

## 2019 NORTH EAST METROPOLITAN ZONE ATHLETICS CHAMPIONSHIPS

Times listed on the left hand side are **NOT BEFORE** times. Events will not begin before this time, however they may begin later

The Time Guide is our anticipated event time but is an indicator only

**Note: Athletes are required to be at the venue 60 minutes prior to the Not Before Time.**

Track events take precedence over Field events. There will be a Clash Manager to take athletes from Field events to Track events.

Once an athlete has completed their track event they must return to their field event immediately.

### Track Progression from Heats to Finals

Where there are 2 Heats - The first 3 from each heat plus the next 2 best times progress to the final

Where there are 3 Heats - The first 2 from each heat plus the next 2 best times progress to the final

### Progression from Zone to Region

Under 7 competitors do not progress beyond Zone.

For Under 8 – Under 17 competitors the first 6 place getters in a final at NEMZ plus the next best 4 competitors from the finals in that event across NEMZ and NMZ will progress to Region.

Note: The athletes progressing must contest a final, so if you make a final and are not able to compete at Region on 8th and 9th February 2020, please let us know so a replacement can run in the final so NEMZ do not forfeit a place at Region.

## ORDER OF EVENTS - TRACK SATURDAY - 30TH NOVEMBER 2019

Not Before Time					Track Time Guide
8:30 AM	#1	U13	Girls 1500 Metres	Final	8:30:00 AM
	#2	U13	Boys 1500 Metres	Final	8:37:00 AM
	#3	U14	Girls 1500 Metres	Final	8:44:00 AM
	#4	U14	Boys 1500 Metres	Final	8:44:00 AM
	#5	U15	Girls 1500 Metres	Final	8:51:00 AM
	#6	U15	Boys 1500 Metres	Final	8:51:00 AM
	#7	U17	Girls 1500 Metres	Final	8:58:00 AM
	#8	U17	Boys 1500 Metres	Final	8:58:00 AM
9:00 AM	#9	U8	Girls 60 Metre Hurdles	Heats	9:10:00 AM
	#10	U8	Boys 60 Metre Hurdles	Heats	9:14:00 AM
	#11	U9	Girls 60 Metre Hurdles	Heats	9:18:00 AM
	#12	U9	Boys 60 Metre Hurdles	Heats	9:22:00 AM
	#13	U10	Girls 60 Metre Hurdles	Heats	9:30:00 AM
	#14	U10	Boys 60 Metre Hurdles	Heats	9:34:00 AM
9:45 AM	#15	U13	Girls 200 Metre Hurdles	Timed Finals	9:48:00 AM
	#16	U13	Boys 200 Metre Hurdles	Timed Finals	9:50:00 AM
	#17	U14	Girls 200 Metre Hurdles	Timed Finals	9:55:00 AM
	#18	U14	Boys 200 Metre Hurdles	Timed Finals	9:57:00 AM
	#19	U15	Girls 300 Metre Hurdles	Timed Finals	10:02:00 AM
	#20	U15	Boys 300 Metre Hurdles	Timed Finals	10:04:00 AM
	#21	U17	Girls 300 Metre Hurdles	Timed Finals	10:06:00 AM
	#22	U17	Boys 300 Metre Hurdles	Timed Finals	10:08:00 AM
10:10 AM	#23	U11	Girls 1500 Metres	Final	10:13:00 AM
	#24	U11	Boys 1500 Metres	Final	10:20:00 AM
	#25	U12	Girls 1500 Metres	Final	10:27:00 AM
	#26	U12	Boys 1500 Metres	Final	10:34:00 AM
10:40 AM	#27	U8	Girls 60 Metre Hurdles	Final	10:46:00 AM
	#28	U8	Boys 60 Metre Hurdles	Final	10:48:00 AM
	#29	U9	Girls 60 Metre Hurdles	Final	10:50:00 AM
	#30	U9	Boys 60 Metre Hurdles	Final	10:52:00 AM
	#31	U10	Girls 60 Metre Hurdles	Final	10:59:00 AM
	#32	U10	Boys 60 Metre Hurdles	Final	11:01:00 AM
11:03 AM	#33	U7	Girls 100 Metre	Heats	11:08:00 AM
	#34	U7	Boys 100 Metre	Heats	11:14:00 AM
	#35	U8	Girls 100 Metre	Heats	11:18:00 AM
	#36	U8	Boys 100 Metre	Heats	11:22:00 AM
	#37	U9	Girls 100 Metre	Heats	11:26:00 AM
	#38	U9	Boys 100 Metre	Heats	11:32:00 AM
	#39	U10	Girls 100 Metre	Heats	11:38:00 AM
	#40	U10	Boys 100 Metre	Heats	11:44:00 AM
	#41	U11	Girls 100 Metre	Heats	11:50:00 AM
	#42	U11	Boys 100 Metre	Heats	11:54:00 AM
	#43	U12	Girls 100 Metre	Heats	11:58:00 AM
	#44	U12	Boys 100 Metre	Heats	12:04:00 PM
	#45	U13	Girls 100 Metre	Heats	12:12:00 PM
	#46	U13	Boys 100 Metre	Heats	12:18:00 PM
	#47	U14	Girls 100 Metre	Heats	12:24:00 PM
	#48	U14	Boys 100 Metre	Heats	12:28:00 PM
	#49	U15	Girls 100 Metre	Heats	12:32:00 PM
	#50	U15	Boys 100 Metre	Heats	12:36:00 PM
	#51	U17	Girls 100 Metre	Heats	12:40:00 PM

	#52	U17	Boys 100 Metre	Heats	12:44:00 PM
	#53	U7	Girls 50 Metre	Heats	12:50:00 PM
	#54	U7	Boys 50 Metre	Heats	12:54:00 PM
12:55 PM	#55	U8	Girls 400 Metre	Timed Finals	1:03:00 PM
	#56	U8	Boys 400 Metre	Timed Finals	1:09:00 PM
	#57	U9	Girls 400 Metre	Timed Finals	1:18:00 PM
	#58	U9	Boys 400 Metre	Timed Finals	1:24:00 PM
	#59	U10	Girls 400 Metre	Timed Finals	1:30:00 PM
	#60	U10	Boys 400 Metre	Timed Finals	1:39:00 PM
	#61	U11	Girls 400 Metre	Timed Finals	1:48:00 PM
	#62	U11	Boys 400 Metre	Timed Finals	1:57:00 PM
	#63	U12	Girls 400 Metre	Timed Finals	2:06:00 PM
	#64	U12	Boys 400 Metre	Timed Finals	2:15:00 PM
2:15 PM	#65	U7	Girls 50 Metre	Final	2:27:00 PM
	#66	U7	Boys 50 Metre	Final	2:29:00 PM
2:25:00 PM	#67	U13	Girls 400 Metre	Timed Finals	2:36:00 PM
	#68	U13	Boys 400 Metre	Timed Finals	2:42:00 PM
	#69	U14	Girls 400 Metre	Timed Finals	2:48:00 PM
	#70	U14	Boys 400 Metre	Timed Finals	2:54:00 PM
	#71	U15	Girls 400 Metre	Timed Finals	2:57:00 PM
	#72	U15	Boys 400 Metre	Timed Finals	3:03:00 PM
	#73	U17	Girls 400 Metre	Timed Finals	3:09:00 PM
	#74	U17	Boys 400 Metre	Timed Finals	3:15:00 PM
3:05 PM	#75	U7	Girls 100 Metre	Final	3:26:00 PM
	#76	U7	Boys 100 Metre	Final	3:28:00 PM
	#77	U8	Girls 100 Metre	Final	3:30:00 PM
	#78	U8	Boys 100 Metre	Final	3:32:00 PM
	#79	U9	Girls 100 Metre	Final	3:34:00 PM
	#80	U9	Boys 100 Metre	Final	3:36:00 PM
	#81	U10	Girls 100 Metre	Final	3:38:00 PM
	#82	U10	Boys 100 Metre	Final	3:40:00 PM
	#83	U11	Girls 100 Metre	Final	3:42:00 PM
	#84	U11	Boys 100 Metre	Final	3:44:00 PM
	#85	U12	Girls 100 Metre	Final	3:46:00 PM
	#86	U12	Boys 100 Metre	Final	3:48:00 PM
	#87	U13	Girls 100 Metre	Final	3:50:00 PM
	#88	U13	Boys 100 Metre	Final	3:52:00 PM
	#89	U14	Girls 100 Metre	Final	3:54:00 PM
	#90	U14	Boys 100 Metre	Final	3:56:00 PM
	#91	U15	Girls 100 Metre	Final	3:58:00 PM
	#92	U15	Boys 100 Metre	Final	4:00:00 PM
	#93	U17	Girls 100 Metre	Final	4:02:00 PM
	#94	U17	Boys 100 Metre	Final	4:04:00 PM
3:35 PM	#95	U13	Girls 3000 Metre	Final	4:11:00 PM
	#96	U13	Boys 3000 Metre	Final	4:11:00 PM
	#97	U14	Girls 3000 Metre	Final	4:11:00 PM
	#98	U14	Boys 3000 Metre	Final	4:11:00 PM
	#99	U15	Girls 3000 Metre	Final	4:26:00 PM
	#100	U15	Boys 3000 Metre	Final	4:26:00 PM
	#101	U17	Girls 3000 Metre	Final	4:26:00 PM
	#102	U17	Boys 3000 Metre	Final	4:26:00 PM

# ORDER OF EVENTS - TRACK SUNDAY 1ST DECEMBER 2019

## Not Before Time

## Track Time

					<u>Guide</u>
8:30 AM	#103	U7	Girls 500 Metre	Final	8:30:00 AM
	#104	U7	Boys 500 Metre	Final	8:35:00 AM
	#105	U8	Girls 700 Metre	Final	8:40:00 AM
	#106	U8	Boys 700 Metre	Final	8:45:00 AM
	#107	U9	Girls 800 Metre	Final	8:50:00 AM
	#108	U9	Boys 800 Metre	Final	8:55:00 AM
	#109	U10	Girls 800 Metre	Final	9:00:00 AM
	#110	U10	Boys 800 Metre	Final	9:05:00 AM
	#111	U11	Girls 800 Metre	Final	9:10:00 AM
	#112	U11	Boys 800 Metre	Final	9:15:00 AM
	#113	U12	Girls 800 Metre	Final	9:20:00 AM
	#114	U12	Boys 800 Metre	Final	9:30:00 AM
	#115	U13	Girls 800 Metre	Final	9:35:00 AM
	#116	U13	Boys 800 Metre	Final	9:40:00 AM
	#117	U14	Girls 800 Metre	Final	9:45:00 AM
	#118	U14	Boys 800 Metre	Final	9:50:00 AM
	#119	U15	Girls 800 Metre	Final	9:55:00 AM
	#120	U15	Boys 800 Metre	Final	10:00:00 AM
	#121	U17	Girls 800 Metre	Final	10:05:00 AM
	#122	U17	Boys 800 Metre	Final	10:10:00 AM
10:00 AM	#123	U7	Girls 70 Metre	Heats	10:20:00 AM
	#124	U7	Boys 70 Metre	Heats	10:24:00 AM
	#125	U8	Girls 70 Metre	Heats	10:28:00 AM
	#126	U8	Boys 70 Metre	Heats	10:32:00 AM
	#127	U9	Girls 70 Metre	Heats	10:36:00 AM
	#128	U9	Boys 70 Metre	Heats	10:40:00 AM
	#129	U10	Girls 70 Metre	Heats	10:44:00 AM
	#130	U10	Boys 70 Metre	Heats	10:48:00 AM
10:45 AM	#131	U11	Girls 80 Metre Hurdles	Heats	11:04:00 AM
	#132	U11	Boys 80 Metre Hurdles	Heats	11:08:00 AM
	#133	U12	Girls 80 Metre Hurdles	Heats	11:17:00 AM
	#134	U12	Boys 80 Metre Hurdles	Heats	11:23:00 AM
	#135	U13	Girls 80 Metre Hurdles	Heats	11:34:00 AM
	#136	U13	Boys 80 Metre Hurdles	FINAL	11:38:00 AM
	#137	U14	Girls 80 Metre Hurdles	Heats	11:40:00 AM
	#138	U14	Boys 90 Metre Hurdles	FINAL	11:49:00 AM
	#139	U15	Girls 90 Metre Hurdles	Heats	11:51:00 AM
	#140	U15	Boys 100 Metre Hurdles	FINAL	12:00:00 PM
	#141	U17	Girls 100 Metre Hurdles	FINAL	12:02:00 PM
	#142	U17	Boys 110 Metre Hurdles	FINAL	12:09:00 PM
12:05 PM	#143	U7	Girls 70 Metre	Final	12:21:00 PM
	#144	U7	Boys 70 Metre	Final	12:23:00 PM
	#145	U8	Girls 70 Metre	Final	12:25:00 PM
	#146	U8	Boys 70 Metre	Final	12:27:00 PM
	#147	U9	Girls 70 Metre	Final	12:29:00 PM
	#148	U9	Boys 70 Metre	Final	12:31:00 PM
	#149	U10	Girls 70 Metre	Final	12:33:00 PM
	#150	U10	Boys 70 Metre	Final	12:35:00 PM
12:25 PM	#151	U11	Girls 80 Metre Hurdles	Final	12:47:00 PM
	#152	U11	Boys 80 Metre Hurdles	Final	12:49:00 PM
	#153	U12	Girls 80 Metre Hurdles	Final	12:54:00 PM
	#154	U12	Boys 80 Metre Hurdles	Final	12:56:00 PM
	#155	U13	Girls 80 Metre Hurdles	Final	1:01:00 PM
	#156	U13	Boys 80 Metre Hurdles	Final	1:03:00 PM

	#157	U14	Girls	80 Metre Hurdles	Final	1:03:00 PM
	#158	U14	Boys	<del>90 Metre Hurdles</del>	Final	1:10:00 PM
	#159	U15	Girls	90 Metre Hurdles	Final	1:10:00 PM
	#160	U15	Boys	<del>100 Metre Hurdles</del>	Final	1:12:00 PM
	#161	U17	Girls	<del>100 Metre Hurdles</del>	Final	1:12:00 PM
	#162	U17	Boys	<del>110 Metre Hurdles</del>	Final	1:12:00 PM
12:55 PM	#163	U9 - U12	Girls	4 x 100m Relay	Final	1:17:00 PM
	#164	U9 - U12	Boys	4 x 100m Relay	Final	1:19:00 PM
	#165	U13 -U17	Girls	4 x 100m Relay	Final	1:21:00 PM
	#166	U13 -U17	Boys	4 x 100m Relay	Final	1:23:00 PM
1:10 PM	#167	U7	Girls	200 Metre	Heats	1:30:00 PM
	#168	U7	Boys	200 Metre	Heats	1:36:00 PM
	#169	U8	Girls	200 Metre	Heats	1:40:00 PM
	#170	U8	Boys	200 Metre	Heats	1:46:00 PM
	#171	U9	Girls	200 Metre	Heats	1:52:00 PM
	#172	U9	Boys	200 Metre	Heats	1:56:00 PM
	#173	U10	Girls	200 Metre	Heats	2:02:00 PM
	#174	U10	Boys	200 Metre	Heats	2:08:00 PM
	#175	U11	Girls	200 Metre	Heats	2:14:00 PM
	#176	U11	Boys	200 Metre	Heats	2:18:00 PM
	#177	U12	Girls	200 Metre	Heats	2:22:00 PM
	#178	U12	Boys	200 Metre	Heats	2:30:00 PM
	#179	U13	Girls	200 Metre	Heats	2:38:00 PM
	#180	U13	Boys	200 Metre	Heats	2:44:00 PM
	#181	U14	Girls	200 Metre	Heats	2:48:00 PM
	#182	U14	Boys	200 Metre	FINAL	2:52:00 PM
	#183	U15	Girls	200 Metre	Heats	2:54:00 PM
	#184	U15	Boys	200 Metre	FINAL	2:58:00 PM
	#185	U17	Girls	200 Metre	Heats	3:00:00 PM
	#186	U17	Boys	200 Metre	Heats	3:04:00 PM
2:45 PM	#187	U7	Girls	200 Metre	Final	3:08:00 PM
	#188	U7	Boys	200 Metre	Final	3:10:00 PM
	#189	U8	Girls	200 Metre	Final	3:12:00 PM
	#190	U8	Boys	200 Metre	Final	3:14:00 PM
	#191	U9	Girls	200 Metre	Final	3:16:00 PM
	#192	U9	Boys	200 Metre	Final	3:18:00 PM
	#193	U10	Girls	200 Metre	Final	3:20:00 PM
	#194	U10	Boys	200 Metre	Final	3:22:00 PM
	#195	U11	Girls	200 Metre	Final	3:24:00 PM
	#196	U11	Boys	200 Metre	Final	3:26:00 PM
	#197	U12	Girls	200 Metre	Final	3:28:00 PM
	#198	U12	Boys	200 Metre	Final	3:30:00 PM
	#199	U13	Girls	200 Metre	Final	3:32:00 PM
	#200	U13	Boys	200 Metre	Final	3:34:00 PM
	#201	U14	Girls	200 Metre	Final	3:36:00 PM
	#202	U14	Boys	<del>200 Metre</del>	Final	3:38:00 PM
	#203	U15	Girls	200 Metre	Final	3:38:00 PM
	#204	U15	Boys	<del>200 Metre</del>	Final	3:40:00 PM
	#205	U17	Girls	200 Metre	Final	3:40:00 PM
	#206	U17	Boys	200 Metre	Final	3:42:00 PM
3:30 PM	#207	U9	Girls	700 Metre Walk	Final	3:49:00 PM
	#208	U9	Boys	700 Metre Walk	Final	3:57:00 PM
	#209	U10	Girls	1100 Metre Walk	Final	4:10:00 PM
	#210	U10	Boys	1100 Metre Walk	Final	4:10:00 PM
	#211	U11	Girls	1100 Metre Walk	Final	4:20:00 PM
	#212	U11	Boys	1100 Metre Walk	Final	4:20:00 PM
	#213	U12	Girls	1500 Metre Walk	Final	4:35:00 PM
	#214	U12	Boys	1500 Metre Walk	Final	4:35:00 PM
	#215	U13	Girls	1500 Metre Walk	Final	4:35:00 PM
	#216	U13	Boys	1500 Metre Walk	Final	4:35:00 PM
	#217	U14	Girls	1500 Metre Walk	Final	4:55:00 PM
	#218	U14	Boys	1500 Metre Walk	Final	4:55:00 PM
	#219	U15	Girls	1500 Metre Walk	Final	4:55:00 PM
	#220	U15	Boys	1500 Metre Walk	Final	4:55:00 PM
	#221	U17	Girls	1500 Metre Walk	Final	4:55:00 PM
	#222	U17	Boys	1500 Metre Walk	Final	4:55:00 PM