

2024/2025 NORTH EAST METROPOLITAN ZONE ATHLETICS CHAMPIONSHIPS

Scheduled Friday 22nd November to Sunday 24th November, 2024

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

In the case of a clash, athletes should always go to their field event and stay there until either the completion of the event or collected by the Clash Manager. There will be a Clash Manager to collect athletes from Field events to escort them to Track events.

Once an athlete has completed their track event they must return to their field event immediately without detours.

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

Where there are 4 Heats - The first 1 from each heat plus the next 4 best times progress to the final

Where there are 5 Heats - The first 1 from each heat plus the next 3 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.

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 Section C.

Note: The athletes progressing must contest a final, so if you make a final and are not able to compete at Region on 8th & 9th February 2025, please let us know so a replacement can run in the final so NEMZ do not forfeit a place at Region.

x

ORDER OF EVENTS - TRACK FRIDAY (Ern Holmes Oval, Pennant Hills)

6:45 PM	T#1	13's	Girls	3000 Metre	Final
	T#2	13's	Boys	3000 Metre	Final
	T#3	14's	Girls	3000 Metre	Final
	T#4	14's	Boys	3000 Metre	Final
	T#5	15's	Girls	3000 Metre	Final
	T#6	15's	Boys	3000 Metre	Final
	T#7	16's	Girls	3000 Metre	No Entrants
	T#8	16's	Boys	3000 Metre	Final
	T#9	17's	Girls	3000 Metre	Final
	T#10	17's	Boys	3000 Metre	Final

ORDER OF EVENTS - TRACK SATURDAY (Blacktown)

Not Before Time

8:30 AM	T#11	8's	Girls	700 Metre	Final
	T#12	8's	Boys	700 Metre	Final
	T#13	11's	Girls	1500 Metre	Final
	T#14	11's	Boys	1500 Metre	Final
	T#15	12's	Girls	1500 Metre	Final
	T#16	12's	Boys	1500 Metre	Final
9:10 AM	T#17	13's	Girls	1500 Metre	Final
	T#18	13's	Boys	1500 Metre	Final
	T#19	14's	Girls	1500 Metre	Final
	T#20	14's	Boys	1500 Metre	Final
	T#21	15's	Girls	1500 Metre	Final
	T#22	15's	Boys	1500 Metre	Final
	T#23	16's	Girls	1500 Metre	Final
	T#24	16's	Boys	1500 Metre	Final
	T#25	17's	Girls	1500 Metre	Final
	T#26	17's	Boys	1500 Metre	Final
9:50 AM	T#27	8's	Girls	60 Metre Hurdles	Heats
	T#28	8's	Boys	60 Metre Hurdles	Heats
	T#29	9's	Girls	60 Metre Hurdles	Heats
	T#30	9's	Boys	60 Metre Hurdles	Heats
	T#31	10's	Girls	60 Metre Hurdles	Heats
	T#32	10's	Boys	60 Metre Hurdles	Heats
10:35 AM	T#33	11's	Girls	80 Metre Hurdles	Heats
	T#34	11's	Boys	80 Metre Hurdles	Heats
	T#35	12's	Girls	80 Metre Hurdles	Heats
	T#36	12's	Boys	80 Metre Hurdles	Heats
11:05 AM	T#37	7's	Girls	50 Metre	Heats
	T#38	7's	Boys	50 Metre	Heats
11:15 AM	T#39	8's	Girls	60 Metre Hurdles	Final
	T#40	8's	Boys	60 Metre Hurdles	Final
	T#41	9's	Girls	60 Metre Hurdles	Final
	T#42	9's	Boys	60 Metre Hurdles	Final
	T#43	10's	Girls	60 Metre Hurdles	Final
	T#44	10's	Boys	60 Metre Hurdles	Final
	T#45	11's	Girls	80 Metre Hurdles	Final
	T#46	11's	Boys	80 Metre Hurdles	Final
	T#47	12's	Girls	80 Metre Hurdles	Final
	T#48	12's	Boys	80 Metre Hurdles	Final

11:55 AM	T#49	17's	Girls	400 Metre Hurdles	Timed Finals
	T#50	17's	Boys	400 Metre Hurdles	Timed Finals
	T#51	16's	Girls	400 Metre Hurdles	Timed Finals
	T#52	16's	Boys	400 Metre Hurdles	Timed Finals
	T#53	15's	Girls	300 Metre Hurdles	Timed Finals
	T#54	15's	Boys	300 Metre Hurdles	Timed Finals
	T#55	14's	Girls	300 Metre Hurdles	Timed Finals
	T#56	14's	Boys	300 Metre Hurdles	Timed Finals
	T#57	13's	Girls	200 Metre Hurdles	Timed Finals
	T#58	13's	Boys	200 Metre Hurdles	Timed Finals
12:40 PM	T#59	8's	Girls	100 Metre	Heats
	T#60	8's	Boys	100 Metre	Heats
	T#61	9's	Girls	100 Metre	Heats
	T#62	9's	Boys	100 Metre	Heats
	T#63	10's	Girls	100 Metre	Heats
	T#64	10's	Boys	100 Metre	Heats
	T#65	7's	Girls	100 Metre	Heats
	T#66	7's	Boys	100 Metre	Heats
1:35 PM	T#67	11's	Girls	100 Metre	Heats
	T#68	11's	Boys	100 Metre	Heats
	T#69	12's	Girls	100 Metre	Heats
	T#70	12's	Boys	100 Metre	Heats
	T#71	13's	Girls	100 Metre	Heats
	T#72	13's	Boys	100 Metre	Heats
2:30 PM	T#73	14's	Girls	100 Metre	Heats
	T#74	14's	Boys	100 Metre	Heats
	T#75	15's	Girls	100 Metre	Heats
	T#76	15's	Boys	100 Metre	Heats
	T#77	16's	Girls	100 Metre	Straight Final to be held at finals time - see event T#119
	T#78	16's	Boys	100 Metre	Heats
	T#79	17's	Girls	100 Metre	Straight Final to be held at finals time - see event T#121
	T#80	17's	Boys	100 Metre	Straight Final to be held at finals time - see event T#122
3:00 PM	T#81	7's	Girls	50 Metre	Final
	T#82	7's	Boys	50 Metre	Final
3:15 PM	T#83	9's	Girls	400 Metre	Timed Finals
	T#84	9's	Boys	400 Metre	Timed Finals
	T#85	10's	Girls	400 Metre	Timed Finals
	T#86	10's	Boys	400 Metre	Timed Finals
3:40 PM	T#87	11's	Girls	400 Metre	Timed Finals
	T#88	11's	Boys	400 Metre	Timed Finals
	T#89	12's	Girls	400 Metre	Timed Finals
	T#90	12's	Boys	400 Metre	Timed Finals
	T#91	13's	Girls	400 Metre	Timed Finals
	T#92	13's	Boys	400 Metre	Timed Finals
4:20 PM	T#93	14's	Girls	400 Metre	Timed Finals
	T#94	14's	Boys	400 Metre	Timed Finals
	T#95	15's	Girls	400 Metre	Timed Finals
	T#96	15's	Boys	400 Metre	Timed Finals
	T#97	16's	Girls	400 Metre	Timed Finals
	T#98	16's	Boys	400 Metre	Timed Finals
	T#99	17's	Girls	400 Metre	Timed Finals
	T#100	17's	Boys	400 Metre	Timed Finals
4:55 PM	T#101	7's	Girls	100 Metre	Final
	T#102	7's	Boys	100 Metre	Final
	T#103	8's	Girls	100 Metre	Final
	T#104	8's	Boys	100 Metre	Final
	T#105	9's	Girls	100 Metre	Final
	T#106	9's	Boys	100 Metre	Final
	T#107	10's	Girls	100 Metre	Final
	T#108	10's	Boys	100 Metre	Final
	T#109	11's	Girls	100 Metre	Final
	T#110	11's	Boys	100 Metre	Final
5:15 PM	T#111	12's	Girls	100 Metre	Final
	T#112	12's	Boys	100 Metre	Final
	T#113	13's	Girls	100 Metre	Final
	T#114	13's	Boys	100 Metre	Final
	T#115	14's	Girls	100 Metre	Final
	T#116	14's	Boys	100 Metre	Final
	T#117	15's	Girls	100 Metre	Final
	T#118	15's	Boys	100 Metre	Final
	T#119	16's	Girls	100 Metre	Final
	T#120	16's	Boys	100 Metre	Final
	T#121	17's	Girls	100 Metre	Final
	T#122	17's	Boys	100 Metre	Final

* 8's 400 Metre Pack Start will be run as up to two seeded heats using a single waterfall pack start as timed finals.

ORDER OF EVENTS - TRACK SUNDAY (Blacktown)

Not Before Time

8:00 AM	T#301	9's	Girls	800 Metre	Final
	T#302	9's	Boys	800 Metre	Final
	T#303	10's	Girls	800 Metre	Final
	T#304	10's	Boys	800 Metre	Final
8:10 AM	T#305	11's	Girls	800 Metre	Final
	T#306	11's	Boys	800 Metre	Final
	T#307	12's	Girls	800 Metre	Final
	T#308	12's	Boys	800 Metre	Final
	T#309	13's	Girls	800 Metre	Final
	T#310	13's	Boys	800 Metre	Final
8:35 AM	T#311	14's	Girls	800 Metre	Final
	T#312	14's	Boys	800 Metre	Final
	T#313	15's	Girls	800 Metre	Final
	T#314	15's	Boys	800 Metre	Final
	T#315	16's	Girls	800 Metre	Final
	T#316	16's	Boys	800 Metre	Final
	T#317	17's	Girls	800 Metre	Final
	T#318	17's	Boys	800 Metre	Final
9:10 AM	T#319	8's	Girls	400 Metre Pack Start	Timed Finals
	T#320	8's	Boys	400 Metre Pack Start	Timed Finals
9:20 AM	T#321	7's	Girls	500 Metre	Final
	T#322	7's	Boys	500 Metre	Final
9:35 AM	T#323	9's	Girls	700 Metre Walk	Final
	T#324	9's	Boys	700 Metre Walk	Final
9:50 AM	T#325	10's	Girls	1100 Metre Walk	Final
	T#326	10's	Boys	1100 Metre Walk	Final
	T#327	11's	Girls	1100 Metre Walk	Final
	T#328	11's	Boys	1100 Metre Walk	Final
10:35 AM	T#329	12's	Girls	1500 Metre Walk	Final
	T#330	12's	Boys	1500 Metre Walk	Final
	T#331	13's	Girls	1500 Metre Walk	Final
	T#332	13's	Boys	1500 Metre Walk	Final
	T#333	14's	Girls	1500 Metre Walk	Final
	T#334	14's	Boys	1500 Metre Walk	Final
	T#335	15's	Girls	1500 Metre Walk	Final
	T#336	15's	Boys	1500 Metre Walk	Final
	T#337	16's	Girls	1500 Metre Walk	Final
	T#338	16's	Boys	1500 Metre Walk	Final
	T#339	17's	Girls	1500 Metre Walk	Final
	T#340	17's	Boys	1500 Metre Walk	Final
11:00 AM	T#341	9's - 12's	Girls	4 x 100m Relay	Final
	T#342	9's - 12's	Boys	4 x 100m Relay	Final
	T#343	13's - 17's	Girls	4 x 100m Relay	Final
	T#344	13's - 17's	Boys	4 x 100m Relay	Final
11:35 AM	T#345	7's	Girls	70 Metre	Heats
	T#346	7's	Boys	70 Metre	Heats
	T#347	8's	Girls	70 Metre	Heats
	T#348	8's	Boys	70 Metre	Heats
	T#349	9's	Girls	70 Metre	Heats
	T#350	9's	Boys	70 Metre	Heats
	T#351	10's	Girls	70 Metre	Heats
	T#352	10's	Boys	70 Metre	Heats
12:25 PM	T#353	13's	Girls	80 Metre Hurdles	Heats
	T#354	13's	Boys	90 Metre Hurdles	Heats
	T#355	14's	Girls	90 Metre Hurdles	Straight Final to be held at finals time - see event T#373
	T#356	15's	Girls	90 Metre Hurdles	Straight Final to be held at finals time - see event T#374
	T#357	14's	Boys	100 Metre Hurdles	Straight Final to be held at finals time - see event T#375
	T#358	15's	Boys	100 Metre Hurdles	Straight Final to be held at finals time - see event T#376
	T#359	16's	Girls	100 Metre Hurdles	No Entrants
	T#360	17's	Girls	100 Metre Hurdles	Straight Final to be held at finals time - see event T#378
	T#361	16's	Boys	110 Metre Hurdles	Straight Final to be held at finals time - see event T#379
	T#362	17's	Boys	110 Metre Hurdles	No Entrants
				Short Break	

12:50 PM	T#363	7's	Girls	70 Metre	Final
	T#364	7's	Boys	70 Metre	Final
	T#365	8's	Girls	70 Metre	Final
	T#366	8's	Boys	70 Metre	Final
	T#367	9's	Girls	70 Metre	Final
	T#368	9's	Boys	70 Metre	Final
	T#369	10's	Girls	70 Metre	Final
	T#370	10's	Boys	70 Metre	Final
1:20 PM	T#371	13's	Girls	80 Metre Hurdles	Final
	T#372	13's	Boys	90 Metre Hurdles	Final
	T#373	14's	Girls	90 Metre Hurdles	Final
	T#374	15's	Girls	90 Metre Hurdles	Final
	T#375	14's	Boys	100 Metre Hurdles	Final
	T#376	15's	Boys	100 Metre Hurdles	Final
	T#377	16's	Girls	100 Metre Hurdles	No Entrants
	T#378	17's	Girls	100 Metre Hurdles	Final
	T#379	16's	Boys	110 Metre Hurdles	Final
	T#380	17's	Boys	110 Metre Hurdles	No Entrants
1:55 PM	T#381	7's	Girls	200 Metre	Heats
	T#382	7's	Boys	200 Metre	Heats
	T#383	8's	Girls	200 Metre	Heats
	T#384	8's	Boys	200 Metre	Heats
	T#385	9's	Girls	200 Metre	Heats
	T#386	9's	Boys	200 Metre	Heats
	T#387	10's	Girls	200 Metre	Heats
	T#388	10's	Boys	200 Metre	Heats
2:40 PM	T#389	11's	Girls	200 Metre	Heats
	T#390	11's	Boys	200 Metre	Heats
	T#391	12's	Girls	200 Metre	Heats
	T#392	12's	Boys	200 Metre	Heats
	T#393	13's	Girls	200 Metre	Heats
	T#394	13's	Boys	200 Metre	Heats
3:30 PM	T#395	14's	Girls	200 Metre	Heats
	T#396	14's	Boys	200 Metre	Heats
	T#397	15's	Girls	200 Metre	Heats
	T#398	15's	Boys	200 Metre	Straight Final to be held at finals time - see event T#420
	T#399	16's	Girls	200 Metre	Straight Final to be held at finals time - see event T#421
	T#400	16's	Boys	200 Metre	Heats
	T#401	17's	Girls	200 Metre	Straight Final to be held at finals time - see event T#423
	T#402	17's	Boys	200 Metre	Straight Final to be held at finals time - see event T#424
4:00 PM	T#403	7's	Girls	200 Metre	Final
	T#404	7's	Boys	200 Metre	Final
	T#405	8's	Girls	200 Metre	Final
	T#406	8's	Boys	200 Metre	Final
	T#407	9's	Girls	200 Metre	Final
	T#408	9's	Boys	200 Metre	Final
	T#409	10's	Girls	200 Metre	Final
	T#410	10's	Boys	200 Metre	Final
	T#411	11's	Girls	200 Metre	Final
	T#412	11's	Boys	200 Metre	Final
4:30 PM	T#413	12's	Girls	200 Metre	Final
	T#414	12's	Boys	200 Metre	Final
	T#415	13's	Girls	200 Metre	Final
	T#416	13's	Boys	200 Metre	Final
	T#417	14's	Girls	200 Metre	Final
	T#418	14's	Boys	200 Metre	Final
	T#419	15's	Girls	200 Metre	Final
	T#420	15's	Boys	200 Metre	Final
	T#421	16's	Girls	200 Metre	Final
	T#422	16's	Boys	200 Metre	Final
	T#423	17's	Girls	200 Metre	Final
	T#424	17's	Boys	200 Metre	Final

Note: Middle Distance events with low participant numbers may race in combination with multiple age groups.
* 8's 400 Metre Pack Start will be run as up to two seeded heats using a single waterfall pack start as timed finals.