

HART ZONE SPORT CHAMPIONSHIPS



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Little Athletics

Little Athletics



2024/25

2024-25 Inner City Zone Championships Officials

Zone Co-ordinator	Karen Cundasawmy		
Carnival Manager	Karen Cundasawmy		
Meet Manager	Youcef Abdi		
Meet Manager Assistant	Ljiljana Sentas	Venessa Reidy	
Equipment Officer	ESLAC & SELAC		
Safety Committee	Zone Coordinator and all referees		
Results Manager	Youcef Abdi		
Results Runners	Randwick Botany	Kelly Millward	
Photofinish	Tony Smyth	Audrey Cortez	
Back Up Timing	Eastern Suburbs	Drew Richardson	
Starting Panel	South Eastern (SAT)	Balmain (SUN)	
Track Referee	Jim Legge		
Call Room	Inner West	Jess Redmond	Jess Ranginui
Walks Judge Panel	D James	D Murphy	A Saville A Vecellio C Parker
Hurdle Set-up	Balmain (SAT)	South Eastern (SUN)	
Referee: Jumps	Tim Batho (SAT)	David Murphy (SUN)	
Referee: Throws	David Murphy (SAT)	TBC	(SUN)
Chief: High Jump 1	Inner West	Mat Rawnsley	
Chief: High Jump 2	Inner West	Elisabeth Watts	
Chief: Long Jump 1	Canterbury	Stephen Laws	
Chief: Long Jump 2	Randwick Botany	Anthony Vecellio	
Chief: Triple Jump	Balmain		
Chief: Shot Put 1	Tiger West		
Chief: Shot Put 2	Trinity (SAT)	M Wade	Balmain (SUN)
Chief: Javelin	Balmain (Sat)	SELAC (Sun)	M Davoren
Chief: Discus 1	Eastern Suburbs	Jemima Key-Doak	
Chief: Discus 2	Eastern Suburbs	J Thompson	F Whalebone
Protests	Relevant referee and zone coordinator		
Jury of Appeal From	K Cundasawmy - Zone Co		
	D Richardson - ES		
	D James - BLAC		
	M Rawnesly - IW		
	P Harper - TW		
	L Sentas - Cant		
	M Davoren - SE		
	A Vecellio – RB		
	Track and/or Field Referee		
First Aid	S Murphy	V Gardiner	
Medals Manager	Canterbury		
Announcer	Drew Fryer		

Live Results [Inner City Zone Championship 2024](#)

Or, Little Athletics Live Results (littlearets.com) or google 'littlearets'

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))
Any competitor that does not compete in his/her age group will be disqualified.

U7 to U11 may compete in four events. **U12 to U17** may compete in six events.
Anyone competing in more events than their age group allows will be disqualified from the event they did not officially enter.
The relay is an additional event and is not included in the four to six events.

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 [Inner City Zone Championship 2024](#)

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 10min 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.

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 a maximum of 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.

EVENT CLASHES It is the responsibility of an athlete's family to notify their team manager of any potential event 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

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

SHOT PUT WEIGHTS

7s	1kg	Blue
8s	1.5kg	Yellow
9s; 10s; 11s; 12s	2kg	Orange
13s; 14G; 15G; 17G	3kg	White
14B; 15B	4kg	Red
17B	5kg	Green

JAVELIN WEIGHTS

11s; 12s; 13G	400gm
14G; 15G; 17G	500gm
13B	600gm
14B; 15B; 17B	700gm

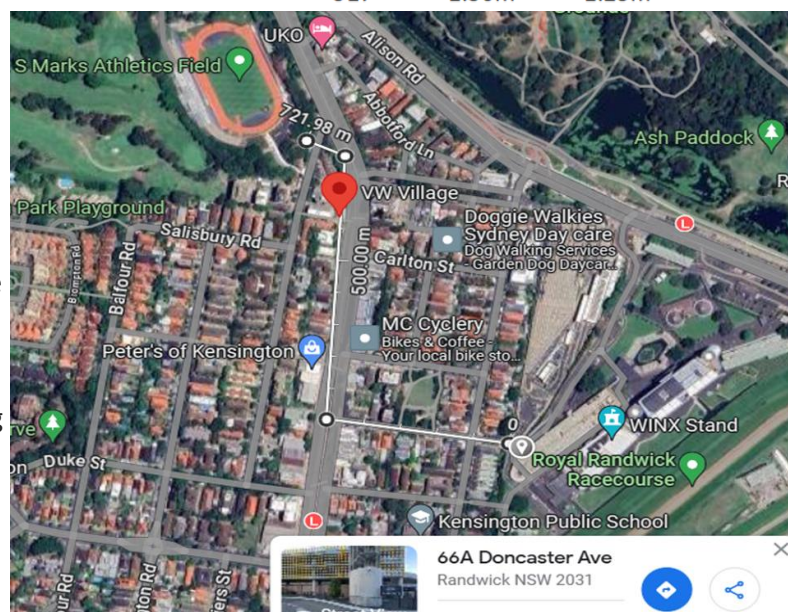
HIGH JUMP STARTING HEIGHTS

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

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 and how extreme weather may lead to event program changes.

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)



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

Track Program - SATURDAY

	EVENT	H / F	TIME			EVENT	H / F	TIME
#1	Girls 12s - 1500 Metre Run	Final	8:00 AM		#49	Girls 9s - 100 Metre Sprint	Heats	1:34pm
#2	Boys 12s - 1500 Metre Run	Final	8:10 AM		#50	Boys 9s - 100 Metre Sprint	Heats	1:42 PM
#3	Girls 11s - 1500 Metre Run	Final	8:20 AM		#51	Girls 10s - 100 Metre Sprint	Heats	1:50 PM
#4	Boys 11s - 1500 Metre Run	Final	8:30 AM		#52	Boys 10s - 100 Metre Sprint	Heats	1:58 PM
#5	Girls 13s - 200 Metre Hurdles (76cm)	Final	8:40 AM		#53	Girls 11s - 100 Metre Sprint	Heats	2:06 PM
#6	Boys 13s - 200 Metre Hurdles (76cm)	Final	8:45 AM		#54	Boys 11s - 100 Metre Sprint	Heats	2:12 PM
#7	Girls 14s - 300 Metre Hurdles (76cm)	Final	8:50 AM		#55	Girls 12s - 100 Metre Sprint	Heats	2:20 PM
#8	Boys 14s - 300 Metre Hurdles (76cm)	Final	9:00 AM		#56	Boys 12s - 100 Metre Sprint	Heats	2:32 PM
#9	Girls 15s - 300 Metre Hurdles (76cm)	Final	9:05 AM		#57	Girls 7s - 50 Metre Sprint	Final	2:45 PM
#10	Boys 15s - 300 Metre Hurdles (76cm)	Final	9:12 AM		#58	Boys 7s - 50 Metre Sprint	Final	2:47 PM
#11	Girls 16/17s - 400 Metre Hurdles (76cm)	Final	9:20 AM		#59	Girls 13s - 400 Metre Sprint	Final	3:00 PM
#12	Boys 16/17s - 400 Metre Hurdles (76cm)	Final	9:23 AM		#60	Boys 13s - 400 Metre Sprint	Final	3:05 PM
#13	Girls 7s - 500 Metre Run Pack Start	Final	9:30 AM		#61	Girls 14s - 400 Metre Sprint	Final	3:12 PM
#14	Boys 7s - 500 Metre Run Pack Start	Final	9:35 AM		#62	Boys 14s - 400 Metre Sprint	Final	3:17 PM
#15	Girls 8s - 60 Metre Hurdles (45cm)	Heats	9:45 AM		#63	Girls 15s - 400 Metre Sprint	Final	3:20 PM
#16	Boys 8s - 60 Metre Hurdles (45cm)	Heats	9:52 AM		#64	Boys 15s - 400 Metre Sprint	Final	3:28 PM
#17	Girls 9s - 60 Metre Hurdles (45cm)	Heats	9:58 AM		#65	Girls 16/17s - 400 Metre Sprint	Final	3:33 PM
#18	Boys 9s - 60 Metre Hurdles (45cm)	Heats	10:05 AM		#66	Boys 16/17s - 400 Metre Sprint	Final	3:39 PM
#19	Girls 10s - 60 Metre Hurdles (60cm)	Heats	10:15 AM		#67	Girls 8s - 400 Metre Pack Start	Final	3:45 PM
#20	Boys 10s - 60 Metre Hurdles (60cm)	Heats	10:22 AM		#68	Boys 8s - 400 Metre Pack Start	Final	3:49 PM
#21	Girls 13s - 1500 Metre Run	Final	10:30 AM		#69	Girls 9s - 400 Metre Sprint	Final	3:53 PM
#22	Boys 13s - 1500 Metre Run	Final	10:40 AM		#70	Boys 9s - 400 Metre Sprint	Final	4:01 PM
#23	Girls 14s - 1500 Metre Run	Final	10:50 AM		#71	Girls 10s - 400 Metre Sprint	Final	4:09 PM
#24	Boys 14s - 1500 Metre Run	Final	11:00 AM		#72	Boys 10s - 400 Metre Sprint	Final	4:17 PM
#25	Girls 15s - 1500 Metre Run	Final	11:10 AM		#73	Girls 11s - 400 Metre Sprint	Final	4:25 PM
#26	Girls 16/17s - 1500 Metre Run	Final	11:10 AM		#74	Boys 11s - 400 Metre Sprint	Final	4:33 PM
#27	Boys 15s - 1500 Metre Run	Final	11:20 AM		#75	Girls 12s - 400 Metre Sprint	Final	4:41 PM
#28	Boys 16/17s - 1500 Metre Run	Final	11:20 AM		#76	Boys 12s - 400 Metre Sprint	Final	4:49 PM
#29	Girls 8s - 60 Metre Hurdles (45cm)	Final	11:30 AM		#77	Girls 7s - 100 Metre Sprint	Final	5:00 PM
#30	Boys 8s - 60 Metre Hurdles (45cm)	Final	11:33 AM		#78	Boys 7s - 100 Metre Sprint	Final	5:03 PM
#31	Girls 9s - 60 Metre Hurdles (45cm)	Final	11:36 AM		#79	Girls 13s - 100 Metre Sprint	Final	5:06 PM
#32	Boys 9s - 60 Metre Hurdles (45cm)	Final	11:39 AM		#80	Boys 13s - 100 Metre Sprint	Final	5:09 PM
#33	Girls 10s - 60 Metre Hurdles (60cm)	Final	11:42 AM		#81	Girls 14s - 100 Metre Sprint	Final	5:12 PM
#34	Boys 10s - 60 Metre Hurdles (60cm)	Final	11:45 AM		#82	Boys 14s - 100 Metre Sprint	Final	5:15 PM
#35	Girls 7s - 50 Metre Sprint	Heats	11:50 AM		#83	Girls 15s - 100 Metre Sprint	Final	5:18 PM
#36	Boys 7s - 50 Metre Sprint	Heats	11:58 AM		#84	Boys 15s - 100 Metre Sprint	Final	5:21 PM
#37	Girls 13s - 100 Metre Sprint	Heats	12:05 PM		#85	Girls 16/17s - 100 Metre Sprint	Final	5:24 PM
#38	Boys 13s - 100 Metre Sprint	Heats	12:15 PM		#86	Boys 16/17s - 100 Metre Sprint	Final	5:28 PM
#39	Girls 14s - 100 Metre Sprint	Heats	12:25 PM		#87	Girls 8s - 100 Metre Sprint	Final	5:31 PM
#40	Boys 14s - 100 Metre Sprint	Heats	12:31 PM		#88	Boys 8s - 100 Metre Sprint	Final	
#41	Girls 15s - 100 Metre Sprint	Heats	12:41 PM		#89	Girls 9s - 100 Metre Sprint	Final	5:35 PM
#42	Boys 15s - 100 Metre Sprint	Heats	12:47 PM		#90	Boys 9s - 100 Metre Sprint	Final	
#43	Girls 16/17s - 100 Metre Sprint	Heats	12:53 PM		#91	Girls 10s - 100 Metre Sprint	Final	5:40 PM
#44	Boys 16/17s - 100 Metre Sprint	Heats	12:56 PM		#92	Boys 10s - 100 Metre Sprint	Final	
#45	Girls 7s - 100 Metre Sprint	Heats	1:05 PM		#93	Girls 11s - 100 Metre Sprint	Final	5:45 PM
#46	Boys 7s - 100 Metre Sprint	Heats	1:11 PM		#94	Boys 11s - 100 Metre Sprint	Final	
#47	Girls 8s - 100 Metre Sprint	Heats	1:20 PM		#95	Girls 12s - 100 Metre Sprint	Final	5:50 PM
#48	Boys 8s - 100 Metre Sprint	Heats	1:26 PM		#96	Boys 12s - 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 13s - 3000 Metre Run	Final	8:00am	#197	Girls 8s - 70 Metre Sprint	Heats	11:50 AM
#147	Boys 13s - 3000 Metre Run	Final	8:00am	#198	Boys 8s - 70 Metre Sprint	Heats	11:55 AM
#148	Girls 14s - 3000 Metre Run	Final	8:00am	#199	Girls 9s - 70 Metre Sprint	Heats	12:00 PM
#149	Girls 15s - 3000 Metre Run	Final	8:00am	#200	Boys 9s - 70 Metre Sprint	Heats	12:05 PM
#150	Boys 14s - 3000 Metre Run	Final	8:15am	#201	Girls 10s - 70 Metre Sprint	Heats	12:10 PM
#151	Boys 15s - 3000 Metre Run	Final	8:15am	#202	Boys 10s - 70 Metre Sprint	Heats	12:15 PM
#152	Girls 16/17s - 3000 Metre Run	Final	8:15am	#203	Girls 11s - 200 Metre Sprint	FINAL	12:30 PM
#153	Boys 16/17s - 3000 Metre Run	Final	8:15am	#204	Boys 11s - 200 Metre Sprint	FINAL	12:38 PM
#154	Girls 11s - 80 Metre Hurdles (60cm)	Heats	8:30 AM	#205	Girls 12s - 200 Metre Sprint	FINAL	12:46 PM
#155	Boys 11s - 80 Metre Hurdles (60cm)	Heats	8:36 AM	#206	Boys 12s - 200 Metre Sprint	FINAL	12:58 PM
#156	Girls 12s - 80 Metre Hurdles (68cm)	Heats	8:42 AM	#207	Girls 13s - 200 Metre Sprint	FINAL	1:06 PM
#157	Boys 12s - 80 Metre Hurdles (68cm)	Heats	8:50 AM	#208	Boys 13s - 200 Metre Sprint	FINAL	1:14 PM
#158	Girls 9s - 700 Metre Walk	Final	8:51 AM	#209	Girls 7s - 200 Metre Sprint	FINAL	1:26 PM
#159	Boys 9s - 700 Metre Walk	Final	8:51 AM	#210	Boys 7s - 200 Metre Sprint	FINAL	1:32 PM
#160	Girls 13s - 80 Metre Hurdles (76cm)	Heats	9:00 AM	#211	Girls 8s - 200 Metre Sprint	FINAL	1:40 PM
#161	Girls 10s - 1100 Metre Walk	Final	9:01 AM	#212	Boys 8s - 200 Metre Sprint	FINAL	1:46 PM
#162	Boys 10s - 1100 Metre Walk	Final	9:01 AM	#213	Girls 9s - 200 Metre Sprint	FINAL	1:52 PM
#163	Boys 13s - 90 Metre Hurdles (76cm)	Final	9:10 AM	#214	Boys 9s - 200 Metre Sprint	FINAL	2:00 PM
#164	Girls 14s - 90 Metre Hurdles (76cm)	Final	9:14 AM	#215	Girls 10s - 200 Metre Sprint	FINAL	2:10 PM
#165	Girls 15s - 90 Metre Hurdles (76cm)	Heats	9:18 AM	#216	Boys 10s - 200 Metre Sprint	FINAL	2:20 PM
#166	Girls 11s - 1100 Metre Walk	Final	9:25 AM	#217	Girls 14s - 200 Metre Sprint	FINAL	2:30 PM
#167	Boys 11s - 1100 Metre Walk	Final	9:25 AM	#218	Boys 14s - 200 Metre Sprint	FINAL	2:38 PM
#168	Boys 14s - 100 Metre Hurdles (76cm)	Final	9:35 AM	#219	Girls 15s - 200 Metre Sprint	FINAL	2:50 PM
#169	Girls 16/17s - 100 Metre Hurdles (76cm)	Final	9:40 AM	#220	Boys 15s - 200 Metre Sprint	FINAL	3:00 PM
#170	Girls 12s - 1500 Metre Walk	Final	9:42 AM	#221	Girls 16/17s - 200 Metre Sprint	FINAL	3:10 PM
#171	Boys 12s - 1500 Metre Walk	Final	9:42 AM	#222	Boys 16/17s - 200 Metre Sprint	FINAL	3:16 PM
#172	Boys 15s - 100 Metre Hurdles (76cm)	Final	9:57 AM	#223	Girls 7s - 70 Metre Sprint	Final	3:35 PM
#173	Boys 16/17s - 110 Metre Hurdles (76cm)	Final	10:04 AM	#224	Boys 7s - 70 Metre Sprint	Final	
#174	Girls 13s - 1500 Metre Walk	Final	10:05 AM	#225	Girls 8s - 70 Metre Sprint	Final	3:40 PM
#175	Boys 13s - 1500 Metre Walk	Final	10:05 AM	#226	Boys 8s - 70 Metre Sprint	Final	
#176	Girls 14s - 1500 Metre Walk	Final	10:05 AM	#227	Girls 9s - 70 Metre Sprint	Final	3:45 PM
#177	Boys 14s - 1500 Metre Walk	Final	10:05 AM	#228	Boys 9s - 70 Metre Sprint	Final	
#178	Girls 15s - 1500 Metre Walk	Final	10:05 AM	#229	Girls 10s - 70 Metre Sprint	Final	3:50 PM
#179	Boys 15s - 1500 Metre Walk	Final	10:05 AM	#230	Boys 10s - 70 Metre Sprint	Final	
#180	Girls 16/17s - 1500 Metre Walk	Final	10:05 AM	#231	Girls 11s - 800 Metre Run	Final	4:05 PM
#181	Boys 16/17s - 1500 Metre Walk	Final	10:05 AM	#232	Boys 11s - 800 Metre Run	Final	4:10 PM
#182	Girls 11s - 80 Metre Hurdles (60cm)	Final	10:20 AM	#233	Girls 12s - 800 Metre Run	Final	4:15 PM
#183	Boys 11s - 80 Metre Hurdles (60cm)	Final	10:23 AM	#234	Boys 12s - 800 Metre Run	Final	4:20 PM
#184	Girls 12s - 80 Metre Hurdles (68cm)	Final	10:28 AM	#235	Girls 13s - 800 Metre Run	Final	4:25 PM
#185	Boys 12s - 80 Metre Hurdles (68cm)	Final	10:31 AM	#236	Boys 13s - 800 Metre Run	Final	4:30 PM
#186	Girls 13s - 80 Metre Hurdles (76cm)	Final	10:36 AM	#237	Girls 14s - 800 Metre Run	Final	4:35 PM
#187	Girls 15s - 90 Metre Hurdles (76cm)	Final	10:41 AM	#238	Boys 14s - 800 Metre Run	Final	4:40 PM
#188	Girls 8s - 700 Metre Run Pack Start	Final	10:45 AM	#239	Girls 15s - 800 Metre Run	Final	4:45 PM
#189	Boys 8s - 700 Metre Run Pack Start	Final	10:50 AM	#240	Girls 16/17s - 800 Metre Run	Final	4:45 PM
#190	Girls 9-12s 4x100 Metre Relay (Jnr)	Final	11:10 AM	#241	Boys 15s - 800 Metre Run	Final	4:50 PM
#191	Boys 9-12s 4x100 Metre Relay (Jnr)	Final	11:15 AM	#242	Boys 16/17s - 800 Metre Run	Final	4:55 PM
#192	Girls 13-17s 4x100 Metre Relay (Snr)	Final	11:20 AM	#243	Girls 9s - 800 Metre Run	Final	5:00 PM
#193	Boys 13-17s 4x100 Metre Relay (Snr)	Final	11:25 AM	#244	Boys 9s - 800 Metre Run	Final	5:05 PM
#195	Girls 7s - 70 Metre Sprint	Heats	11:40 AM	#245	Girls 10s - 800 Metre Run	Final	5:10 PM
#196	Boys 7s - 70 Metre Sprint	Heats	11:45 AM	#246	Boys 10s - 800 Metre Run	Final	5:15 PM

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

FIELD ATHLETES GO TO THEIR EVENT AREA 10mins PRIOR TO SCHEDULED START TIME

Saturday 30th November 2024						Sunday 1st December 2024					
Event	Age		Time	Number	Area	Event	Age		Time	Number	Area
High Jump	9	M	8:30 AM	#96	2	High Jump	11	M	8:30 AM	#265	1
High Jump	12	M	8:30 AM	#97	1	High Jump	12	F	8:30 AM	#266	2
High Jump	9	F	10:00 AM	#98	2	High Jump	10	M	10:00 AM	#267	2
High Jump	15	F	10:00 AM	#99	1	High Jump	13	M	10:00 AM	#268	1
High Jump	16/17	F	10:00 AM	#100	1	High Jump	14	F	11:15 AM	#268	2
High Jump	13	F	10:45 AM	#101	1	High Jump	10	F	11:20 AM	#270	1
High Jump	11	F	11:30 AM	#102	2	High Jump	15	M	12:30 PM	#271	1
High Jump	14	M	12:00 PM	#103	1	Event	Age		Time	Number	Area
High Jump	16/17	M	1:00 PM	#104	1	Shot Put	10	F	8:30 AM	#272	1
Event	Age		Time	Number	Area	Shot Put	14	M	8:30 AM	#273	2
Shot Put	11	F	8:30 AM	#105	1	Shot Put	12	M	9:30 AM	#274	1
Shot Put	15	M	8:30 AM	#106	2	Shot Put	16/17	F	9:30 AM	#275	2
Shot Put	16/17	M	8:30 AM	#107	2	Shot Put	12	F	10:00 AM	#276	2
Shot Put	8	F	9:45 AM	#108	1	Shot Put	7	M	11:00 AM	#277	1
Shot Put	11	M	9:45 AM	#109	2	Shot Put	14	F	11:30PM	#278	2
Shot Put	9	M	10:45 AM	#110	2	Shot Put	15	F	11:30PM	#279	2
Shot Put	7	F	11:00 AM	#111	1	Shot Put	8	M	11:50 AM	#280	1
Shot Put	13	F	11:45 AM	#112	1	Shot Put	13	M	1:00 PM	#281	2
Shot Put	9	F	12:00 PM	#113	2	Shot Put	10	M	1:00 PM	#282	1
Event	Age		Time	Number	Area	Event	Age		Time	Number	Area
Discus	14	M	8:30 AM	#114	1	Discus	13	F	8:30 AM	#283	1
Discus	7	F	9:00AM	#115	2	Discus	8	M	8:30 AM	#284	2
Discus	15	F	9:30 AM	#116	1	Discus	15	M	10:00 AM	#285	1
Discus	16/17	F	9:30 AM	#117	1	Discus	16/17	M	10:00 AM	#286	1
Discus	12	F	10:30AM	#118	1	Discus	7	M	12:00 PM	#287	2
Discus	8	F	11:00 AM	#119	2	Discus	11	F	11:00AM	#288	1
Discus	10	M	12:00PM	#120	1	Discus	11	M	12:30 PM	#289	1
Discus	12	M	1:30 PM	#121	1	Discus	9	F	1:15 PM	#290	2
Discus	13	M	2:45 PM	#122	1	Discus	14	F	2:00PM	#291	1
Discus	10	F	4:00 PM	#123	1	Discus	9	M	2:45 PM	#292	1
Event	Age		Time	Number	Area	Event	Age		Time	Number	Area
Long Jump	13	F	8:30 AM	#124	1	Long Jump	9	M	8:30 AM	#293	2
Long Jump	10	M	8:30 AM	#125	2	Long Jump	15	F	8:30 AM	#294	1
Long Jump	15	M	10:00 AM	#126	1	Long Jump	16/17	F	8:30 AM	#295	1
Long Jump	12	F	10:15 AM	#127	2	Long Jump	9	F	10:15 AM	#296	1
Long Jump	16/17	M	11:00 AM	#128	1	Long Jump	11	M	10:15 AM	#297	2
Long Jump	12	M	12:00 AM	#129	1	Long Jump	14	M	12:00 PM	#298	1
Long Jump	8	F	12:15PM	#130	2	Long Jump	11	F	12:00 PM	#299	2
Long Jump	8	M	1:45PM	#131	2	Long Jump	13	M	1:45 PM	#300	1
Long Jump	10	F	2:00 PM	#132	1	Long Jump	7	F	1:45 PM	#301	2
Long Jump	14	F	3:15 PM	#133	2	Long Jump	7	M	3:00 PM	#302	1
Event	Age		Time	Number		Event	Age		Time	Number	
Javelin	13	M	10:20 AM	#134		Javelin	13	F	10:30 AM	#303	
Javelin	14	F	11:20 AM	#135		Javelin	12	M	11:40 AM	#304	
Javelin	12	F	12:15 PM	#136		Javelin	14	M	1:00 PM	#305	
Javelin	15	M	1:30 PM	#137		Javelin	15	F	1:30 PM	#306	
Javelin	16/17	M	1:30 PM	#138		Javelin	16/17	F	1:30 PM	#307	
Javelin	11	F	2:30 PM	#139		Javelin	11	M	2:30 PM	#308	
Event	Age		Time	Number		Event	Age		Time	Number	
Triple Jump	13	M	8:30 AM	#140		Triple Jump	14	F	8:30 AM	#309	
Triple Jump	14	M	9:45 AM	#141		Triple Jump	15	M	9:30 AM	#310	
Triple Jump	15	F	11:00 AM	#142		Triple Jump	16/17	M	10:30 AM	#311	
Triple Jump	16/17	F	11:00 AM	#143		Triple Jump	12	F	11:40 AM	#312	
Triple Jump	11	M	12:30 PM	#144		Triple Jump	13	F	1:15 PM	#313	
Triple Jump	11	F	1:45 PM	#145		Triple Jump	12	M	2:30 PM	#314	

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

Inner City Zone Boys Records as at Nov 2024

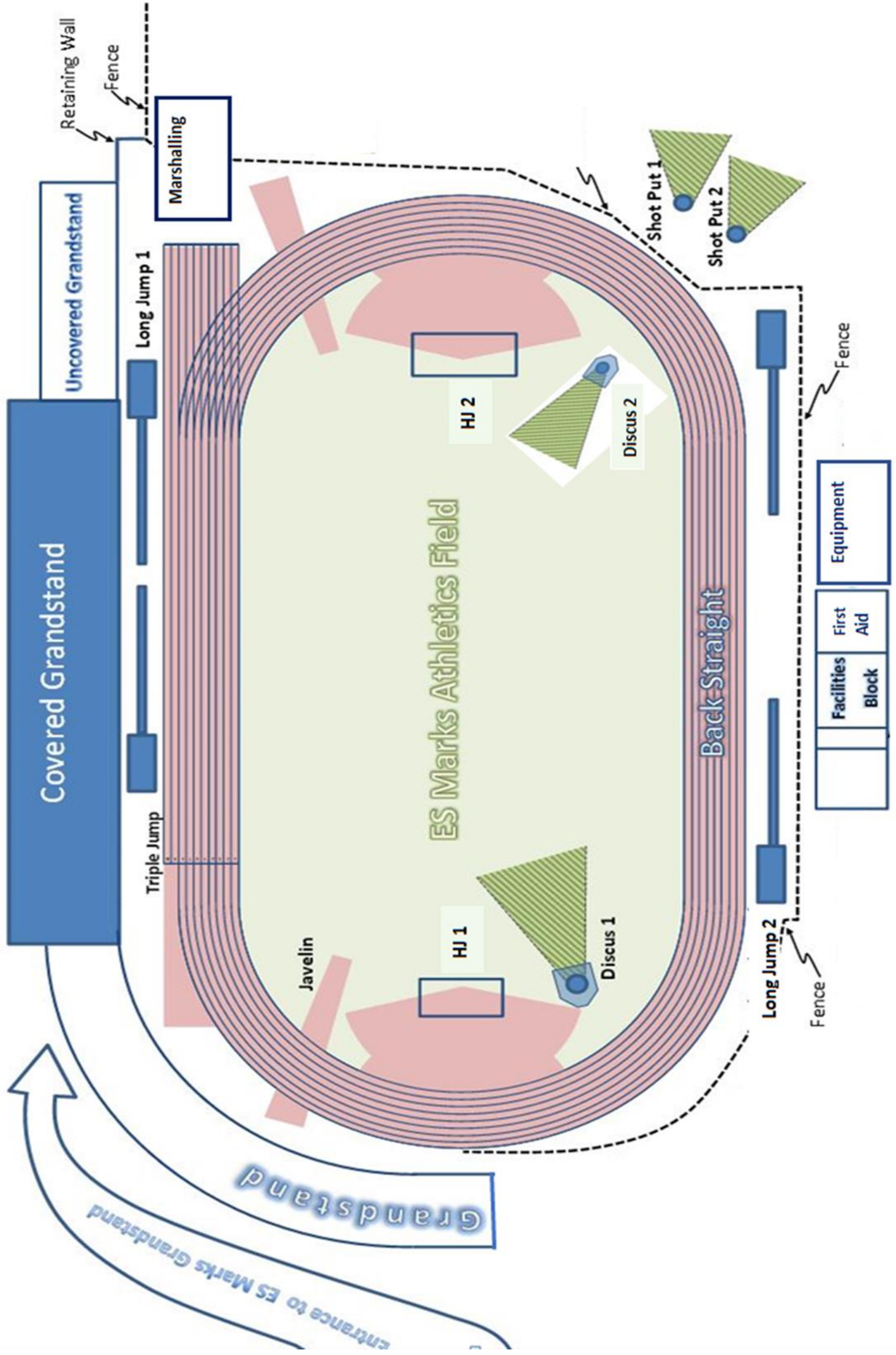
Records set at the 2023-24 Zone Championships

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. Diloi RB	10.33s 2021 E Costa RB	9.99s 2022 L Chappell RB						
100m	16.04s 2009 Markworth-ScottES	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	26.68s 2023 L Chappell RB	26.27s 2022 M Wagner-Gordon ES	24.80s 2013 C Jus 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 Mishkarudny 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	2-14.18ss 2018 J O'Connell Bal	2-11.82 2019 L Schouten BAL	2-06.88s 2023 L Liquele Bal	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 5-49.62s 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	10.20s 2022 S Kelly Bal	10.24s 2001 K Vangalo RB	10.00s 2017 B Blair Bal	10.04s E Lawaton RB 2002 K Vaingalo RB 2003 J Tuohy RB 2009				
80-110 Hurd					80mH 13.36 2022 C Carrano ES	80mH 13.56 2023 C Carrano ES	80mH 12.44s 1996 P Saville RB	90mH 12.99s 2016 J Park Bal	100mH 13.38s 2021 B Blair BAL	110mH 13.16s 2023 B Blair Bal
200mH							27.49s 2019 B Blair BAL	26.94s 2003 A Elzbaidieh 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 SLai RB	11.65m 1995 G Keimelo RB	11.36m 1990 A Tzannes ES	12.16m 2011 J Bassil RB	13.41m 1997 S Jacenko Bal	14.01m 2023 Anagnostopoulos B
Shot	8.82m 1990 D. Dossantos RB	8.80m 1994 I. Ljukovac Can	9.39m 2021 L Chappell RB	11.25m 2004 GLolo 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 Leaeno 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 41.35m 23 L ChappellRB	42.48m 2011 T Taukamo RB	40.35m J Slade Bal 46.56m P MartinRB	53.37m 2006 B Talakai RB	62.97m 2023 A Hogan Bal	50.93m 2016 L Thompson RB
Javelin					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			54.46s 2023 Eastern Suburbs		Senior 4x100m	46.54s 2022 Balmain				

Inner City Zone Championship Girls Records as at Nov 2024

Records set during the 2023-24 Zone Championships

	7	8	9	10	11	12	13	14	15	17
50m	8.79s 2018 L Miller Bal									
70m	11.94s C McGill ES 2009 T McIntosh SE 2017	11.34s J Dimihan RB 1981 E Whittam RB 2022	10.84s 1996 W Coleman RB	10.24s W Coleman RB '97 M Blakey SE 2008	13.54s 2006 T Singh RB	13.29s 2017 E Murphy Bal	12.42s 2011 M Blakey SE	12.24s 1994 V Diloi RB	12.40s 2013 J Thornton RB	12.18s 2016 M Stevens ES
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	26.47s 2022 M Laurence ES	26.66s 2016 A Jamieson RB	25.74s 2011 M Blakey SE	25.94s 1994 V Diloi RB	25.61s 2016 A Stevanovic IW	25.66s 2018 S Potter Bal
200m	34.64s 2009 C McGill ES	33.07s 2018 Akeng-Saddler BA	30.40s 2019 Akeng-Saddler BA	C Vincent ES	1-05.14s 2022 C Vincent ES	1-02.04s 2010 M Blakey 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
400m		1-14.84s 2006 J Thornton RB	1-11.57s 2019 Akeng-Saddler BA	1-09.55s 2023 C Simpson ES						
Pack Start	500M 1-48.01s 2023 H Carey SE	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	2-19.14 2023 A Jacobs BAL	2-18.20s 2023 S Novak SE	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	4-43.25s 2023 A Jacobs Bal	4-48.56s 2023 S Sukh Bal	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				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 Blakey 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 Azzal 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	5.01m 2023 M Laurence ES	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	1.55m 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	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 Motuliki 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	31.31m 2017 P Gibson RB	33.15m 2021 Joseph-Riogi Can	32.69m 1999 B DeBartolo SE	48.10m 2023 Joseph-Riogi Can	42.36m 2023 S Mace Can
Relay			55.72s 2022 Eastern Suburbs		Senior 4x100m	49.98s 2016 Balmain				



Covered Grandstand

Uncovered Grandstand

Long Jump 1

Triple Jump

Marshalling

Grandstand

Entrance to ES Marks Grandstand

ES Marks Athletics Field

Javelin

HJ 1

HJ 2

Discus 1

Discus 2

Shot Put 1

Shot Put 2

Back-Straight

Long Jump 2

Equipment

First Aid

Facilities Block

Fence

Fence