

**WESTERN REGION TRACK AND FIELD COMPETITION**

**Order of Events: 16th June 2013**

*Note all times are provisional and just guesses at when an event would start*

*Please arrive at least 1 hour before these guesses!*

*In the case of the field times, they are guesses by Michael Tobin assuming all field events start at 11am*

Time	Event	Event	Age	Track		Per race	total					
				Time	height			max heats	number	Age	Number	Heats
11:00	1	<b>400m Hurdles</b>	18 B	11.0 am	84cm	2						
	1	400m Hurdles	19B		91 cm	1						
	1	400m Hurdles	18 G		76 CM	1						
	1	400m Hurdles	19 G		76CM	1		5				
11:05	2	<b>300m hurdles</b>	17 g	11.05	76CM	2						
	2	300m hurdles	17 b		76CM	3		5				
11:15	3	<b>250m Hurdles</b>	15B	11.15	76CM	3						
	3	250m Hurdles	16B		76CM	1		4				
11:21	4	250m Hurdles	15G	11.21	68CM	2						
	4	250m Hurdles	16G		68CM	3		5				
11:30	5	<b>Move all hurdles to the sprints area lanes 3-8</b>										
		<b>2000M Walk</b>	all 14	11.30 am		2						
			All 15		5							
	All 16	3			10							
11:45	6	<b>3000m walk</b>	all 17	11.45		2						
			18 G		2							
			19 G		3		7					
11:46	7	<b>5000m walk</b>	19B	11.46		1						
			18B		1		2					
12:00	8	<b>60m Hurdles</b>	13 girls	12 noon	68cm	19		3 heats				
	9		13 boys		68cm	19		3 heats				
	10	<b>75m hurls</b>	14 Girls		68 cm	15		2 heats				
	11		14 boys		75cm	8		1 heats				
	12	<b>80m hurdles</b>	15G+16G		80cm	8		1 heat				
	13		15boys		80cm	5		1 heat				
	14	<b>100m hurdles</b>	Girls 17		76CM	3						
			Girls 18		0	0						
			Girls 19		84cm	1						
			Boys 16		84cm	1						
			Boys 17		91 cm	2		1 heat				
			15		<b>110 hurdles</b>	boys 18	91 cm	2				
						boys 19	99cm	1		1 heat		
	13:30	16	<b>steeplechase</b>		17g - 2000m	1.30 pm	76CM	1				
18g-2000m				76CM	2							
18 G- 3000M				76CM	1			1 heat				
17				steeplechase	17B- 2000M		91cm	3				
		18B- 3000M	91cm	2								
		19b-3000m	91cm	1+1		1 heat						
14:00	18	<b>80m sprints</b>	13 girls		6	44	13 boys	37	5			
			14 Girls		5	34	14 boys	25	4			
			15 Girls		3	18	15 Boys	11	2			
			18 girls		final	7	18 boys	6	final			
			19	100m sprints	17 girls		final	8	17 boys	10	2 heats	
			16 girls		2	12	16 boys	19	3			
	14:30	20	<b>1500m</b>	19 girls/ sen		final	5	19boys/ sen	7	final		
				girls 14+15	<b>2.3</b>	On time	17					
				boys 14+15		On time	22					
				girls 16-19		On time	15					
boys 16-19					On time	23						

				<b>3pm</b>	number	heats
<b>15:00</b>	21	<b>200m</b>	girls 14		22	3
			14	Boys	22	3
			15	Girls	14	2
			15	Boys	12	2
			16	Girls	13	2
			16	Boys	17	3
			17	Girls	7	1
			17	Boys	12	2
			18	Girls	9	2
			18	Boys	10	2
			19	Girls/sen	6+1	1
			19	Boys/sen	4+4	1
<b>16:30</b>	22	<b>400m -4.30</b>	17	Girls	4	finals
			18	Girls	6	finals
			19	Girls	3	finals
			17	Boys	6	finals
			18	Boys	6	finals
			19	Boys/sen	5+3	finals
<b>16:45</b>	23	<b>3000m-4.45</b>	16	Boys	1	finals
			17	Boys	6	finals
			18	Girls	2	finals
			18	Boys	7	finals
			19	Girls	3	finals
			19	Boys/sen	3+1	finals
<b>17:15</b>	24	<b>600m- 5.15</b>	13	Girls	34	3
			13	Boys	32	3
<b>18:00</b>	25	<b>800m- 6.0pm</b>	14	Girls	26	2
			14	Boys	14	finals
			15	Girls	10	finals
			15	Boys	12	finals
	26	<b>800m</b>	16 + 17 Girls		10	
					3	1 race
	27	<b>800m</b>	16-19 boys		15	1 race
	28	<b>800m</b>	18-19 girls		7	1 race

10:30 14-19 Hammer 1 under 14G@ 2.5 kg

Time	FIELD	Age	Event	number	pit
11:00	Girls	19	<b>Long Jump</b>	2	
	Boys	19	Long Jump	3	
11:10	Girls	13	Long Jump	35	
	Boys	13	Long Jump	31	
12:45	Girls	14	Long Jump	23	
	Boys	14	Long Jump	18	
14:00	Girls	15	Long Jump	16	
	Boys	15	Long Jump	8	
14:40	Girls	17	Long Jump	5	
	Boys	17	Long Jump	8	
15:00	Girls	18	Long Jump	2	
	Boys	18	Long Jump	5	
	Girls	16	Long Jump	7	
	Boys	16	Long Jump	9	

15:30	Boys	15	<b>Triple Jump</b>	4
	Boys	16	Triple Jump	5
16:00	Girls/Boys	17	Triple Jump	4
	Girls/Boys	18	Triple Jump	4.+3
	Girls/Boys	19	Triple Jump	5

Time	FIELD	Age	Event	height	number	
11:00	Girls	15	<b>High Jump</b>	1.20-1.55	4	
	Boys	15	High Jump	1.30-1.60	3	
11:30	Girls	16	High Jump	1.25-1.55	1	
	Boys	16	High Jump	1.40-1.65	2	
	Girls	17	High Jump	1.30-1.60	2	
	Boys	17	High Jump	1.40-1.75	3	
	Girls	18	High Jump	1.35-1.60	0	
	Boys	18	High Jump	1.50-1.50	0	
	Girls	19	High Jump	1.35-1.60	0	
	Boys	19	High Jump	1.55-1.80	2+3	
	12:30	Girls	14	High Jump	1.15-1.45	6
	Boys	14	High Jump	1.30-1.55	5	
13:30	Girls	13	High Jump	1.10-1.40	9	
	Boys	13	High Jump	1.20-1.50	4	

Time	FIELD	Age	Event	weight	number
11:00	Girls	18	<b>Discus</b>	1	1
	Boys	18	Discus	1.5	1
11:30	Girls	19	Discus		0
	Boys	19	Discus		0
	Girls	17	Discus		0
	Boys	17	Discus		0
	Girls	16	Discus	1	2
	Boys	16	Discus	1	1
	Girls	15	Discus	0.75	3
	Boys	15	Discus	1	1
	Girls	14	Discus	0.75	2
	Boys	14	Discus	0.75	5

11:00	Girls	15	<b>Shot Putt</b>	2.72	4
	Boys	15	Shot Putt	3.25	9
11:30	Girls	14	Shot Putt	2	13
	Boys	14	Shot Putt	2.72	12
12:30	Girls	13	Shot Putt	2	15
	Boys	13	Shot Putt	2	16
13:30	Girls	16	Shot Putt	3	4
	Boys	16	Shot Putt	4	4
	Girls	19	Shot Putt	4	2
	Boys	19	Shot Putt	7.26	3
	Girls	18	Shot Putt	5	3
	Boys	18	Shot Putt	3	1
	Girls	17	Shot Putt	3	1
	Boys	17	Shot Putt	5	5

11:00	girls 13	<b>Javelin</b>	400g	16
	boys 13		400g	12
12:00	14 girls		400 g	9
	14 boys		400 g	10
13:00	15 girls		400 g	4
	15 boys		500g	2
13:30	16 boys		600 g	3
	17 boys		700 g	1
	18 girls		500g	5
	18 boys		700 g	2
	18 girls		500 g	5
	19 boys			0
	19 girls		600g	1