC
	A Vecellio	RBLAC
First Aid	S Murphy	V Gardiner
Medals Manager	Canterbury	

Live Results [INNER CITY ZONE CHAMPIONSHIPS - No Results Yet \(littleareresults.com\)](http://INNER.CITY.ZONE.CHAMPIONSHIPS-No.Results.Yet.littleareresults.com)

Alternatively search www.littleareresults.com or google 'littleareresults'

COMPETITION RULES, PROCEDURES AND VENUE INFORMATION

ATHLETES must compete in their age group as per LANSW Rules of Competition [Little Athletics NSW \(lansw.com.au\)](http://Little Athletics NSW (lansw.com.au))
U7 to U11 may compete in four events. **U12 to U17** may compete in six events. The relay is an additional event and is not included in the four to six events. Any athlete competing out of their age group or in more events than their age group allows will be disqualified from the event they did not officially enter.

UNIFORM All athletes must wear their approved centre singlet/t-shirt/crop top with registration number, age patch and Coles 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.

RESULTS Google "littleareults" or use the link [INNER CITY ZONE CHAMPIONSHIPS - No Results Yet \(littleareults.com\)](http://INNER CITY ZONE CHAMPIONSHIPS - No Results Yet (littleareults.com))

CALLROOM Athletes in TRACK events must present at the callroom 15min prior to the advertised start time. Those competing in FIELD events go directly to their event location 15min prior to the advertised start time. Listen for updates during the day.

PROGRESSION FROM TRACK HEATS TO FINAL will be the first placegetter in each heat plus the next best performances across all heats to create a final of eight (8) athletes. This is a local rule that supersedes LANSW rule 9.2a (i,ii).

PROGRESSION FROM ZONE TO REGION is outlined at [Region \(lansw.com.au\)](http://Region (lansw.com.au))

SPIKES can only be worn by athletes in the u11-17 age groups. U11-12s are permitted to wear spikes in events run entirely in lanes as well as the HJ, LJ, TJ & Javelin. U13-17s may wear spikes in all events. Spikes are not permitted in the Racewalk.
SPIKE LENGTHS are strictly 7mm for track events and 9mm for field events.

BLOCKS will be supplied and only those blocks may be used. No private blocks are permitted. The use of blocks is optional.

PROTESTS can only be made by a designated team manager on the official protest form. A fee of \$50 must accompany the protest form. The fee will be forfeited if the protest is dismissed and/or deemed frivolous.

TRACK EVENTS HAVE PRIORITY OVER FIELD It is the responsibility of an athlete's family to notify their team manager of any potential clashes. Each club is responsible for coordinating athletes between their relevant event areas.

DISCUS WEIGHTS

U7	350 grams
U8; U9; U10; U11	500 grams
U12; U13	750 grams
U14; U15; U17G	1kg
U17B	1.5 kg

SHOT PUT WEIGHTS

U7	Blue 1 kg
U8	Yellow 1.5 kg
U9; U10; U11; U12	Orange 2 kg
U13; U14; U15G; U17G	White 3 kg
U15B	Red 4 kg
U17B	Green 5 kg

JAVELIN WEIGHTS

U11; U12; U13G; U14G	400 grams
U15G & U17G	500 grams
U13B & U14B	600 grams
U15B & U17B	700 grams

HIGH JUMP STARTING HEIGHTS

Age	Boys	Girls
U9	0.85m	0.80m
U10	0.95m	0.90m
U11	1.05m	1.00m
U12	1.15m	1.10m
U13	1.20m	1.15m
U14 /U15	1.25m	1.20m
U17	1.30m	1.25m

LONG JUMP BOARDS

U7 to U10	Sand take-off
U11 to U17	Board take-off

* U7 sand take-off is 0.5 metre from the pit

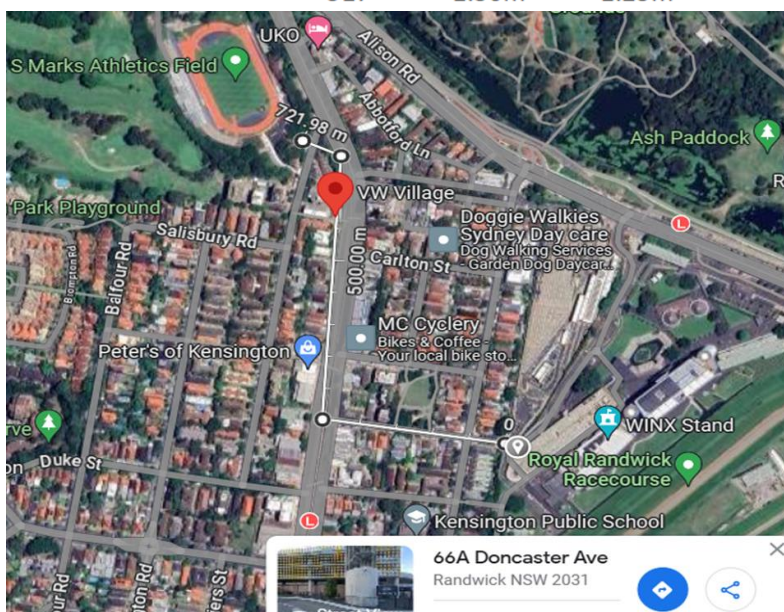
TRIPLE JUMP BOARDS

U11 to U17 all use their designated take off board

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 committee. The exception to this is in the case of lightening or high temperature/humidity. Please refer to the LANSW website for the relevant policy.

FOOD The host clubs will be providing a BBQ at the rear of the grandstand. Payment can be made by card and with small denominations in cash. A coffee van will be in attendance.

No on-site parking is available. Randwick Race Course parking station is available Saturday and Sunday via Ascot St (\$10 fee) Other options include Light Rail and local on-street parking.



TRACK ATHLETES TO ATTEND CALLROOM 15mins PRIOR TO SCHEDULED START TIME

Track Program - SATURDAY

	EVENT	H / F	TIME			EVENT	H / F	TIME
#1	Girls U 12 - 1500 Metre Run	Final	8:00 AM		#48	Girls U 9 - 100 Metre Sprint	Heats	1:09 PM
#2	Boys U 12 - 1500 Metre Run	Final	8:10 AM		#49	Boys U 9 - 100 Metre Sprint	Heats	1:16pm
#3	Girls U 11 - 1500 Metre Run	Final	8:20 AM		#50	Girls U 10 - 100 Metre Sprint	Heats	1:23 PM
#4	Boys U 11 - 1500 Metre Run	Final	8:30 AM		#51	Boys U 10 - 100 Metre Sprint	Heats	1:31 PM
#5	Girls U 13 - 200 Metre Hurdles (68cm)	Final	8:40 AM		#52	Girls U 11 - 100 Metre Sprint	Heats	1:39 PM
#6	Boys U 13 - 200 Metre Hurdles (68cm)	Final	8:47 AM		#53	Boys U 11 - 100 Metre Sprint	Heats	1:47 PM
#7	Girls U 14 - 200 Metre Hurdles (76cm)	Final	8:54 AM		#54	Girls U 12 - 100 Metre Sprint	Heats	1:55 PM
#8	Boys U 14 - 200 Metre Hurdles (76cm)	Final	9:00 AM		#55	Boys U 12 - 100 Metre Sprint	Heats	2:05 PM
#9	Girls U 15 - 300 Metre Hurdles (76cm)	Final	9:10 AM		#56	Boys U 7 - 50 Metre Sprint	Final	2:15 PM
#10	Boys U 15 - 300 Metre Hurdles (76cm)	Final	9:13 AM		#57	Girls U 13 - 400 Metre Sprint	Final	2:25 PM
#11	Girls U 17 - 300 Metre Hurdles (76cm)	Final	9:16 AM		#58	Boys U 13 - 400 Metre Sprint	Final	2:30 PM
#12	Boys U 17 - 300 Metre Hurdles (76cm)	Final	9:20 AM		#59	Girls U 14 - 400 Metre Sprint	Final	2:35PM
#13	Girls U 7 - 500 Metre Run Pack Start	Final	9:30 AM		#60	Boys U 14 - 400 Metre Sprint	Final	2:40PM
#14	Boys U 7 - 500 Metre Run Pack Start	Final	9:35 AM		#61	Girls U 15 - 400 Metre Sprint	Final	2:45 PM
#15	Girls U 8 - 60 Metre Hurdles (45cm)	Heats	9:45 AM		#62	Boys U 15 - 400 Metre Sprint	Final	2:50 PM
#16	Boys U 8 - 60 Metre Hurdles (45cm)	Heats	9:50 AM		#63	Girls U 17 - 400 Metre Sprint	Final	2:55 PM
#17	Girls U 9 - 60 Metre Hurdles (45cm)	Final	9:56 AM		#64	Boys U 17 - 400 Metre Sprint	Final	3:00 PM
#18	Boys U 9 - 60 Metre Hurdles (45cm)	Heats	9:59 AM		#65	Girls U 8 - 400 Metre Sprint	Final	3:10 PM
#19	Girls U 10 - 60 Metre Hurdles (60cm)	Heats	10:08 AM		#66	Boys U 8 - 400 Metre Sprint	Final	3:14 PM
#20	Boys U 10 - 60 Metre Hurdles (60cm)	Heats	10:16 AM		#67	Girls U 9 - 400 Metre Sprint	Final	3:18 PM
#21	Girls U 13 - 1500 Metre Run	Final	10:30 AM		#68	Boys U 9 - 400 Metre Sprint	Final	3:23 PM
#22	Boys U 13 - 1500 Metre Run	Final	10:40 AM		#69	Girls U 10 - 400 Metre Sprint	Final	3:30 PM
#23	Girls U 14 - 1500 Metre Run	Final	10:50 AM		#70	Boys U 10 - 400 Metre Sprint	Final	3:38 PM
#24	Boys U 14 - 1500 Metre Run	Final	10:50 AM		#71	Girls U 11 - 400 Metre Sprint	Final	3:46 PM
#25	Girls U 15 - 1500 Metre Run	Final	11:00 AM		#72	Boys U 11 - 400 Metre Sprint	Final	3:52 PM
#26	Boys U 15 - 1500 Metre Run	Final	11:00 AM		#73	Girls U 12 - 400 Metre Sprint	Final	3:58 PM
#27	Girls U 17 - 1500 Metre Run	Final	11:10 AM		#74	Boys U 12 - 400 Metre Sprint	Final	4:06 PM
#28	Boys U 17 - 1500 Metre Run	Final	11:10 AM		#75	Girls U 7 - 100 Metre Sprint	Final	4:20 PM
#29	Girls U 8 - 60 Metre Hurdles (45cm)	Final	11:20 AM		#76	Boys U 7 - 100 Metre Sprint	Final	4:23 PM
#30	Boys U 8 - 60 Metre Hurdles (45cm)	Final	11:22 AM		#77	Girls U 13 - 100 Metre Sprint	Final	4:26 PM
#31	Boys U 9 - 60 Metre Hurdles (45cm)	Final	11:24 AM		#78	Boys U 13 - 100 Metre Sprint	Final	4:30 PM
#32	Girls U 10 - 60 Metre Hurdles (60cm)	Final	11:28 AM		#79	Girls U 14 - 100 Metre Sprint	Final	4:34 PM
#33	Boys U 10 - 60 Metre Hurdles (60cm)	Final	11:30 AM		#80	Boys U 14 - 100 Metre Sprint	Final	4:38PM
#34	Girls U 7 - 50 Metre Sprint	Final	11:40 AM		#81	Girls U 15 - 100 Metre Sprint	Final	4:42 PM
#35	Boys U 7 - 50 Metre Sprint	Heats	11:43 AM		#82	Boys U 15 - 100 Metre Sprint	Final	4:46 PM
#36	Girls U 13 - 100 Metre Sprint	Heats	11:50 AM		#83	Girls U 17 - 100 Metre Sprint	Final	4:50 PM
#37	Boys U 13 - 100 Metre Sprint	Heats	11:58 AM		#84	Boys U 17 - 100 Metre Sprint	Final	4:54 PM
#38	Girls U 14 - 100 Metre Sprint	Heats	12:04 PM		#85	Girls U 8 - 100 Metre Sprint	Final	5:00 PM
#39	Boys U 14 - 100 Metre Sprint	Heats	12:10 PM		#86	Boys U 8 - 100 Metre Sprint	Final	
#40	Girls U 15 - 100 Metre Sprint	Heats	12:16 PM		#87	Girls U 9 - 100 Metre Sprint	Final	5:05 PM
#41	Boys U 15 - 100 Metre Sprint	Heats	12:22 PM		#88	Boys U 9 - 100 Metre Sprint	Final	
#42	Girls U 17 - 100 Metre Sprint	Heats	12:28 PM		#89	Girls U 10 - 100 Metre Sprint	Final	5:10 PM
#43	Boys U 17 - 100 Metre Sprint	Heats	12:35 PM		#90	Boys U 10 - 100 Metre Sprint	Final	
#44	Girls U 7 - 100 Metre Sprint	Heats	12:45 PM		#91	Girls U 11 - 100 Metre Sprint	Final	5:15 PM
#45	Boys U 7 - 100 Metre Sprint	Heats	12:50 PM		#92	Boys U 11 - 100 Metre Sprint	Final	
#46	Girls U 8 - 100 Metre Sprint	Heats	12:56 PM		#93	Girls U 12 - 100 Metre Sprint	Final	5:20 PM
#47	Boys U 8 - 100 Metre Sprint	Heats	1:03 PM		#94	Boys U 12 - 100 Metre Sprint	Final	

Times are a guide only . No events will commence before the nominated time.

TRACK ATHLETES TO ATTEND CALLROOM 15mins PRIOR TO SCHEDULED START TIME

Track Program - SUNDAY

	EVENT	H / F	TIME		EVENT	H / F	TIME
#146	Girls U 13 - 3000 Metre Run	Final	8:00am		#206	Boys U 12 - 200 Metre Sprint	Heats 12:38pm
#147	Boys U 13 - 3000 Metre Run	Final	8:00am		#207	Girls U 13 - 200 Metre Sprint	Heats 12:47pm
#148	Girls U 14 - 3000 Metre Run	Final	8:00am		#208	Boys U 13 - 200 Metre Sprint	Heats 12:54pm
#149	Boys U 14 - 3000 Metre Run	Final	8:15am		#209	Girls U 7 - 200 Metre Sprint	Heats 1:00pm
#150	Girls U 15 - 3000 Metre Run	Final	8:15am		#210	Boys U 7 - 200 Metre Sprint	Heats 1:05pm
#151	Boys U 15 - 3000 Metre Run	Final	8:15am		#211	Girls U 8 - 200 Metre Sprint	Heats 1:10pm
#152	Girls U 17 - 3000 Metre Run	Final	8:15am		#212	Boys U 8 - 200 Metre Sprint	Heats 1:15pm
#153	Boys U 17 - 3000 Metre Run	Final	8:15am		#213	Girls U 9 - 200 Metre Sprint	Heats 1:23pm
#154	Girls U 11 - 80 Metre Hurdles (60cm)	Heats	8:30 AM		#214	Boys U 9 - 200 Metre Sprint	Heats 1:31pm
#155	Boys U 11 - 80 Metre Hurdles (60cm)	Heats	8:37 AM		#215	Girls U 10 - 200 Metre Sprint	Heats 1:39pm
#156	Girls U 12 - 80 Metre Hurdles (68cm)	Heats	8:45 AM		#216	Boys U 10 - 200 Metre Sprint	Heats 1:44pm
#180	Girls U 9 - 700 Metre Walk	Final	8:45 AM		#217	Girls U 14 - 200 Metre Sprint	Heats 1:52pm
#181	Boys U 9 - 700 Metre Walk	Final	8:45 AM		#218	Boys U 14 - 200 Metre Sprint	Heats 2:01pm
#157	Boys U 12 - 80 Metre Hurdles (68cm)	Heats	8:50 AM		#219	Girls U 15 - 200 Metre Sprint	Heats 2:07pm
#158	Girls U 13 - 80 Metre Hurdles (76cm)	Final	8:55 AM		#220	Boys U 15 - 200 Metre Sprint	Heats 2:13pm
#168	Girls U 10 - 1100 Metre Walk	Final	8:55 AM		#221	Girls U 17 - 200 Metre Sprint	Heats 2:19pm
#169	Boys U 10 - 1100 Metre Walk	Final	8:55 AM		#222	Boys U 17 - 200 Metre Sprint	Heats 2:28pm
#159	Boys U 13 - 80 Metre Hurdles (76cm)	Final	9:00 AM		#223	Girls U 7 - 70 Metre Sprint	Final 2:40pm
#160	Girls U 14 - 80 Metre Hurdles (76cm)	Heats	9:03 AM		#224	Boys U 7 - 70 Metre Sprint	Final
#166	Girls U 11 - 1100 Metre Walk	Final	9:05 AM		#225	Girls U 8 - 70 Metre Sprint	Final 2:45pm
#167	Boys U 11 - 1100 Metre Walk	Final	9:05 AM		#226	Boys U 8 - 70 Metre Sprint	Final
#161	Boys U 14 - 90 Metre Hurdles (76cm)	Final	9:15 AM		#227	Girls U 9 - 70 Metre Sprint	Final 2:50pm
#162	Girls U 15 - 90 Metre Hurdles (76cm)	Heats	9:18 AM		#228	Boys U 9 - 70 Metre Sprint	Final
#170	Girls U 12 - 1500 Metre Walk	Final	9:15 AM		#229	Girls U 10 - 70 Metre Sprint	Final 2:55pm
#171	Boys U 12 - 1500 Metre Walk	Final	9:15 AM		#230	Boys U 10 - 70 Metre Sprint	Final
#163	Boys U 15 - 100 Metre Hurdles (76cm)	Final	9:30 AM		#231	Girls U 11 - 800 Metre Run	Final 3:05pm
#164	Girls U 17 - 100 Metre Hurdles (76cm)	Final	9:33 AM		#232	Boys U 11 - 800 Metre Run	Final 3:10pm
#165	Boys U 17 - 110 Metre Hurdles (76cm)	Heats	9:45 AM		#233	Girls U 12 - 800 Metre Run	Final 3:15pm
#172	Girls U 13 - 1500 Metre Walk	Final	9:40 AM		#234	Boys U 12 - 800 Metre Run	Final 3:20pm
#173	Boys U 13 - 1500 Metre Walk	Final	9:40 AM		#235	Girls U 13 - 800 Metre Run	Final 3:25pm
#174	Girls U 14 - 1500 Metre Walk	Final	9:40 AM		#236	Boys U 13 - 800 Metre Run	Final 3:30pm
#175	Boys U 14 - 1500 Metre Walk	Final	9:40 AM		#237	Girls U 14 - 800 Metre Run	Final 3:35pm
#176	Girls U 15 - 1500 Metre Walk	Final	9:40 AM		#238	Boys U 14 - 800 Metre Run	Final 3:40pm
#177	Boys U 15 - 1500 Metre Walk	Final	9:40 AM		#239	Girls U 15 - 800 Metre Run	Final 3:45pm
#178	Girls U 17 - 1500 Metre Walk	Final	9:40 AM		#240	Girls U 17 - 800 Metre Run	Final 3:45pm
#179	Boys U 17 - 1500 Metre Walk	Final	9:40 AM		#241	Boys U 15 - 800 Metre Run	Final 3:50pm
#182	Girls U 8 - 700 Metre Run Pack Start	Final	10:00 AM		#242	Boys U 17 - 800 Metre Run	Final 3:55pm
#183	Boys U 8 - 700 Metre Run Pack Start	Final	10:05 AM		#243	Girls U 10 - 800 Metre Run	Final 4:00pm
#184	Girls U 11 - 80 Metre Hurdles (60cm)	Final	10:10 AM		#244	Boys U 10 - 800 Metre Run	Final 4:05pm
#185	Boys U 11 - 80 Metre Hurdles (60cm)	Final	10:13 AM		#245	Girls U 9 - 800 Metre Run	Final 4:10pm
#186	Girls U 12 - 80 Metre Hurdles (68cm)	Final	10:16 AM		#246	Boys U 9 - 800 Metre Run	Final 4:15pm
#187	Boys U 12 - 80 Metre Hurdles (68cm)	Final	10:19 AM		#247	Girls U 7 - 200 Metre Sprint	Final 4:20pm
#188	Girls U 14 - 80 Metre Hurdles (76cm)	Final	10:23 AM		#248	Boys U 7 - 200 Metre Sprint	Final
#189	Girls U 15 - 90 Metre Hurdles (76cm)	Final	10:28 AM		#249	Girls U 8 - 200 Metre Sprint	Final 4:25pm
#190	Boys U 17 - 110 Metre Hurdles (76cm)	Final	10:33 AM		#250	Boys U 8 - 200 Metre Sprint	Final
	MARCH PAST		10:40 AM		#251	Girls U 9 - 200 Metre Sprint	Final 4:30pm
#191	Girls U 9-12 4x100 Metre Relay (Jnr)	Final	11:00am		#252	Boys U 9 - 200 Metre Sprint	Final
#192	Boys U 9-12 4x100 Metre Relay (Jnr)	Final	11:05am		#253	Girls U 10 - 200 Metre Sprint	Final 4:35pm
#193	Girls U 12-17 4x100 Metre Relay (Snr)	Final	11:10am		#254	Boys U 10 - 200 Metre Sprint	Final
#194	Boys U 12-17 4x100 Metre Relay (Snr)	Final	11:15am		#255	Girls U 11 - 200 Metre Sprint	Final 4:40pm
#195	Girls U 7 - 70 Metre Sprint	Heats	11:20am		#256	Boys U 11 - 200 Metre Sprint	Final
#196	Boys U 7 - 70 Metre Sprint	Heats	11:25 AM		#257	Girls U 12 - 200 Metre Sprint	Final 4:47pm
#197	Girls U 8 - 70 Metre Sprint	Heats	11:30 AM		#258	Boys U 12 - 200 Metre Sprint	Final
#198	Boys U 8 - 70 Metre Sprint	Heats	11:35 AM		#259	Girls U 13 - 200 Metre Sprint	Final 4:54pm
#199	Girls U 9 - 70 Metre Sprint	Heats	11:40 AM		#260	Boys U 13 - 200 Metre Sprint	Final
#200	Boys U 9 - 70 Metre Sprint	Heats	11:45 AM		#261	Girls U 14 - 200 Metre Sprint	Final 5:01pm
#201	Girls U 10 - 70 Metre Sprint	Heats	11:50 AM		#262	Boys U 14 - 200 Metre Sprint	Final
#202	Boys U 10 - 70 Metre Sprint	Heats	11:55 AM		#263	Girls U 15 - 200 Metre Sprint	Final 5:08pm
#203	Girls U 11 - 200 Metre Sprint	Heats	12:15 PM		#264	Boys U 15 - 200 Metre Sprint	Final
#204	Boys U 11 - 200 Metre Sprint	Heats	12:23 PM		#265	Girls U 17 - 200 Metre Sprint	Final 5:15pm
#205	Girls U 12 - 200 Metre Sprint	Heats	12:31 PM		#266	Boys U 17 - 200 Metre Sprint	Final

Times are a guide ONLY. No events will commence before the nominated time.

Saturday 2nd December 2023

Event	Age		Time	Number	Area
High Jump	9	M	8:30 AM	#96	2
High Jump	12	M	8:30 AM	#97	1
High Jump	9	F	9:45 AM	#98	2
High Jump	15	F	10:00 AM	#99	1
High Jump	17	F	10:00 AM	#100	1
High Jump	11	F	11:00 AM	#101	2
High Jump	13	F	11:15 AM	#102	1
High Jump	14	M	12:45 PM	#103	1
High Jump	17	M	2:00 PM	#104	1
Event	Age		Time	Number	Area
Shot Put	11	F	8:30 AM	#105	1
Shot Put	15	M	8:30 AM	#106	2
Shot Put	17	M	8:30 AM	#107	2
Shot Put	8	F	9:30 AM	#108	1
Shot Put	11	M	9:45 AM	#109	2
Shot Put	7	F	10:30 AM	#110	1
Shot Put	9	M	11:15 AM	#111	2
Shot Put	13	F	11:30 AM	#112	1
Shot Put	9	F	12:30 PM	#113	2
Event	Age		Time	Number	Area
Discus	14	M	8:30 AM	#114	1
Discus	7	F	9:00AM	#115	2
Discus	15	F	9:15 AM	#116	1
Discus	17	F	9:15 AM	#117	1
Discus	12	F	10:30AM	#118	1
Discus	8	F	11:00 AM	#119	2
Discus	10	M	12:00PM	#120	1
Discus	12	M	1:30 PM	#121	1
Discus	13	M	3:00 PM	#122	1
Discus	10	F	4:00 PM	#123	1
Event	Age		Time	Number	Area
Long Jump	13	F	8:30 AM	#124	1
Long Jump	10	M	8:30 AM	#125	2
Long Jump	15	M	10:00 AM	#126	1
Long Jump	12	F	10:00 AM	#127	2
Long Jump	17	M	11:00 AM	#128	1
Long Jump	8	F	12:00PM	#129	2
Long Jump	12	M	12:30 AM	#130	1
Long Jump	8	M	1:30PM	#131	2
Long Jump	10	F	2:30 PM	#132	1
Long Jump	14	F	3:30 PM	#133	2
Event	Age		Time	Number	
Javelin	13	M	10:20 AM	#134	
Javelin	14	F	11:10 AM	#135	
Javelin	12	F	12:00 PM	#136	
Javelin	15	M	1:15 PM	#137	
Javelin	17	M	1:15 PM	#138	
Javelin	11	F	2:45 PM	#139	
Event	Age		Time	Number	
Triple Jump	13	M	8:30 AM	#140	
Triple Jump	14	M	9:45 AM	#141	
Triple Jump	15	F	11:00 AM	#142	
Triple Jump	17	F	11:00 AM	#143	
Triple Jump	11	M	12:30 PM	#144	
Triple Jump	11	F	1:45 PM	#145	

Sunday 3rd December 2023

Event	Age		Time	Number	Area
High Jump	11	M	8:30 AM	#265	1
High Jump	12	F	8:30 AM	#266	2
High Jump	10	M	10:00 AM	#267	2
High Jump	13	M	10:15 AM	#268	1
High Jump	10	F	11:20 AM	#269	2
High Jump	14	F	11:30 AM	#270	1
High Jump	15	M	11:30 PM	#271	1
Event	Age		Time	Number	Area
Shot Put	10	F	8:30 AM	#272	1
Shot Put	14	M	8:30 AM	#273	2
Shot Put	12	M	9:20 AM	#274	1
Shot Put	17	F	9:15 AM	#275	2
Shot Put	12	F	10:00 AM	#276	2
Shot Put	7	M	11:10 AM	#277	1
Shot Put	14	F	11:30PM	#278	2
Shot Put	15	F	11:30PM	#279	2
Shot Put	8	M	11:40 AM	#280	1
Shot Put	13	M	1:00 PM	#281	2
Shot Put	10	M	1:00 PM	#282	1
Event	Age		Time	Number	Area
Discus	13	F	8:30 AM	#283	1
Discus	8	M	8:30 AM	#284	2
Discus	15	M	9:45 AM	#285	1
Discus	17	M	9:45 AM	#286	1
Discus	7	M	12:00 PM	#287	2
Discus	11	F	11:00AM	#288	1
Discus	11	M	12:30 PM	#289	1
Discus	14	F	2:00PM	#290	1
Discus	9	M	2:45 PM	#291	1
Discus	9	F	4:10 PM	#292	1
Event	Age		Time	Number	Area
Long Jump	9	M	8:30 AM	#293	2
Long Jump	15	F	8:30 AM	#294	1
Long Jump	17	F	8:30 AM	#295	1
Long Jump	9	F	10:15 AM	#296	1
Long Jump	11	M	10:30 AM	#297	2
Long Jump	14	M	12:00 PM	#298	1
Long Jump	11	F	12:30 PM	#299	2
Long Jump	13	M	1:15 PM	#300	1
Long Jump	7	F	2:15 PM	#301	2
Long Jump	7	M	2:45 PM	#302	1
Event	Age		Time	Number	
Javelin	13	F	10:30 AM	#303	
Javelin	12	M	11:30 AM	#304	
Javelin	14	M	1:00 PM	#305	
Javelin	15	F	1:30 PM	#306	
Javelin	17	F	1:30 PM	#307	
Javelin	11	M	2:45 PM	#308	
Event	Age		Time	Number	
Triple Jump	14	F	8:30 AM	#309	
Triple Jump	15	M	9:45 AM	#310	
Triple Jump	17	M	10:30 AM	#311	
Triple Jump	12	F	11:45 AM	#312	
Triple Jump	13	F	1:15 PM	#313	
Triple Jump	12	M	2:30 PM	#314	

Times are a guide only. No events will commence before the nominated time.

Inner City Zone Championship Girls Records as at Nov 2023

Records set during the 2022-23 Zone Championships

	7	8	9	10	11	12	13	14	15	17
50m	8.79s 2018 L Miller Bal									
70m	11.94s J Dinihan RB 1981 EWhittam RB 2022	10.84s 1996 W Coleman RB	10.24s W Coleman RB '97 M Blakley SE 2008							
100m	16.64s 2009 C McGill ES	15.78s 2017 G Wansey IW	14.54s 1988 H Moore RB	14.23s 2021 M Laurence ES	13.54s 2006 T Singh RB	13.29s 2017 E Murphy Bal	12.42s 2011 M Blakley SE	12.24s 1994 V Diloi RB	12.40s 2013 J Thornton RB	12.18s 2016 M Stevens ES
200m	34.64s 2009 C McGill ES	33.07s 2018 Akeng-Saddler BA	30.40s 2019 Akeng-Saddler BA	28.97s 2021 C Vincent ES	26.47s 2022 M Laurence ES	26.66s 2016 A Jamieson RB	25.74s 2011 M Blakley SE	25.94s 1994 V Diloi RB	25.61s 2016 A Stevanovic IW	25.66s 2018 S Potter Bal
400m		1-14.84s 2006 J Thornton RB	1-11.57s 2019 Akeng-Saddler BA	1-09.74s J Taylor RB 1984 M Blakley SE 2008	1-05.14s 2022 C Vincent ES	1-02.04s 2010 M Blakley SE	1-01.14s 2004 S Kajan RB	59.44s 2009 S Kyriacou RB	1-00.14s 2009 N Murray Can	59.32s 2021 A Rand Bal
Pack Start	500M 1-48.30s 2013 E Murphy Bal	700M 2-24.80s 2006 J Thornton RB								
800m			2-38.20s 1996 B Stanton Can	2-37.77s 2017 A LeRoux Bal	2-32.60s 2009 S King SE	2-24.50s 2010 S King SE	2-22.20s 2005 R Hackett Can	2-18.29s 2018 A Rand Bal	2-19.00s 2006 S Kajan RB	2-18.08s 2021 A Rand Bal
1500m				5-21.90s 1984 K Robinson RB	5-06.93s 2018 P Simpson ES	4-58.67s 2019 P Simpson ES	4-56.19s 2017 A Rand Bal	4-50.10s 2013 M Wilson ES	4-44.60s AMcKillop SE 2005 J Tuohy RB 2009	4-45.10s 2018 E Miller SE
3000m							10-51.40s 2005 R Hackett Can	10-29.10s 2022 S Colosi Bal	10-42.80s 2006 L McKillop SE	10-49.61s 2021 N McMahon Can
Walk			700m 3-59.82s 2017 W Skuadas RB	1100m 6-02.40s 1996 S Griffiths RB	1100m 5-44.90s 2017 J Stanley Bal	1500m 7-04.20 2013 J Fletcher RB	1500m 7-01.40s 1988 J Saville RB	1500m 6-53.00s 1989 J Saville SE	1500m 6-50.20s 1993 N Saville SE	1500m 7-24.10s 2014 S Grujoski RB
60m H		10.94s 1997 N Dalcin IW	10.54s 2007 M Blakley SE	10.37s 2021 M Laurence ES	10.04s 2001 T Holt SE	9.85s 2017 A Richards Bal				
80, 90, 100mH					80mH 13.05s 2022 M Laurence ES	80mH 12.71s 2022 S Rayment ES	80mH 12.84s 2015 ZC Azzi Bal	80mH 12.84s 2011 C Young SE	90mH 13.14s 2016 A Stevanovic IW	100mH 14.46s 2021 A Richards Bal
2/300 hurdles							29.55s 2018 E Murphy Bal	28.14s 2015 A Stevanovic IW	48.90 2022 A Wright Cant	46.10s 2017 M Economou SE
Long J	3.23m 1990 J Dinihan RB	3.51m 2007 J Fountas RB	3.85m 1988 H Moore RB	4.24m 2021 A McDrury SE	4.51m 2015 A Jamieson RB	4.96m 2002 T Holt SE	4.94m 2001 E Jatmuka RB	5.18m 2008 J Potter Bal	5.60m 2012 A Kyriacou RB	5.69m 2013 A Kyriacou RB
High J		1.19m 2007 B Holloway SE	1.30m 2021 C Antony SE	1.49m 2002 K Wylie Bal	1.49m 2002 K Wylie Bal	1.55m 2011 M Clarkson Bal	1.60m 1993 M Tagiri ES	1.68m 1998 A Church IW	1.67m 2003 S Sleeman Bal	1.66m 2022 J Almeida SE
Triple J				9.39m 1994 D Betham Can	9.39m 1994 D Betham Can	10.35m 1993 A Papadatos RB	11.40m 1994 A Papadatos RB	11.46m 1995 A Papadatos RB	11.65m 2014 J Fountas RB	12.40m 2015 J Fountas RB
Shot	6.42m 1990 R Rae SE	6.71m 1996 J Peri ES	9.05m 2012 P Martins RB	10.00m 1998 J Peri ES	11.49m 1999 J Peri ES	13.97m 2002 T Robinson RB	12.91m 2021 I Kapsalis BAL	14.05m 2004 V Lolo RB	15.30m 2005 V Lolo RB	11.95m 2014 T Minslow RB
Discus	14.77m 2007 N Penitani ES	17.76m 1991 S Stuchbury Bal	26.45 2017 T Joseph-Riogi Ca	30.36m 1991 E Jones RB	33.21 500g '19 Joseph-Riogi Ca	37.26m 1993 E Jones RB	43.2m 2000 S Motulliki RB	40.18m 2004 V Lolo RB	42.16m 2003 J Peri RB	34.00m 2021 C Pane TW
Javelin				25.90 2019 Joseph-Riogi Ca	25.90 2019 Joseph-Riogi Ca	31.31m 2017 P Gibson RB	33.15m 2021 Joseph-Riogi Can	32.69m 1999 B DeBartolo SE	36.03m 2000 B DeBartolo SE	37.39 2019 K Shine Bal
Relay			55.72s 2022 Eastern Suburbs	Junior 4x100m	Senior 4x100m	49.98s 2016 Balmain	49.98s 2016 Balmain			

EVENT	7	8	9	10	11	12	13	14	15	17
50m	8.57s 2016 A Garrett RB									
70m	11.54s 1987 A. Yarrow RB	10.74s 1992 J. Dilloi RB	10.33s 2021 E Costa RB	9.99s 2022 L Chappell RB						
100m	16.04s 2009 Markworth-Scottés	15.24s 1998 S. Vickery Can	14.24s 1977 P Provenzano RB	13.84s 2009 A Kyriacou RB	13.30s 2013 T Koula RB	12.54s 1980 P Provenzano RB	12.38s 2022 R McNamara ES	11.91s 2021 O Facer IW	11.22s 2021 B Blair BAL	10.95s 2022 L Kapsalis Bal
200m	33.84s 2006 A Kyriacou RB	31.94s 1985 G Lester RB	29.94s 1977 S Riordan RB	28.84s 1977 D Misson RB	27.84s 2010 A Kyriacou RB	26.27s 2022 M Wagner-Gordon ES	24.80s 2013 C Ius IW	24.37s 2019 E Vukovic ES	23.01s 2021 B Blair BAL	22.23s 2022 L Kapsalis Bal
400m		1-13.74s 2007 L Trowell RB	1-08.64s 1991 H Firkin SE	1-05.20s 2022 A Miller Bal	1-01.84s 2010 L Trowell RB	1-00.80s M Nimmo Bal 2003 J Roach RB 2013	58.21s 2019 L Schouten BAL	53.44s 2002 T Garrett RB	52.84s 2005 P Want RB	51.27s 2021 I Balic IW
Pack Start	500m 1-41.80s 1989 J Leavens RB	700m 2-23.03s 2016 S Mishkarudmy IW								
800m			2-39.46s 2021 A Miller BAL	2-25.95s 2016 J O'Connell Bal	2-20.02s 2017 J O'Connell Bal	2-14.18s 2018 J O'Connell Bal	2-11.82 2019 L Schouten BAL	2-08.30s 1986 A Hunt RB	2-02.22s 2016 A Beer Bal	1-56.84s 2018 E Brouw Bal
1500m				4-57.75s 2016 J O'Connell Bal	4-45.14s 2017 J O'Connell Bal	4-31.20s 2018 J O'Connell Bal	4-30.10 2022 E Rowbotham ES	4-30.20s 1994 M Durante RB	4-14.10s 2016 A Beer Bal	4-05.26s 2021 J Meaker CAN
3000m							10-03.28s 2022 P McMahon Cant	9-51.49s 2015 A Beer Bal	9-16.12s 2016 A Beer Bal	8-57.57s 2021 J Meaker CAN
Walk			700m 3-45.00s 2009 L Thompson RB	1100m 5-51.30s 2010 L Thompson RB	1100m 5-49.62s 2018 S Gonzalez Bal	1500m 7-25.20s 2013 S Teo RB	1500m 7-24.40s 2010 T Doyle RB	1500m 7-25.10s 2011 R Murphy SE	1500m 7-14.10s 2006 S Ninyo RB	1500m 6-35.60s 2013 T Doyle RB
60m H		10.80s 2013 S Taukamo RB		10.24s 2001 K Vangalo RB	10.00s 2017 B Blair Bal	10.04s E Lawton RB2002 K Vaingalo RB 2003 J Tuohy RB 2009				
80-110 Hurd					80mH 13.36 2022 C Carrano ES	80mH 13.60 2022 H Clarke ES	80mH 12.44s 1996 P Saville RB	90mH 12.99s 2016 J Park Bal	100mH 13.38s 2021 B Blair BAL	110mH 14.13s 2016 B Swann Bal
200mH							27.49s 2019 B Blair BAL	26.94s 2003 A Elzbaldieh RB	41.87s 2016 F Long RB	37.63s 2016 S Moir SE
300mH										
Long J	3.57m 2014 L Cleverley ES	3.89m 2011 H Lester RB	4.21m 1998 P Betham Can	4.98m 1978 M Sadgrove RB	4.91m 2013 R Batho Bal	5.39m 2015 R Pane TW	5.63m 1997 R Machmud RB	6.08m 1996 S. Jacenko Bal	6.42m 1997 S Jacenko Bal	6.83m 2013 I Metcalf RB
High J			1.30m 2004 A Hookey RB	1.41m 2006 A Kellaway IW	1.46m 2008 I Metcalf RB	1.52m 2014 J Titmarsh IW	1.78m 1988 C Hardy ES	1.80m 1989 C Hardy ES	1.87m 2018 W Moir SE	2.00m 2013 I Metcalf RB
Triple J				10.68m 1990 S Lai RB	10.68m 1990 S Lai RB	G Keimelo RB	11.65m 1990 A Trannes ES	12.16m 2011 J Bassil RB	13.41m 1997 S Jacenko Bal	13.73m 2021 U Egbu CAN
Shot	8.82m 1990 D. Dossantos RB	8.80m 1994 I. Ljukovac Can	9.39m 2021 L Chappell RB	11.25m 2004 G Lolo RB	13.78m 2010 T Taukamo RB	10.90m 2kg A Heads 2018 Can 14.13m 3kg K Vaingalo 2003 RB	16.41m 2004 K Vaingalo RB	16.58m 1987 C Mastoris RB	18.04m 2001 C Leano Can	15.12m 2016 L Thompson RB
Discus	27.11m 2009 P Martin RB	26.09m 1999 K. Robinson RB	32.25m 2021 L Chappell RB	40.22m 1977 J Cann RB	34.44m 06 S Lane SELAC 38.09m 18 E Pallister IW	42.48m 2011 T Taukamo RB	36.49m LKalyvas RB 46.56m P MartinRB	53.37m 2006 B Talakai RB	61.99m 2007 B Talakai RB	50.93m 2016 L Thompson RB
Javelin				27.83m 2019 A Jang ES	27.83m 2019 A Jang ES	34.29m 2016 J Greaves Can	38.60m 1998 A Camilleri Bal	45.31m 2014 J Smith RB	54.64m 2000 A Camilleri Bal	58.16m 2021 J Ralph SE
Relays			55.65s 2022 Eastern Suburbs		Senior 4x100m	46.54s 2022 Balmaln				

