

2021/2022 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.

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

Event Clashes

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

When an event is known prior to the release of this program to be contested as a straight final, it will be run at the time of the finals

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.

In the instance of track event finals contested with 9 athletes, only the top 8 will be considered for progression to region.

See also LANSW rules of competition SectionC.

Note: The athletes progressing must contest a final, so if you make a final and are not able to compete at Region on 12th and 13th February 2022, 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 - 29TH JANUARY 2022

Not Before Time

8:30 AM	T#1	U13	Girls	1500 Metre	Final
	T#2	U13	Boys	1500 Metre	Final
	T#3	U14	Girls	1500 Metre	Final
	T#4	U14	Boys	1500 Metre	Final
	T#5	U15	Girls	1500 Metre	Final
	T#6	U15	Boys	1500 Metre	Final
	T#7	U17	Girls	1500 Metre	Final
	T#8	U17	Boys	1500 Metre	Final
9:00 AM	T#9	U8	Girls	60 Metre Hurdles	Heats
	T#10	U8	Boys	60 Metre Hurdles	Heats
	T#11	U9	Girls	60 Metre Hurdles	Heats
	T#12	U9	Boys	60 Metre Hurdles	Heats
	T#13	U10	Girls	60 Metre Hurdles	Heats
	T#14	U10	Boys	60 Metre Hurdles	Heats
9:40 AM	T#15	U11	Girls	1500 Metre	Final
	T#16	U11	Boys	1500 Metre	Final
	T#17	U12	Girls	1500 Metre	Final
	T#18	U12	Boys	1500 Metre	Final
10:10 AM	T#19	U8	Girls	60 Metre Hurdles	Final
	T#20	U8	Boys	60 Metre Hurdles	Final
	T#21	U9	Girls	60 Metre Hurdles	Final
	T#22	U9	Boys	60 Metre Hurdles	Final
	T#23	U10	Girls	60 Metre Hurdles	Final
	T#24	U10	Boys	60 Metre Hurdles	Final
10:40 AM	T#25	U7	Girls	50 Metre	Heats
	T#26	U7	Boys	50 Metre	Heats
10:55 AM	T#27	U17	Girls	300 Metre Hurdles	Timed Finals
	T#28	U17	Boys	300 Metre Hurdles	Timed Finals
	T#29	U15	Girls	300 Metre Hurdles	Timed Finals
	T#30	U15	Boys	300 Metre Hurdles	Timed Finals
	T#31	U14	Girls	200 Metre Hurdles	Timed Finals
	T#32	U14	Boys	200 Metre Hurdles	Timed Finals
	T#33	U13	Girls	200 Metre Hurdles	Timed Finals
	T#34	U13	Boys	200 Metre Hurdles	Timed Finals
11:25 AM	T#35	U8	Girls	100 Metre	Heats
	T#36	U8	Boys	100 Metre	Heats
	T#37	U9	Girls	100 Metre	Heats
	T#38	U9	Boys	100 Metre	Heats
	T#39	U10	Girls	100 Metre	Heats

	T#40	U10	Boys	100 Metre	Heats
	T#41	U7	Girls	100 Metre	Heats
	T#42	U7	Boys	100 Metre	Heats
12:05 PM	T#43	U11	Girls	100 Metre	Heats
	T#44	U11	Boys	100 Metre	Heats
	T#45	U12	Girls	100 Metre	Heats
	T#46	U12	Boys	100 Metre	Heats
	T#47	U13	Girls	100 Metre	Heats
	T#48	U13	Boys	100 Metre	Heats
12:40 PM	T#49	U14	Girls	100 Metre	Heats
	T#50	U14	Boys	100 Metre	Heats
	T#51	U15	Girls	100 Metre	Heats
		U15	Boys	100 Metre	no heats - see finals
	T#52	U17	Girls	100 Metre	Heats
	T#53	U17	Boys	100 Metre	Heats
1:05 PM	T#54	U7	Girls	50 Metre	Final
	T#55	U7	Boys	50 Metre	Final
1:15 PM	T#56	U8	Girls	400 Metre	Timed Finals
	T#57	U8	Boys	400 Metre	Timed Finals
	T#58	U9	Girls	400 Metre	Timed Finals
	T#59	U9	Boys	400 Metre	Timed Finals
	T#60	U10	Girls	400 Metre	Timed Finals
	T#61	U10	Boys	400 Metre	Timed Finals
2:05 PM	T#62	U11	Girls	400 Metre	Timed Finals
	T#63	U11	Boys	400 Metre	Timed Finals
	T#64	U12	Girls	400 Metre	Timed Finals
	T#65	U12	Boys	400 Metre	Timed Finals
	T#66	U13	Girls	400 Metre	Timed Finals
	T#67	U13	Boys	400 Metre	Timed Finals
2:50 PM	T#68	U14	Girls	400 Metre	Timed Finals
	T#69	U14	Boys	400 Metre	Timed Finals
	T#70	U15	Girls	400 Metre	Timed Finals
	T#71	U15	Boys	400 Metre	Timed Finals
	T#72	U17	Girls	400 Metre	Timed Finals
	T#73	U17	Boys	400 Metre	Timed Finals
3:20 PM	T#74	U7	Girls	100 Metre	Final
	T#75	U7	Boys	100 Metre	Final
	T#76	U8	Girls	100 Metre	Final
	T#77	U8	Boys	100 Metre	Final
	T#78	U9	Girls	100 Metre	Final
	T#79	U9	Boys	100 Metre	Final
	T#80	U10	Girls	100 Metre	Final
	T#81	U10	Boys	100 Metre	Final
	T#82	U11	Girls	100 Metre	Final
	T#83	U11	Boys	100 Metre	Final
3:40 PM	T#84	U12	Girls	100 Metre	Final
	T#85	U12	Boys	100 Metre	Final
	T#86	U13	Girls	100 Metre	Final
	T#87	U13	Boys	100 Metre	Final
	T#88	U14	Girls	100 Metre	Final
	T#89	U14	Boys	100 Metre	Final
	T#90	U15	Girls	100 Metre	Final
	T#91	U15	Boys	100 Metre	Final
	T#92	U17	Girls	100 Metre	Final
	T#93	U17	Boys	100 Metre	Final
4:05 PM	T#94	U13	Girls	3000 Metre	Final
	T#95	U13	Boys	3000 Metre	Final
	T#96	U14	Girls	3000 Metre	Final
	T#97	U14	Boys	3000 Metre	Final
	T#98	U15	Girls	3000 Metre	Final
	T#99	U15	Boys	3000 Metre	Final
	T#100	U17	Girls	3000 Metre	Final
	T#101	U17	Boys	3000 Metre	Final

ORDER OF EVENTS - TRACK SUNDAY 30th JANUARY 2022

Not Before Time

8:30 AM	T#102	U9	Girls	800 Metre	Final
	T#103	U9	Boys	800 Metre	Final
	T#104	U10	Girls	800 Metre	Final
	T#105	U10	Boys	800 Metre	Final
	T#106	U11	Girls	800 Metre	Final
	T#107	U11	Boys	800 Metre	Final
	T#108	U12	Girls	800 Metre	Final
	T#109	U12	Boys	800 Metre	Final
9:15 AM	T#110	U13	Girls	800 Metre	Final
	T#111	U13	Boys	800 Metre	Final
	T#112	U14	Girls	800 Metre	Final
	T#113	U14	Boys	800 Metre	Final
	T#114	U15	Girls	800 Metre	Final
	T#115	U15	Boys	800 Metre	Final
	T#116	U17	Girls	800 Metre	Final
	T#117	U17	Boys	800 Metre	Final
10:05 AM	T#118	U9 - U12	Girls	4 x 100m Relay	Final
	T#119	U9 - U12	Boys	4 x 100m Relay	Final
	T#120	U13 -U17	Girls	4 x 100m Relay	Final
	T#121	U13 -U17	Boys	4 x 100m Relay	Final
10:20 AM	T#122	U8	Girls	700 Metre	Final
	T#123	U8	Boys	700 Metre	Final
	T#124	U7	Girls	500 Metre	Final
	T#125	U7	Boys	500 Metre	Final
10:50 AM	T#126	U10	Girls	70 Metre	Heats
	T#127	U10	Boys	70 Metre	Heats
	T#128	U9	Girls	70 Metre	Heats
	T#129	U9	Boys	70 Metre	Heats
11:10 AM	T#130	U8	Girls	70 Metre	Heats
	T#131	U8	Boys	70 Metre	Heats
	T#132	U7	Girls	70 Metre	Heats
	T#133	U7	Boys	70 Metre	Heats
11:35 AM	T#134	U11	Girls	80 Metre Hurdles	Heats
	T#135	U11	Boys	80 Metre Hurdles	Heats
	T#136	U12	Girls	80 Metre Hurdles	Heats
		U12	Boys	80 Metre Hurdles	no heats - see Finals
		U13	Girls	80 Metre Hurdles	no heats - see Finals
		U13	Boys	80 Metre Hurdles	no heats - see Finals
		U14	Girls	80 Metre Hurdles	no heats - see Finals
		U14	Boys	90 Metre Hurdles	no heats - see Finals
		U15	Girls	90 Metre Hurdles	no heats - see Finals
		U15	Boys	100 Metre Hurdles	no heats - see Finals
		U17	Girls	100 Metre Hurdles	no heats - see Finals
		U17	Boys	110 Metre Hurdles	no heats - see Finals
12:00 PM	T#137	U10	Girls	70 Metre	Final
	T#138	U10	Boys	70 Metre	Final
	T#139	U9	Girls	70 Metre	Final
	T#140	U9	Boys	70 Metre	Final
	T#141	U8	Girls	70 Metre	Final
	T#142	U8	Boys	70 Metre	Final
	T#143	U7	Girls	70 Metre	Final
	T#144	U7	Boys	70 Metre	Final
12:20 PM	T#145	U11	Girls	80 Metre Hurdles	Final
	T#146	U11	Boys	80 Metre Hurdles	Final
	T#147	U12	Girls	80 Metre Hurdles	Final
	T#148	U12	Boys	80 Metre Hurdles	Final
	T#149	U13	Girls	80 Metre Hurdles	Final
	T#150	U13	Boys	80 Metre Hurdles	Final
	T#151	U14	Girls	80 Metre Hurdles	Final
12:55 PM	T#152	U14	Boys	90 Metre Hurdles	Final
	T#153	U15	Girls	90 Metre Hurdles	Final
	T#154	U15	Boys	100 Metre Hurdles	Final
	T#155	U17	Girls	100 Metre Hurdles	Final

	T#156	U17	Boys	110 Metre Hurdles	Final
1:20 PM	T#157	U7	Girls	200 Metre	Heats
	T#158	U7	Boys	200 Metre	Heats
	T#159	U8	Girls	200 Metre	Heats
	T#160	U8	Boys	200 Metre	Heats
	T#161	U9	Girls	200 Metre	Heats
	T#162	U9	Boys	200 Metre	Heats
1:40 PM	T#163	U10	Girls	200 Metre	Heats
	T#164	U10	Boys	200 Metre	Heats
	T#165	U11	Girls	200 Metre	Heats
	T#166	U11	Boys	200 Metre	Heats
	T#167	U12	Girls	200 Metre	Heats
	T#168	U12	Boys	200 Metre	Heats
	T#169	U13	Girls	200 Metre	Heats
	T#170	U13	Boys	200 Metre	Heats
2:20 PM	T#171	U14	Girls	200 Metre	Heats
	T#172	U14	Boys	200 Metre	Heats
	T#173	U15	Girls	200 Metre	Heats
		U15	Boys	200 Metre	no heats - see Finals
	T#174	U17	Girls	200 Metre	Heats
	T#175	U17	Boys	200 Metre	Heats
2:45 PM	T#176	U7	Girls	200 Metre	Final
	T#177	U7	Boys	200 Metre	Final
	T#178	U8	Girls	200 Metre	Final
	T#179	U8	Boys	200 Metre	Final
	T#180	U9	Girls	200 Metre	Final
	T#181	U9	Boys	200 Metre	Final
	T#182	U10	Girls	200 Metre	Final
	T#183	U10	Boys	200 Metre	Final
	T#184	U11	Girls	200 Metre	Final
	T#185	U11	Boys	200 Metre	Final
3:05 PM	T#186	U12	Girls	200 Metre	Final
	T#187	U12	Boys	200 Metre	Final
	T#188	U13	Girls	200 Metre	Final
	T#189	U13	Boys	200 Metre	Final
	T#190	U14	Girls	200 Metre	Final
	T#191	U14	Boys	200 Metre	Final
	T#192	U15	Girls	200 Metre	Final
	T#193	U15	Boys	200 Metre	Final
	T#194	U17	Girls	200 Metre	Final
	T#195	U17	Boys	200 Metre	Final
3:30 PM	T#196	U9	Girls	700 Metre Walk	Final
	T#197	U9	Boys	700 Metre Walk	Final
	T#198	U10	Girls	1100 Metre Walk	Final
	T#199	U10	Boys	1100 Metre Walk	Final
	T#200	U11	Girls	1100 Metre Walk	Final
	T#201	U11	Boys	1100 Metre Walk	Final
4:25 PM	T#202	U12	Girls	1500 Metre Walk	Final
	T#203	U12	Boys	1500 Metre Walk	Final
	T#204	U13	Girls	1500 Metre Walk	Final
	T#205	U13	Boys	1500 Metre Walk	Final
	T#206	U14	Girls	1500 Metre Walk	Final
	T#207	U14	Boys	1500 Metre Walk	Final
	T#208	U15	Girls	1500 Metre Walk	Final
	T#209	U15	Boys	1500 Metre Walk	Final
	T#210	U17	Girls	1500 Metre Walk	Final
	T#211	U17	Boys	1500 Metre Walk	Final

2021/2022 North East Metropolitan Zone Athletics Championships

Order of Events - Saturday Field 29/1/22

8:30 AM	F#1 Boys	U11 Javelin (400g)	11:30 AM	F#26 Boys	U12 Long Jump LJ2
8:30 AM	F#2 Girls	U15 Triple Jump	11:30 AM	F#27 Boys	U10 Shot Put (2kg) SP1
8:30 AM	F#3 Boys	U12 Discus (750g) 1	11:30 AM	F#28 Girls	U12 Shot Put (2kg) SP2
8:30 AM	F#4 Boys	U9 Discus (500g) 2	12:15 PM	F#29 Boys	U15 Javelin (700g)
8:30 AM	F#5 Girls	U13 Long Jump LJ1	12:15 PM	F#30 Girls	U17 Triple Jump
8:30 AM	F#6 Boys	U15 Long Jump LJ2	12:30 PM	F#31 Girls	U13 High Jump 1 (S/H 1.15m)
8:30 AM	F#7 Girls	U11 Shot Put (2kg) SP1	12:30 PM	F#32 Girls	U11 High Jump 2 (S/H 1.00m)
8:30 AM	F#8 Boys	U17 Shot Put (5kg) SP2	1:00 PM	F#33 Boys	U14 Discus (1kg) 1
8:30 AM	F#9 Boys	U10 High Jump 1 scissors (S/H 0.95m)	1:00 PM	F#34 Boys	U11 Discus (500g) 2
8:30 AM	F#10 Girls	U12 High Jump 2 (S/H 1.10m)	1:00 PM	F#35 Girls	U8 Long Jump LJ1
9:45 AM	F#11 Boys	U13 Javelin (600g)	1:00 PM	F#36 Girls	U10 Long Jump LJ2
9:45 AM	F#12 Boys	U14 Triple Jump	1:00 PM	F#37 Girls	U9 Shot Put (2kg) SP1
10:00 AM	F#13 Girls	U17 Discus (1kg) 1	1:00 PM	F#38 Girls	U14 Shot Put (3kg) SP2
10:00 AM	F#14 Girls	U10 Discus (500g) 2	1:30 PM	F#39 Boys	U17 Javelin (700g)
10:00 AM	F#15 Boys	U11 Long Jump LJ1	1:30 PM	F#40 Girls	U12 Triple Jump
10:00 AM	F#16 Boys	U17 Long Jump LJ2	2:30 PM	F#41 Boys	U13 Discus (750g) 1
10:00 AM	F#17 Boys	U8 Shot Put (1.5kg) SP1	2:30 PM	F#42 Girls	U15 Discus (1kg) 2
10:00 AM	F#18 Boys	U7 Shot Put (1kg) SP2	2:30 PM	F#43 Boys	U8 Long Jump LJ1
10:30 AM	F#19 Girls	U9 High Jump 1 scissors (S/H 0.80m)	2:30 PM	F#44 Girls	U14 Long Jump LJ2
10:30 AM	F#20 Girls	U15 High Jump 2 (S/H 1.20m)	2:30 PM	F#45 Girls	U13 Shot Put (3kg) SP1
11:00 AM	F#21 Girls	U14 Javelin (400g)	2:30 PM	F#46 Boys	U15 Shot Put (4kg) SP2
11:00 AM	F#22 Boys	U13 Triple Jump	2:30 PM	F#47 Girls	U17 High Jump 1 (S/H 1.25m)
11:30 AM	F#23 Girls	U8 Discus (500g) 1	2:30 PM	F#48 Boys	U14 High Jump 2 (S/H 1.25m)
11:30 AM	F#24 Girls	U7 Discus (350g) 2	2:45 PM	F#49 Boys	U12 Javelin (400g)
11:30 AM	F#25 Boys	U9 Long Jump LJ1	2:45 PM	F#50 Girls	U11 Triple Jump

<u>High Jump</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>Shot Put</u>	<u>Discus</u>	<u>Javelin</u>
* U10B	* U13G	* U15G	* U11G	* U12B	* U11B
* U12G	* U15B	U14B	* U17B	* U9B	U13B
U9G	U11B	U13B	U8B	U17G	U14G
U15G	U17B	U17G	U7B	U10G	U15B
U13G	U9B	U12G	U10B	U8G	U17B
U11G	U12B	U11G	U12G	U7G	U12B
U17G	U8G		U9G	U14B	
U14B	U10G		U14G	U11B	
	U8B		U13G	U13B	
	U14G		U15B	U15G	

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.

All Competitors in all these events should be ready by 8:10am for the first call.

For all other field event marshalling competitors must make their way to the designated field marshalling area located behind the 100m starting point on the front track.

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 begin before this time but may start after this time

Order of Events - Sunday Field 30/1/22

8:30 AM	F#51 Girls	U12	Javelin (400g)	12:00 PM	F#76 Boys	U14	Long Jump LJ2
8:30 AM	F#52 Boys	U12	Triple Jump	12:00 PM	F#77 Girls	U7	Shot Put (1kg) SP1
8:30 AM	F#53 Girls	U11	Discus (500g) 1	12:00 PM	F#78 Boys	U9	Shot Put (2kg) SP2
8:30 AM	F#54 Girls	U13	Discus (750g) 2	12:30 PM	F#79 Boys	U11	High Jump 1 (S/H 1.05m)
8:30 AM	F#55 Boys	U10	Long Jump LJ1	12:30 PM	F#80 Boys	U12	High Jump 2 (S/H 1.15m)
8:30 AM	F#56 Girls	U17	Long Jump LJ2	1:00 PM	F#81 Girls	U13	Javelin (400g)
8:30 AM	F#57 Boys	U11	Shot Put (2kg) SP1	1:00 PM	F#82 Boys	U17	Triple Jump
8:30 AM	F#58 Girls	U10	Shot Put (2kg) SP2	1:30 PM	F#83 Boys	U10	Discus (500g) 1
8:30 AM	F#59 Boys	U9	High Jump 1 scissors (S/H 0.85m)	1:30 PM	F#84 Girls	U9	Discus (500g) 2
8:30 AM	F#60 Girls	U14	High Jump 2 (S/H 1.20m)	1:30 PM	F#85 Girls	U11	Long Jump LJ1
10:30 AM	F#61 Boys	U14	Javelin (600g)	1:30 PM	F#86 Boys	U13	Long Jump LJ2
10:30 AM	F#62 Boys	U15	Triple Jump	1:30 PM	F#87 Boys	U14	Shot Put (3kg) SP1
10:30 AM	F#63 Boys	U17	Discus (1.5kg) 1	1:30 PM	F#88 Girls	U15	Shot Put (3kg) SP2
10:30 AM	F#64 Boys	U8	Discus (500g) 2	2:15 PM	F#89 Girls	U17	Javelin (500g)
10:30 AM	F#65 Girls	U9	Long Jump LJ1	2:15 PM	F#90 Girls	U13	Triple Jump
10:30 AM	F#66 Girls	U15	Long Jump LJ2	2:30 PM	F#91 Boys	U15	High Jump 1 (S/H 1.25m)
10:30 AM	F#67 Girls	U8	Shot Put (1.5kg) SP1	2:30 PM	F#92 Boys	U17	High Jump 2 (S/H 1.30m)
10:30 AM	F#68 Girls	U17	Shot Put (3kg) SP2	3:00 PM	F#93 Girls	U14	Discus (1kg) 1
10:30 AM	F#69 Girls	U10	High Jump 1 scissors (S/H 0.90m)	3:00 PM	F#94 Girls	U12	Discus (750g) 2
10:30 AM	F#70 Boys	U13	High Jump 2 (S/H 1.20m)	3:00 PM	F#95 Boys	U7	Long Jump LJ1
11:45 AM	F#71 Girls	U11	Javelin (400g)	3:00 PM	F#96 Girls	U7	Long Jump LJ2
11:45 AM	F#72 Girls	U14	Triple Jump	3:00 PM	F#97 Boys	U12	Shot Put (2kg) SP1
12:00 PM	F#73 Boys	U15	Discus (1kg) 1	3:00 PM	F#98 Boys	U13	Shot Put (3kg) SP2
12:00 PM	F#74 Boys	U7	Discus (350g) 2	3:30 PM	F#99 Girls	U15	Javelin (500g)
12:00 PM	F#75 Girls	U12	Long Jump LJ1	3:30 PM	F#100 Boys	U11	Triple Jump

<u>High Jump</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>Shot Put</u>	<u>Discus</u>	<u>Javelin</u>
*U9B	*U10B	*U12B	*U11B	*U11G	*U12G
*U14G	*U17G	U15B	*U10G	*U13G	U14B
U10G	U9G	U14G	U8G	U17B	U11G
U13B	U15G	U17B	U17G	U8B	U13G
U11B	U12G	U13G	U7G	U15B	U17G
U12B	U14B	U11B	U9B	U7B	U15G
U15B	U11G		U14B	U10B	
U17B	U13B		U15G	U9G	
	U7B		U12B	U14G	
	U7G		U13B	U12G	

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.

All Competitors in all these events should be ready by 8:10am for the first call.

For all other field event marshalling competitors must make their way to the designated field marshalling area located behind the 100m starting point on the front track.

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 begin before this time but may start after this time