

**2023/24 Southern Met Zone  
Championships**

**Live Results Link**

[http://www.littleareresults.com/Data/2023/24\\_SMZ/](http://www.littleareresults.com/Data/2023/24_SMZ/)



**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**  
**THE RIDGE ATHLETICS TRACK**  
**Session Report**

Session: 1 Friday Track Events  
 Day 1 - Friday 15/12/2023 - Starts at 06:30 PM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
6:30 PM	#1 Girls U 9 - 400 Metre Sprint	Final
6:30 PM	#2 Boys U 9 - 400 Metre Sprint	Final
6:30 PM	#3 Girls U 8 - 400 Metre Run Pack Start	Final
6:30 PM	#4 Boys U 8 - 400 Metre Run Pack Start	Final
7:15 PM	#5 Girls U 13 - 3000 Metre Run	Final
7:15 PM	#6 Boys U 13 - 3000 Metre Run	Final
7:15 PM	#7 Boys U 14 - 3000 Metre Run	Final
7:15 PM	#8 Boys U 15 - 3000 Metre Run	Final
7:15 PM	#9 Girls U 17 - 3000 Metre Run	Final
7:15 PM	#10 Boys U 17 - 3000 Metre Run	Final

**Important Note: The times provided are "Not Before Times" and are a GUIDE ONLY. Events can be called up to half an hour before this time for athletes to go to the Call Room.**

**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**  
**THE RIDGE ATHLETICS TRACK**  
**Session Report**

Session: 2 Friday Field Events  
 Day 1 - Friday 15/12/2023 - Starts at 06:30 PM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>	
6:30 PM	#1 Boys U 10 - Long Jump	Final	<b>Important Note: The times provided are "Not Before Times" and are a GUIDE ONLY. Events can be called up to half an hour before this time for athletes to go to the Call Room.</b>
6:30 PM	#2 Girls U 10 - Long Jump	Final	
6:30 PM	#3 Girls U 12 - Triple Jump	Final	
6:30 PM	#4 Boys U 11 - Discus 500 Gram)	Final	
6:30 PM	#5 Girls U 11 - Discus (500 Gram)	Final	
7:15 PM	#6 Girls U 9 - Discus (500 Gram)	Final	
7:30 PM	#7 Boys U 12 - Triple Jump	Final	
7:30 PM	#8 Boys U 9 - Discus (500 Gram)	Final	

**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS****THE RIDGE ATHLETICS TRACK****Session Report**

Session: 3 Saturday Track Events

Day 2 - Saturday 16/12/2023 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
8:00 AM	#11 Girls U 7 - 500 Metre Run Pack Start	Final
8:00 AM	#12 Boys U 7 - 500 Metre Run Pack Start	Final
8:00 AM	#13 Girls U 11 - 1500 Metre Run	Final
8:00 AM	#14 Boys U 11 - 1500 Metre Run	Final
8:00 AM	#15 Girls U 12 - 1500 Metre Run	Final
8:00 AM	#16 Boys U 12 - 1500 Metre Run	Final
8:30 AM	#17 Girls U 13 - 200 Metre Hurdles (68cm)	Final
8:30 AM	#18 Boys U 13 - 200 Metre Hurdles (68cm)	Final
8:30 AM	#19 Girls U 14 - 200 Metre Hurdles (76cm)	Final
8:30 AM	#20 Boys U 14 - 200 Metre Hurdles (76cm)	Final
8:30 AM	#21 Girls U 15 - 300 Metre Hurdles (76cm)	Final
8:30 AM	#22 Boys U 15 - 300 Metre Hurdles (76cm)	Final
8:30 AM	#23 Girls U 17 - 300 Metre Hurdles (76cm)	Final
8:30 AM	#24 Boys U 17 - 300 Metre Hurdles (76cm)	Final
9:00 AM	#25 Girls U 8 - 60 Metre Hurdles (45cm)	Prelims
9:00 AM	#26 Boys U 8 - 60 Metre Hurdles (45cm)	Prelims
9:00 AM	#27 Girls U 9 - 60 Metre Hurdles (45cm)	Prelims
9:00 AM	#28 Boys U 9 - 60 Metre Hurdles (45cm)	Prelims
9:00 AM	#29 Girls U 10 - 60 Metre Hurdles (60cm)	Prelims
9:00 AM	#30 Boys U 10 - 60 Metre Hurdles (60cm)	Prelims
9:45 AM	#31 Girls U 13 - 1500 Metre Run	Final
9:45 AM	#32 Boys U 13 - 1500 Metre Run	Final
9:45 AM	#33 Girls U 14 - 1500 Metre Run	Final
9:45 AM	#34 Boys U 14 - 1500 Metre Run	Final
9:45 AM	#35 Boys U 15 - 1500 Metre Run	Final
9:45 AM	#36 Girls U 17 - 1500 Metre Run	Final
9:45 AM	#37 Boys U 17 - 1500 Metre Run	Final
10:00 AM	#38 Girls U 8 - 60 Metre Hurdles (45cm)	Final
10:00 AM	#39 Boys U 8 - 60 Metre Hurdles (45cm)	Final
10:00 AM	#40 Girls U 9 - 60 Metre Hurdles (45cm)	Final
10:00 AM	#41 Boys U 9 - 60 Metre Hurdles (45cm)	Final
10:00 AM	#42 Girls U 10 - 60 Metre Hurdles (60cm)	Final
10:00 AM	#43 Boys U 10 - 60 Metre Hurdles (60cm)	Final
10:30 AM	#44 Girls U 7 - 100 Metre Sprint	Prelims
10:30 AM	#45 Boys U 7 - 100 Metre Sprint	Prelims
10:30 AM	#46 Girls U 13 - 100 Metre Sprint	Prelims
10:30 AM	#47 Boys U 13 - 100 Metre Sprint	Prelims
10:30 AM	#48 Girls U 14 - 100 Metre Sprint	Prelims
10:30 AM	#49 Boys U 14 - 100 Metre Sprint	Final
11:00 AM	#50 Girls U 15 - 100 Metre Sprint	Final
11:00 AM	#51 Boys U 15 - 100 Metre Sprint	Final
11:00 AM	#52 Girls U 17 - 100 Metre Sprint	Prelims
11:00 AM	#53 Boys U 17 - 100 Metre Sprint	Final

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**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**  
**THE RIDGE ATHLETICS TRACK**  
**Session Report**

Session: 3 Saturday Track Events  
 Day 2 - Saturday 16/12/2023 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
11:00 AM	#54 Girls U 8 - 100 Metre Sprint	Prelims
11:00 AM	#55 Boys U 8 - 100 Metre Sprint	Prelims
11:30 AM	#56 Girls U 9 - 100 Metre Sprint	Prelims
11:30 AM	#57 Boys U 9 - 100 Metre Sprint	Prelims
11:30 AM	#58 Girls U 10 - 100 Metre Sprint	Prelims
11:30 AM	#59 Boys U 10 - 100 Metre Sprint	Prelims
11:30 AM	#60 Girls U 11 - 100 Metre Sprint	Prelims
12:00 PM	#61 Boys U 11 - 100 Metre Sprint	Prelims
12:00 PM	#62 Girls U 12 - 100 Metre Sprint	Prelims
12:00 PM	#63 Boys U 12 - 100 Metre Sprint	Prelims
12:00 PM	#64 Girls U 7 - 100 Metre Sprint	Final
12:00 PM	#65 Boys U 7 - 100 Metre Sprint	Final
1:00 PM	#66 Girls U 13 - 400 Metre Sprint	Final
1:00 PM	#67 Boys U 13 - 400 Metre Sprint	Final
1:00 PM	#68 Girls U 14 - 400 Metre Sprint	Final
1:00 PM	#69 Boys U 14 - 400 Metre Sprint	Final
1:00 PM	#70 Girls U 15 - 400 Metre Sprint	Final
1:00 PM	#71 Girls U 17 - 400 Metre Sprint	Final
1:00 PM	#72 Boys U 15 - 400 Metre Sprint	Final
1:00 PM	#73 Boys U 17 - 400 Metre Sprint	Final
1:30 PM	#74 Girls U 10 - 400 Metre Sprint	Final
1:30 PM	#75 Boys U 10 - 400 Metre Sprint	Final
1:30 PM	#76 Girls U 11 - 400 Metre Sprint	Final
2:00 PM	#77 Boys U 11 - 400 Metre Sprint	Final
2:00 PM	#78 Girls U 12 - 400 Metre Sprint	Final
2:00 PM	#79 Boys U 12 - 400 Metre Sprint	Final
2:30 PM	#80 Girls U 7 - 50 Metre Sprint	Prelims
2:30 PM	#81 Boys U 7 - 50 Metre Sprint	Final
2:45 PM	#82 Girls U 13 - 100 Metre Sprint	Final
2:45 PM	#83 Boys U 13 - 100 Metre Sprint	Final
2:45 PM	#84 Girls U 14 - 100 Metre Sprint	Final
2:45 PM	#85 Girls U 17 - 100 Metre Sprint	Final
2:45 PM	#86 Girls U 8 - 100 Metre Sprint	Final
2:45 PM	#87 Boys U 8 - 100 Metre Sprint	Final
2:45 PM	#88 Girls U 9 - 100 Metre Sprint	Final
2:45 PM	#89 Boys U 9 - 100 Metre Sprint	Final
3:00 PM	#90 Girls U 10 - 100 Metre Sprint	Final
3:00 PM	#91 Boys U 10 - 100 Metre Sprint	Final
3:00 PM	#92 Girls U 11 - 100 Metre Sprint	Final
3:00 PM	#93 Boys U 11 - 100 Metre Sprint	Final
3:00 PM	#94 Girls U 12 - 100 Metre Sprint	Final
3:00 PM	#95 Boys U 12 - 100 Metre Sprint	Final
3:15 PM	#96 Girls U 7 - 50 Metre Sprint	Final

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**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS****THE RIDGE ATHLETICS TRACK****Session Report**

Session: 4 Saturday Field Events

Day 2 - Saturday 16/12/2023 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
8:00 AM	#9 Girls U 9 - High Jump (S/H 0.80m)	Final
8:00 AM	#10 Girls U 15 - High Jump (S/H 1.20m)	Final
8:00 AM	#11 Boys U 15 - Long Jump	Final
8:00 AM	#12 Girls U 14 - Long Jump	Final
8:00 AM	#13 Girls U 17 - Triple Jump	Final
8:00 AM	#14 Boys U 14 - Discus (1.0 Kg)	Final
8:00 AM	#15 Girls U 8 - Discus (500 Gram)	Final
8:00 AM	#16 Boys U 17 - Shot Put (5.0 Kg)	Final
8:00 AM	#17 Girls U 11 - Shot Put (2.0 Kg)	Final
8:20 AM	#18 Boys U 11 - Long Jump	Final
8:30 AM	#19 Girls U 10 - Discus (500 Gram)	Final
8:30 AM	#20 Girls U 7 - Shot Put (1.0 Kg)	Final
8:30 AM	#21 Girls U 13 - High Jump (S/H 1.15m)	Final
8:45 AM	#22 Boys U 9 - Long Jump	Final
8:45 AM	#23 Girls U 9 - Shot Put (2.0 Kg)	Final
9:00 AM	#24 Boys U 10 - High Jump (S/H 0.95m)	Final
9:00 AM	#25 Boys U 14 - Triple Jump	Final
9:15 AM	#26 Boys U 15 - Shot Put (4.0 Kg)	Final
9:20 AM	#27 Boys U 12 - Discus (750 Gram)	Final
9:30 AM	#28 Girls U 11 - High Jump (S/H 1.00m)	Final
9:30 AM	#29 Boys U 13 - Javelin (600 Gram)	Final
9:45 AM	#30 Boys U 13 - Triple Jump	Final
9:45 AM	#31 Boys U 10 - Shot Put (2.0 Kg)	Final
9:50 AM	#32 Girls U 13 - Shot Put (3.0 Kg)	Final
9:50 AM	#33 Boys U 17 - Long Jump	Final
10:10 AM	#34 Boys U 12 - Long Jump	Final
10:15 AM	#35 Girls U 8 - Long Jump	Final
10:30 AM	#36 Girls U 17 - High Jump (S/H 1.25m)	Final
10:30 AM	#37 Girls U 12 - High Jump (S/H 1.10m)	Final
10:45 AM	#38 Boys U 7 - Discus (350 Gram)	Final
10:40 AM	#39 Girls U 14 - Javelin (400 Gram)	Final
10:50 AM	#40 Boys U 8 - Shot Put (1.5 Kg)	Final
11:00 AM	#41 Boys U 14 - High Jump (S/H 1.25m)	Final
11:00 AM	#42 Girls U 15 - Triple Jump	Final
11:15 AM	#43 Girls U 14 - Shot Put (3.0 Kg)	Final
11:30 AM	#44 Girls U 15 - Discus (1.0 Kg)	Final
11:30 AM	#45 Girls U 11 - Triple Jump	Final
11:40 AM	#46 Boys U 11 - Javelin (400 Gram)	Final
11:50 AM	#47 Boys U 8 - Long Jump	Final
12:00 PM	#48 Girls U 17 - Discus (1.0 Kg)	Final
12:00 PM	#49 Girls U 12 - Shot Put (2.0 Kg)	Final
12:15 PM	#50 Girls U 13 - Long Jump	Final
1:15 PM	#51 Boys U 17 - Javelin (700 Gram)	Final

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**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**  
**THE RIDGE ATHLETICS TRACK**  
**Session Report**

Session: 4 Saturday Field Events  
 Day 2 - Saturday 16/12/2023 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
1:20 PM	#52 Boys U 15 - Javelin (700 Gram)	Final
1:20 PM	#53 Boys U 13 - Discus (750 Gram)	Final
1:45 PM	#54 Boys U 12 - Javelin (400 Gram)	Final

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**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS****THE RIDGE ATHLETICS TRACK****Session Report**

Session: 5 Sunday Track Events

Day 3 - Sunday 17/12/2023 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
8:00 AM	#97 Girls U 11 - 80 Metre Hurdles (60cm)	Prelims
8:00 AM	#98 Boys U 11 - 80 Metre Hurdles (60cm)	Prelims
8:00 AM	#99 Girls U 12 - 80 Metre Hurdles (68cm)	Prelims
8:00 AM	#100 Boys U 12 - 80 Metre Hurdles (68cm)	Prelims
8:30 AM	#101 Girls U 13 - 80 Metre Hurdles (76cm)	Final
8:30 AM	#102 Boys U 13 - 80 Metre Hurdles (76cm)	Final
8:30 AM	#103 Girls U 14 - 80 Metre Hurdles (76cm)	Final
8:30 AM	#104 Boys U 14 - 90 Metre Hurdles (76cm)	Final
8:30 AM	#105 Girls U 15 - 90 Metre Hurdles (76cm)	Final
8:30 AM	#106 Boys U 15 - 100 Metre Hurdles (76cm)	Final
8:30 AM	#107 Girls U 17 - 100 Metre Hurdles (76cm)	Final
8:30 AM	#108 Boys U 17 - 110 Metre Hurdles (76cm)	Final
9:00 AM	#109 Girls U 11 - 1100 Metre Walk	Final
9:00 AM	#110 Boys U 11 - 1100 Metre Walk	Final
9:00 AM	#111 Girls U 10 - 1100 Metre Walk	Final
9:00 AM	#112 Boys U 10 - 1100 Metre Walk	Final
9:15 AM	#113 Girls U 9 - 700 Metre Walk	Final
9:15 AM	#114 Boys U 9 - 700 Metre Walk	Final
9:30 AM	#115 Girls U 8 - 700 Metre Run Pack Start	Final
9:30 AM	#116 Boys U 8 - 700 Metre Run Pack Start	Final
9:30 AM	#117 Girls U 12 - 1500 Metre Walk	Final
9:30 AM	#118 Boys U 12 - 1500 Metre Walk	Final
9:30 AM	#119 Girls U 13 - 1500 Metre Walk	Final
9:30 AM	#120 Boys U 13 - 1500 Metre Walk	Final
9:30 AM	#121 Girls U 14 - 1500 Metre Walk	Final
9:30 AM	#122 Girls U 15 - 1500 Metre Walk	Final
9:30 AM	#123 Girls U 17 - 1500 Metre Walk	Final
10:00 AM	#124 Girls U 11 - 80 Metre Hurdles (60cm)	Final
10:00 AM	#125 Boys U 11 - 80 Metre Hurdles (60cm)	Final
10:00 AM	#126 Girls U 12 - 80 Metre Hurdles (68cm)	Final
10:00 AM	#127 Boys U 12 - 80 Metre Hurdles (68cm)	Final
10:15 AM	#128 Girls U 10 - 70 Metre Sprint	Prelims
10:15 AM	#129 Boys U 10 - 70 Metre Sprint	Prelims
10:30 AM	#130 Girls U 9 - 70 Metre Sprint	Prelims
10:30 AM	#131 Boys U 9 - 70 Metre Sprint	Prelims
10:30 AM	#132 Girls U 8 - 70 Metre Sprint	Prelims
10:45 AM	#133 Boys U 8 - 70 Metre Sprint	Prelims
10:45 AM	#134 Girls U 7 - 70 Metre Sprint	Prelims
10:45 AM	#135 Boys U 7 - 70 Metre Sprint	Prelims
11:00 AM	#136 Girls U 11 - 200 Metre Sprint	Prelims
11:00 AM	#137 Boys U 11 - 200 Metre Sprint	Prelims
11:00 AM	#138 Girls U 12 - 200 Metre Sprint	Prelims
11:00 AM	#139 Boys U 12 - 200 Metre Sprint	Prelims

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**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**  
**THE RIDGE ATHLETICS TRACK**  
**Session Report**

Session: 5 Sunday Track Events  
 Day 3 - Sunday 17/12/2023 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
11:30 AM	#140 Girls U 13 - 200 Metre Sprint	Prelims
11:30 AM	#141 Boys U 13 - 200 Metre Sprint	Prelims
11:30 AM	#142 Girls U 10 - 200 Metre Sprint	Prelims
11:30 AM	#143 Boys U 10 - 200 Metre Sprint	Prelims
12:00 PM	#144 Girls U 9 - 200 Metre Sprint	Prelims
12:00 PM	#145 Boys U 9 - 200 Metre Sprint	Prelims
12:00 PM	#146 Girls U 8 - 200 Metre Sprint	Prelims
12:00 PM	#147 Boys U 8 - 200 Metre Sprint	Prelims
12:30 PM	#148 Girls U 7 - 200 Metre Sprint	Prelims
12:30 PM	#149 Boys U 7 - 200 Metre Sprint	Prelims
12:30 PM	#150 Girls U 14 - 200 Metre Sprint	Prelims
12:30 PM	#151 Boys U 14 - 200 Metre Sprint	Final
1:00 PM	#152 Girls U 15 - 200 Metre Sprint	Prelims
1:00 PM	#153 Boys U 15 - 200 Metre Sprint	Final
1:00 PM	#154 Girls U 17 - 200 Metre Sprint	Prelims
1:00 PM	#155 Boys U 17 - 200 Metre Sprint	Final
1:30 PM	#156 Girls U 10 - 70 Metre Sprint	Final
1:30 PM	#157 Boys U 10 - 70 Metre Sprint	Final
1:30 PM	#158 Girls U 9 - 70 Metre Sprint	Final
1:30 PM	#159 Boys U 9 - 70 Metre Sprint	Final
1:30 PM	#160 Girls U 8 - 70 Metre Sprint	Final
1:30 PM	#161 Boys U 8 - 70 Metre Sprint	Final
1:30 PM	#162 Girls U 7 - 70 Metre Sprint	Final
1:30 PM	#163 Boys U 7 - 70 Metre Sprint	Final
2:00 PM	#164 Girls U 11 - 800 Metre Run	Final
2:00 PM	#165 Boys U 11 - 800 Metre Run	Final
2:15 PM	#166 Girls U 12 - 800 Metre Run	Final
2:15 PM	#167 Boys U 12 - 800 Metre Run	Final
2:30 PM	#168 Girls U 13 - 800 Metre Run	Final
2:30 PM	#169 Boys U 13 - 800 Metre Run	Final
2:30 PM	#170 Girls U 14 - 800 Metre Run	Final
2:30 PM	#171 Boys U 14 - 800 Metre Run	Final
2:45 PM	#172 Girls U 15 - 800 Metre Run	Final
2:45 PM	#173 Boys U 15 - 800 Metre Run	Final
2:45 PM	#174 Girls U 17 - 800 Metre Run	Final
2:45 PM	#175 Boys U 17 - 800 Metre Run	Final
3:00 PM	#176 Girls U 10 - 800 Metre Run	Final
3:00 PM	#177 Boys U 10 - 800 Metre Run	Final
3:00 PM	#178 Girls U 9 - 800 Metre Run	Final
3:00 PM	#179 Boys U 9 - 800 Metre Run	Final
3:15 PM	#180 Girls U 8 - 200 Metre Sprint	Final
3:15 PM	#181 Boys U 8 - 200 Metre Sprint	Final
3:15 PM	#182 Girls U 7 - 200 Metre Sprint	Final

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**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**  
**THE RIDGE ATHLETICS TRACK**  
**Session Report**

Session: 5 Sunday Track Events  
 Day 3 - Sunday 17/12/2023 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>	
3:15 PM	#183 Boys U 7 - 200 Metre Sprint	Final	<b>Important Note: The times provided are "Not Before Times" and are a GUIDE ONLY. Events can be called up to half an hour before this time for athletes to go to the Call Room.</b>
3:15 PM	#184 Girls U 11 - 200 Metre Sprint	Final	
3:30 PM	#185 Boys U 11 - 200 Metre Sprint	Final	
3:30 PM	#186 Girls U 12 - 200 Metre Sprint	Final	
3:30 PM	#187 Boys U 12 - 200 Metre Sprint	Final	
3:30 PM	#188 Girls U 13 - 200 Metre Sprint	Final	
3:30 PM	#189 Boys U 13 - 200 Metre Sprint	Final	
3:30 PM	#190 Girls U 14 - 200 Metre Sprint	Final	
3:45 PM	#191 Girls U 15 - 200 Metre Sprint	Final	
3:45 PM	#192 Girls U 17 - 200 Metre Sprint	Final	
3:45 PM	#193 Girls U 10 - 200 Metre Sprint	Final	
3:45 PM	#194 Boys U 10 - 200 Metre Sprint	Final	
3:45 PM	#195 Girls U 9 - 200 Metre Sprint	Final	
3:45 PM	#196 Boys U 9 - 200 Metre Sprint	Final	
4:00 PM	#197 Girls U 12-17 4x100 Metre Relay (Snr)	Final	
4:00 PM	#198 Boys U 12-17 4x100 Metre Relay (Snr)	Final	
4:00 PM	#199 Girls U 9-12 4x100 Metre Relay (Jnr)	Final	
4:00 PM	#200 Boys U 9-12 4x100 Metre Relay (Jnr)	Final	

**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS****THE RIDGE ATHLETICS TRACK****Session Report**

Session: 6 Sunday Field Events

Day 3 - Sunday 17/12/2023 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
8:00 AM	#55 Boys U 14 - Long Jump	Final
8:00 AM	#56 Girls U 15 - Long Jump	Final
8:00 AM	#57 Boys U 17 - Triple Jump	Final
8:00 AM	#58 Girls U 13 - Discus (750 Gram)	Final
8:00 AM	#59 Girls U 14 - Discus (1.0 Kg)	Final
8:00 AM	#60 Boys U 13 - Shot Put (3.0 Kg)	Final
8:00 AM	#61 Girls U 17 - Shot Put (3.0 Kg)	Final
8:00 AM	#62 Boys U 9 - High Jump (S/H 0.85m)	Final
8:00 AM	#63 Boys U 12 - High Jump (S/H 1.15m)	Final
8:15 AM	#64 Boys U 11 - Triple Jump	Final
8:20 AM	#65 Girls U 12 - Long Jump	Final
8:45 AM	#66 Girls U 9 - Long Jump	Final
8:45 AM	#67 Girls U 8 - Shot Put (1.5 Kg)	Final
8:50 AM	#68 Girls U 7 - Discus (350 Gram)	Final
9:00 AM	#69 Boys U 14 - Shot Put (3.0 Kg)	Final
9:15 AM	#70 Boys U 8 - Discus (500 Gram)	Final
9:15 AM	#71 Girls U 10 - High Jump (S/H 0.90m)	Final
9:15 AM	#72 Girls U 17 - Javelin (500 Gram)	Final
9:15 AM	#73 Girls U 13 - Triple Jump	Final
9:15 AM	#74 Boys U 7 - Shot Put (1.0 Kg)	Final
9:50 AM	#75 Boys U 13 - Long Jump	Final
10:00 AM	#76 Girls U 15 - Shot Put (3.0 Kg)	Final
10:00 AM	#77 Boys U 15 - Triple Jump	Final
10:00 AM	#78 Boys U 9 - Shot Put (2.0 Kg)	Final
10:15 AM	#79 Girls U 12 - Javelin (400 Gram)	Final
10:20 AM	#80 Girls U 14 - Triple Jump	Final
10:30 AM	#81 Girls U 11 - Long Jump	Final
10:30 AM	#82 Girls U 14 - High Jump (S/H 1.20m)	Final
10:30 AM	#83 Boys U 17 - High Jump (S/H 1.30m)	Final
10:30 AM	#84 Boys U 10 - Discus (500 Gram)	Final
10:40 AM	#85 Boys U 12 - Shot Put (2.0 Kg)	Final
10:40 AM	#86 Boys U 11 - Shot Put (2.0 Kg)	Final
11:00 AM	#87 Boys U 11 - High Jump (S/H 1.05m)	Final
11:15 AM	#88 Boys U 13 - High Jump (S/H 1.20m)	Final
11:20 AM	#89 Girls U 17 - Long Jump	Final
11:20 AM	#90 Girls U 10 - Shot Put (2.0 Kg)	Final
11:40 AM	#91 Girls U 15 - Javelin (500 Gram)	Final
11:45 AM	#92 Girls U 12 - Discus (750 Gram)	Final
11:50 AM	#93 Girls U 7 - Long Jump	Final
12:10 PM	#94 Boys U 14 - Javelin (600 Gram)	Final
12:30 PM	#95 Boys U 7 - Long Jump	Final
1:00 PM	#96 Girls U 13 - Javelin (400 Gram)	Final
1:30 PM	#97 Boys U 17 - Discus (1.5 Kg)	Final

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**SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**  
**THE RIDGE ATHLETICS TRACK**  
**Session Report**

Session: 6 Sunday Field Events  
 Day 3 - Sunday 17/12/2023 - Starts at 08:00 AM

<b>Not Before Time</b>	<b>Event</b>	<b>Round</b>
1:40 PM	#98 Boys U 15 - Discus (1.0 Kg)	Final
2:00 PM	#99 Girls U 11 - Javelin (400 Gram)	Final

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