

**WESTERN REGION TRACK AND FIELD COMPETITION**  
**ORDER OF EVENTS: SATURDAY 13TH JUNE 2015**

**9.30am** 14-19 Hammer

Seniors compete with U19

**11.00am**

Field events order subject to change on the day

<u>FIELD</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Event</u>	
Girls	13	Long Jump	Girls	18	Discus 1.0 Kg
Boys	13	Long Jump	Boys	18	Discus 1.5 Kg
Girls	14	Long Jump	Girls	19	Discus 1.0 Kg
Boys	14	Long Jump	Boys	19	Discus 1.75 Kg
Girls	15	Long Jump	Girls	17	Discus 1.0 Kg
Boys	15	Long Jump	Boys	17	Discus 1.5 Kg
Girls	16	Long Jump	Girls	16	Discus 1.0 Kg
Boys	16	Long Jump	Boys	16	Discus 1.0 Kg
Girls	17	Long Jump	Girls	15	Discus 0.75 Kg
Boys	17	Long Jump	Boys	15	Discus 1.0 Kg
Girls	18	Long Jump	Girls	14	Discus 0.75 Kg
Boys	18	Long Jump	Boys	14	Discus 0.75 Kg
Girls	19	Long Jump			
Boys	19	Long Jump	Girls	16	Javelin 500g
			Boys	16	Javelin 600g
Girls	15	High Jump	Girls	17	Javelin 500g
Boys	15	High Jump	Boys	17	Javelin 700g
Girls	16	High Jump	Girls	14	Javelin 400g
Boys	16	High Jump	Boys	14	Javelin 400g
Girls	17	High Jump	Girls	19	Javelin 600g
Boys	17	High Jump	Boys	19	Javelin 800g
Girls	18	High Jump	Girls	18	Javelin 500g
Boys	18	High Jump	Boys	18	Javelin 700g
Girls	19	High Jump	Girls	15	Javelin 400g
Boys	19	High Jump	Boys	15	Javelin 500g
Girls	14	High Jump	Girls	13	Javelin 400g
Boys	14	High Jump	Boys	13	Javelin 400g
Girls	13	High Jump			
Boys	13	High Jump	Girls	14	Shot Putt 2.0Kg
			Boys	14	Shot Putt 2.72Kg
Boys	15	Triple Jump	Girls	13	Shot Putt 2.0Kg
Boys	16	Triple Jump	Boys	13	Shot Putt 2.0Kg
G/B	17	Triple Jump	Girls	16	Shot Putt 3.0Kg
G/B	18	Triple Jump	Boys	16	Shot Putt 4.0Kg
G/B	19	Triple Jump	Girls	19	Shot Putt 4.0Kg
			Boys	19	Shot Putt 6.0Kg
			Girls	18	Shot Putt 3.0Kg
			Boys	18	Shot Putt 5.0Kg
			Girls	17	Shot Putt 3.0Kg
			Boys	17	Shot Putt 5.0Kg
			Girls	15	Shot Putt 2.72Kg
			Boys	15	Shot Putt 3.25Kg

# WESTERN REGION TRACK AND FIELD COMPETITION

Order of Events: 13th June 2015

All seniors compete with U19

**Track** 10.30am

**Relays** 13,15,17,19  
14,16,18

Event	Age	height
<b>400m H</b>	18 B	84cm
400m H	19B	91 cm
400m H	18 G	76 cm
400m H	19 G	76cm
<b>300m H</b>	17 G	76cm
300m H	17 B	76cm
<b>250m H</b>	15B	76cm
250m H	16B	76cm
250m H	15G	68 cm
250m H	16G	68 cm

**Move all hurdles to the sprints area lanes 3-8**

<b>2000m W</b>	14 G/B	
	15 G/B	
	16 G/B	
<b>3000m W</b>	17 G/B	
	18 G	
	19 G	
<b>5000m W</b>	18 B	
	19 B	
<b>60m H</b>	13G	68cm
	13B	68cm
<b>75m H</b>	14G	68 cm
	14B	75cm
<b>80m H</b>	15G+16G	80cm
	15B	80cm
<b>100m H</b>	17G	76CM
	18 G	
	19 G	84cm
	16 B	84cm
	17 B	91 cm
<b>110 H</b>	18 B	91 cm
	19 B	99cm
<b>S/C</b>	17G - 2000m	76CM
	18G-2000m	76CM
	18 G- 3000m	76CM
	17B- 2000m	91cm
	18B- 3000m	91cm
	19 B-3000m	91cm

**lunch break**

Event	Age
<b>80m</b>	13 G
	13 B
	14 G
	14 B
<b>100m</b>	15 G/B
	16 G/B
	17 G/B
	18 G/B
	19 G/B
<b>1500m</b>	14+15 G
	14+15 B
	16-19 G
	16-19 B
<b>200m</b>	14 G/B
	15 G/B
	16 G/B
	17 G/B
	18 G/B
	19 G/B
<b>400m</b>	17 G
	18 G
	19 G
	17 B
	18 B
	19 B
<b>3000m</b>	16-Sen B
	18/19 G
<b>600m</b>	13 G
	13 B
<b>800m</b>	14 G
	14 B
	15 G
	15 B
	16/17 G
	16-19 B
	18-19 G