

2025 Region 8 Championship Officials

	Saturday	Sunday
Region Coordinator	Craig Elton	
Zone Coordinator	Karen Mitchell	
Technical Delegate	Lee Brigandi	
Protests	Craig Elton or Karen Mitchell and relevant Referee	
Jury of Appeal from:	Craig Elton, Karen Mitchell, Lee Brigandi (Technical Delegate), Ray Russell, Peter Brigandi (Field Referees), George Cuthill, Jim Legge (Track Referees)	
Equipment	Port Hacking LAC	
Safety Officer	David Murphy and Karen Tuqiri	
Information/ Medals	Lynne Whatman Heather Mitchell Katrina Hammond	Lynne Whatman Heather Mitchell Katrina Hammond
Announcer	Karen Herrmann Kirstie Philip	Karen Herrmann Kirstie Philip
Meet Manager	Mikaela North and Bree McGraw	
Clash Manager	Michelle Hanley	
Track Call Room	Christine Butters	
Field Call Room	Jess Redmond, Elisabeth Watts, and Jess Ranginui	
Photo finish	Tony Smyth Steven Clarke	Tony Smyth Steven Clarke
Starting Panel	Ian Lister (Chief Starter) Neil Oakey Craig McCulloch	Sam Chen (Chief Starter) Duncan James Alex Llaveró, Tane Dolan Xavier Gonzalez Ty Revellos
Track Referee/ Chief Umpire	George Cuthill, Jim Legge	
Field Referee Throws	Ray Russell	
Field Referee Jumps	Peter Brigandi	
Walks Judge Panel SUNDAY	Kirsten Crocker (Chief), David Murphy, Anthony Veccellio, Anne Saville, Nicole Challinor, Emily Challinor, Heather Mitchell, Simone Zantiotis, Deb Engeler	
Relay Change Chiefs SUNDAY	Micheal Dooley	
Chief: High Jump 1	Glenn Howell	Matt Rawnsley
Chief: High Jump 2	Duncan James	Brad Plummer Anthony Valenta
Chief: Long Jump 1	Sue Brierly Niamh Mackenzie	Neil Oakey Siobhan Mackenzie
Chief: Long Jump 2	Siobhan Mackenzie Caitlyn Whitbread	Dave Kistle Caitlyn Whitbread
Chief: Triple Jump	Dave Kistle Anthony Valenta	Revathi Krishnan Niamh Mackenzie
Chief: Shot Put 1	Megan Thomas(AM) Kael Austin	Megan Thomas(AM) Kael Austin
Chief: Shot Put 2	Nicole Hanger Eleni Lambousis	Eleni Lambousis Mareta Carati
Chief: Javelin	Matt Davoren	Leigh Valenta Andrew McPherson Lilli McPherson
Chief: Discus 1	Trudie Barton Mareta Carati	Matt Davoren
Chief: Discus 2	Leigh Valenta Smagda Papadakis	Nicole Hanger Karen Tuqiri/Anthony Valenta

INFORMATION

DATE Saturday 1 February and Sunday 2 February

LOCATION Sylvania Waters Athletics Track, 225R Belgrave Esplanade, Sylvania Waters.

RESULTS Results will be printed and published on the results board near the canteen. Results will also be posted online. Information about the Live Results web page will be published shortly.

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.

CALLROOM Athletes in the **first** listed **field** events of each day will go straight to their first event. All other athletes must attend the relevant Call Room when their event has been announced. The Track Call Room and Field Call Room are located at the northern end of the main track. **Only competing athletes are permitted in the Call Room. Only parents rostered to help are permitted in the Call Room.** Parents should not hang around the Call Room once athletes are in the tent. **Athletes are not allowed to wear their spikes in the call room**, they will be given time to put them on at the start line for their event.

ATHLETES WITHDRAWING Any athlete who is withdrawing from any event over the course of the weekend needs to notify their team manager and Information as soon as they know they are unable to compete. This will assist in the smooth running of the program.

TRACK EVENTS HAVE PRIORITY OVER FIELD Athletes should advise the Chief Judge of their event if they believe a clash may occur so that the chief can make arrangements with the clash manager for that athlete to attend call room and compete in their event. Track events take priority when a clash occurs. The athlete is responsible for returning immediately to their field event to complete any further attempts. Athletes should be aware of any potential clashes of events they are competing in.

PROGRESSION FROM TRACK HEATS TO FINAL will be done in accordance with LANSW Rules of Competition. Timed finals are held for all pack start events, 400m and 800m races as well as the 200m, 300m and 400m hurdle events. All other track events will be run as heats and finals unless there is only 1 heat in which the event will be run as a straight final at the time of all other finals for that event.

The following athletes shall progress to the final in their track event:

- i. If there are 2 heats: 1st, 2nd, and 3rd in each heat plus the next 2 fastest times
- ii. If there are 3 heats: 1st and 2nd in each heat plus the next two fastest times

PROGRESSION FROM REGION TO STATE As per LANSW Rules of Competition, for athletes in the 9's to 12's age groups, the first 2 placegetters in an event will automatically progress to the Little Athletics State Championships. The next best 8 results from all Regional Championships will also qualify to the Little Athletics State Championships. For athletes in the 13's to 15's, the first 2 placegetters in an event will automatically progress to the State Junior Championships. The next 8 positions will be filled from best performances from the Region Champions, Country Championship and Treloar Shield. Athletes in the 16's and 17's will be able to directly enter the State Junior Championships.

SPIKES Athletes - Shoes are compulsory for all competitors in all events. Spikes may be worn as follows:

U8 to U10: Spikes may not be worn in any event.

U11 to U12: Spikes may be worn in all track events run entirely in lanes, all jumps events and javelin.

U13 to U17: Spikes may be worn in all track events (except Walks), all jumps events, and javelin.

Any athlete who wears spikes for track events run entirely in lanes must use starting blocks. Spike length for track events must NOT exceed 7mm. Spike length for field events must not exceed 9mm.

Spike shoes with the spikes removed or blanks inserted may not be worn in any events.

BLOCKS will be supplied and only those blocks may be used. No private blocks are permitted.

WARMING UP The Baseball field alongside the overflow parking area (near the 1500m start) is available for warming up. Athletes are NOT to warm up on any park of the track or competition field area.

PARENT ASSISTANCE Parent helpers need to check in with their TEAM MANAGER (not information desk). Closed in Shoes are to be worn by parents doing a duty at these Championships. **Parent helpers ARE NOT ALLOWED to provide any assistance, coaching or encouragement to ANY athlete whilst helping at an event. Use of mobile phones is not permitted at any event by athletes or parent helpers.**

PROTESTS If an athlete/centre wishes to make a protest it must be done by the Team Manager ONLY. The Team Manager needs to submit the protest in writing using the Protest Form, which is available at the Information desk. There is a \$50 fee to lodge a protest, it must be submitted to the information officer no more than 15 minutes after the results have been posted. The protest shall then be assessed according to the LANSW Rules of Competition.

COACHING Area's will be set aside for coaching during field events for athletes in the **13s -20s age groups ONLY** as per LANSW Rules of Competition. It is the responsibility of the individual athlete to ensure they cross the track safely and do not miss a trial. Athletes from 8s to 12s cannot leave the field event area to receive coaching advice.

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 Officer and Carnival Manager. The exception to this is in the case of lightening or high temperature/humidity. Please refer to the LANSW website for the relevant policy.

PARKING Families can find parking at the southern end of the track. **The car park located directly behind the grandstand and canteen is ONLY for the use of officials with parking passes.** There will be an official monitoring this car park throughout the weekend, if anyone parks in this area without a pass they will be asked to move their vehicle.

SMOKING There is to be **no smoking or vaping** anywhere in the complex as this is a children's sporting event.

DOGS Dogs are not permitted anywhere within the complex. (Assistance dogs excepted).

FOOD There will be a canteen operating selling both hot and cold food throughout the weekend. There will also be a coffee van onsite.



REGION 8 CHAMPIONSHIPS**Sylvania Waters
Final Program**

Note: 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.

Session: 1 Saturday Track Events

Day 1 - Saturday 1/02/2025 - Starts at 08:00 AM

**Not Before
Time****Event****Round**

Not Before Time	Event	Round
8:00 AM	#1 Girls 400 Metre Hurdles (76cm) Under 20	Final
8:00 AM	#2 Girls 400 Metre Hurdles (76cm) 16's (U17)	Final
8:05 AM	#3 Boys 400 Metre Hurdles (76cm) 17's (U18)	Final
8:05 AM	#4 Boys 400 Metre Hurdles (76cm) 16's (U17)	Final
8:10 AM	#5 Girls 300 Metre Hurdles (76cm) 15's (U16)	Final
8:14 AM	#6 Boys 300 Metre Hurdles (76cm) 15's (U16)	Final
8:18 AM	#7 Boys 300 Metre Hurdles (76cm) 14's (U15)	Final
8:26 AM	#8 Girls 300 Metre Hurdles (76cm) 14's (U15)	Final
8:32 AM	#9 Girls 200 Metre Hurdles (76cm) 13's (U14)	Final
8:35 AM	#10 Boys 200 Metre Hurdles (76cm) 13's (U14)	Final
8:45 AM	#11 Girls 1500 Metre Run 11's	Final
8:55 AM	#12 Boys 1500 Metre Run 11's	Final
9:05 AM	#13 Girls 1500 Metre Run 12's	Final
9:15 AM	#14 Boys 1500 Metre Run 12's	Final
9:29 AM	#15 Girls 60 Metre Hurdles (45cm) 8's	Prelims
9:35 AM	#16 Boys 60 Metre Hurdles (45cm) 8's	Prelims
9:41 AM	#17 Girls 60 Metre Hurdles (45cm) 9's	Prelims
9:45 AM	#18 Boys 60 Metre Hurdles (45cm) 9's	Prelims
9:51 AM	#19 Girls 60 Metre Hurdles (60cm) 10's	Prelims
10:01 AM	#20 Boys 60 Metre Hurdles (60cm) 10's	Prelims
10:11 AM	#21 Girls 1500 Metre Run 13's (U14)	Final
10:21 AM	#22 Boys 1500 Metre Run 13's (U14)	Final
10:31 AM	#23 Girls 1500 Metre Run 14's (U15)	Final
10:41 AM	#24 Boys 1500 Metre Run 14's (U15)	Final
10:51 AM	#25 Boys 1500 Metre Run 15's (U16)	Final
10:51 AM	#26 Boys 1500 Metre Run 16's (U17)	Final
11:01 AM	#27 Girls 1500 Metre Run 15's (U16)	Final
11:01 AM	#28 Girls 1500 Metre Run 16's (U17)	Final
11:01 AM	#29 Girls 1500 Metre Run 17's (U18)	Final
11:01 AM	#30 Boys 1500 Metre Run 17's (U18)	Final
11:01 AM	#31 Girls 1500 Metre Run Under 20	Final
11:13 AM	#32 Girls 60 Metre Hurdles (45cm) 8's	Final
11:16 AM	#33 Boys 60 Metre Hurdles (45cm) 8's	Final
11:19 AM	#34 Girls 60 Metre Hurdles (45cm) 9's	Final
11:21 AM	#35 Boys 60 Metre Hurdles (45cm) 9's	Final
11:26 AM	#36 Girls 60 Metre Hurdles (60cm) 10's	Final
11:28 AM	#37 Boys 60 Metre Hurdles (60cm) 10's	Final
11:36 AM	#38 Girls 100 Metre Sprint 13's (U14)	Prelims
11:42 AM	#39 Boys 100 Metre Sprint 13's (U14)	Prelims
11:47 AM	#40 Girls 100 Metre Sprint 14's (U15)	Prelims
11:55 AM	#41 Boys 100 Metre Sprint 14's (U15)	Prelims
12:01 PM	#42 Boys 100 Metre Sprint 15's (U16)	Prelims
12:07 PM	#43 Girls 100 Metre Sprint 8's	Prelims

REGION 8 CHAMPIONSHIPS

**Sylvania Waters
Final Program**

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Session: 1 Saturday Track Events
Day 1 - Saturday 1/02/2025 - Starts at 08:00 AM

Not Before Time	Event	Round	
12:13 PM	#44 Boys 100 Metre Sprint 8's	Prelims	
12:19 PM	#45 Girls 100 Metre Sprint 9's	Prelims	
12:23 PM	#46 Boys 100 Metre Sprint 9's	Prelims	
12:27 PM	#47 Girls 100 Metre Sprint 10's	Prelims	
12:31 PM	#48 Boys 100 Metre Sprint 10's	Prelims	
12:35 PM	#49 Girls 100 Metre Sprint 11's	Prelims	
12:41 PM	#50 Boys 100 Metre Sprint 11's	Prelims	
12:47 PM	#51 Girls 100 Metre Sprint 12's	Prelims	
12:53 PM	#52 Boys 100 Metre Sprint 12's	Prelims	
12:56 PM	#53 Girls 100 Metre Sprint Para 9's-10's	Final	
12:56 PM	#54 Girls 100 Metre Sprint Para 11's-12's	Final	
12:59 PM	#55 Boys 100 Metre Sprint Para 9's-10's	Final	
12:59 PM	#56 Boys 100 Metre Sprint Para 11's-12's	Final	
12:59 PM	#57 Boys 100 Metre Sprint Para 13's-14's (U15)	Final	
12:59 PM	#58 Boys 100 Metre Sprint Para 15's-16's (U17)	Final	
1:30 PM	#59 Girls 400 Metre Sprint 13's (U14)	Final	Track Officials
1:38 PM	#60 Boys 400 Metre Sprint 13's (U14)	Final	Lunch Break
1:46 PM	#61 Girls 400 Metre Sprint 14's (U15)	Final	
1:54 PM	#62 Boys 400 Metre Sprint 14's (U15)	Final	
2:02 PM	#63 Girls 400 Metre Sprint 15's (U16)	Final	
2:08 PM	#64 Boys 400 Metre Sprint 15's (U16)	Final	
2:16 PM	#65 Girls 400 Metre Run 16's (U17)	Final	
2:20 PM	#66 Boys 400 Metre Run 16's (U17)	Final	
2:24 PM	#67 Girls 400 Metre Sprint 17's (U18)	Final	
2:24 PM	#68 Girls 400 Metre Sprint Under 20	Final	
2:28 PM	#69 Boys 400 Metre Sprint 17's (U18)	Final	
2:28 PM	#70 Boys 400 Metre Sprint Under 20	Final	
2:32 PM	#71 Girls 400 Metre Run Para 9's-10's	Final	
2:32 PM	#72 Boys 400 Metre Run Para 11's-12's	Final	
2:32 PM	#73 Boys 400 Metre Run Para 13's-14's (U15)	Final	
2:32 PM	#74 Boys 400 Metre Run Para 15's-16's (U17)	Final	
2:37 PM	#75 Girls 400 Metre Run Pack Start 8's	Final	
2:40 PM	#76 Boys 400 Metre Run Pack Start 8's	Final	
2:43 PM	#77 Girls 400 Metre Sprint 9's	Final	
2:51 PM	#78 Boys 400 Metre Sprint 9's	Final	
2:59 PM	#79 Girls 400 Metre Sprint 10's	Final	
3:07 PM	#80 Boys 400 Metre Sprint 10's	Final	
3:15 PM	#81 Girls 400 Metre Sprint 11's	Final	
3:25 PM	#82 Boys 400 Metre Sprint 11's	Final	
3:35 PM	#83 Girls 400 Metre Sprint 12's	Final	
3:47 PM	#84 Boys 400 Metre Sprint 12's	Final	
4:00 PM	#85 Girls 100 Metre Sprint 13's (U14)	Final	
4:03 PM	#86 Boys 100 Metre Sprint 13's (U14)	Final	

REGION 8 CHAMPIONSHIPS

**Sylvania Waters
Final Program**

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Session: 1 Saturday Track Events
Day 1 - Saturday 1/02/2025 - Starts at 08:00 AM

Not Before Time	Event	Round
4:06 PM	#87 Girls 100 Metre Sprint 14's (U15)	Final
4:09 PM	#88 Boys 100 Metre Sprint 14's (U15)	Final
4:12 PM	#89 Girls 100 Metre Sprint 15's (U16)	Final
4:15 PM	#90 Boys 100 Metre Sprint 15's (U16)	Final
4:18 PM	#91 Girls 100 Metre Sprint 16's (U17)	Final
4:21 PM	#92 Boys 100 Metre Sprint 16's (U17)	Final
4:24 PM	#93 Boys 100 Metre Sprint 17's (U18)	Final
4:27 PM	#94 Girls 100 Metre Sprint 17's (U18)	Final
4:27 PM	#95 Girls 100 Metre Sprint Under 20	Final
4:27 PM	#96 Boys 100 Metre Sprint Under 20	Final
4:30 PM	#97 Girls 100 Metre Sprint 8's	Final
4:33 PM	#98 Boys 100 Metre Sprint 8's	Final
4:36 PM	#99 Girls 100 Metre Sprint 9's	Final
4:39 PM	#100 Boys 100 Metre Sprint 9's	Final
4:42 PM	#101 Girls 100 Metre Sprint 10's	Final
4:45 PM	#102 Boys 100 Metre Sprint 10's	Final
4:48 PM	#103 Girls 100 Metre Sprint 11's	Final
4:51 PM	#104 Boys 100 Metre Sprint 11's	Final
4:54 PM	#105 Girls 100 Metre Sprint 12's	Final
4:57 PM	#106 Boys 100 Metre Sprint 12's	Final

REGION 8 CHAMPIONSHIPS

**Sylvania Waters
Final Program**

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Session: 2 Saturday Field Events
Day 1 - Saturday 1/02/2025 - Starts at 08:00 AM

Not Before Time	Event	Round	Event Area
8:00 AM	#107 Girls High Jump (S/H 1.25m) 15's (U16)	Final	High Jump 2
8:00 AM	#108 Girls High Jump (S/H 0.85m) 9's	Final	High Jump 1
8:50 AM	#109 Girls High Jump (S/H 1.30m) 16's (U17)	Final	High Jump 2
8:50 AM	#110 Girls High Jump (S/H 1.30m) 17's (U18)	Final	High Jump 2
8:50 AM	#111 Girls High Jump (S/H 1.35m) Under 20	Final	High Jump 2
9:00 AM	#112 Boys High Jump (S/H 1.00m) 10's	Final	High Jump 1
9:35 AM	#113 Girls High Jump (S/H 1.20m) 13's (U14)	Final	High Jump 2
10:30 AM	#114 Girls High Jump (S/H 1.05m) 11's	Final	High Jump 1
11:35 AM	#115 Girls High Jump (S/H 1.15m) 12's	Final	High Jump 2
12:00 PM	#116 Boys High Jump (S/H 1.30m) 14's (U15)	Final	High Jump 1
8:00 AM	#117 Boys Long Jump 11's	Final	Long Jump 2
8:00 AM	#118 Boys Long Jump 15's (U16)	Final	Long Jump 1
8:50 AM	#119 Boys Long Jump 16's (U17)	Final	Long Jump 1
8:50 AM	#120 Boys Long Jump 17's (U18)	Final	Long Jump 1
8:50 AM	#121 Boys Long Jump Under 20	Final	Long Jump 1
9:25 AM	#122 Girls Long Jump 14's (U15)	Final	Long Jump 1
9:15 AM	#123 Girls Long Jump Para 9's-10's	Final	Long Jump 2
9:15 AM	#124 Boys Long Jump Para 11's-12's	Final	Long Jump 2
9:15 AM	#125 Girls Long Jump Para 13's-14's (U15)	Final	Long Jump 2
9:15 AM	#126 Boys Long Jump Para 13's-14's (U15)	Final	Long Jump 2
9:45 AM	#127 Boys Long Jump 9's	Final	Long Jump 2
11:10 AM	#128 Boys Long Jump 12's	Final	Long Jump 1
11:30 AM	#129 Girls Long Jump 8's	Final	Long Jump 2
12:25 PM	#130 Girls Long Jump 13's (U14)	Final	Long Jump 1
12:45 PM	#131 Girls Long Jump 10's	Final	Long Jump 2
8:00 AM	#132 Girls Triple Jump 16's (U17)	Final	Triple Jump
8:00 AM	#133 Girls Triple Jump 17's (U18)	Final	Triple Jump
8:00 AM	#134 Girls Triple Jump Under 20	Final	Triple Jump
8:30 AM	#135 Girls Triple Jump 12's	Final	Triple Jump
9:40 AM	#136 Boys Triple Jump 14's (U15)	Final	Triple Jump
10:55 AM	#137 Boys Triple Jump 13's (U14)	Final	Triple Jump
12:45 PM	#138 Girls Triple Jump 15's (U16)	Final	Triple Jump
1:30 PM	#139 Girls Triple Jump 11's	Final	Triple Jump
8:00 AM	#140 Boys Discus (500 Gram) 9's	Final	Discus 1
8:00 AM	#141 Boys Discus (1.0 Kg) 14's (U15)	Final	Discus 2
9:15 AM	#142 Boys Discus (750 Gram) 12's	Final	Discus 2
9:15 AM	#143 Girls Discus (500 Gram) 8's	Final	Discus 1
10:30 AM	#144 Girls Discus (1.0 Kg) 15's (U16)	Final	Discus 2
10:45 AM	#145 Girls Discus (500 Gram) 10's	Final	Discus 1
11:25 AM	#146 Girls Discus (1.0 Kg) 16's (U17)	Final	Discus 2
11:25 AM	#147 Girls Discus (1.0 Kg) 17's (U18)	Final	Discus 2
11:25 AM	#148 Girls Discus (1.0 Kg) Under 20	Final	Discus 2
11:55 AM	#149 Boys Discus (500 Gram) 11's	Final	Discus 1

REGION 8 CHAMPIONSHIPS

Sylvania Waters

Final Program

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Session: 2 Saturday Field Events

Day 1 - Saturday 1/02/2025 - Starts at 08:00 AM

Not Before

Time	Event	Round	Event Area
12:45 PM	#150 Boys Discus (750 Gram) 13's (U14)	Final	Discus 2
8:00 AM	#151 Girls Shot Put (3.0 Kg) 13's (U14)	Final	Shot Put 1
8:00 AM	#152 Girls Shot Put (2.0 Kg) 11's	Final	Shot Put 2
9:00 AM	#153 Boys Shot Put (4.0 Kg) 15's (U16)	Final	Shot Put 2
9:00 AM	#154 Boys Shot Put (1.5 Kg) 8's	Final	Shot Put 1
9:30 AM	#155 Boys Shot Put (5.0 Kg) 16's (U17)	Final	Shot Put 2
9:30 AM	#156 Boys Shot Put (5.0 Kg) 17's (U18)	Final	Shot Put 2
9:30 AM	#157 Boys Shot Put (6.0 Kg) Under 20	Final	Shot Put 2
10:00 AM	#158 Girls Shot Put (2.0 Kg) 9's	Final	Shot Put 1
10:00 AM	#159 Girls Shot Put (2.0 Kg) 12's	Final	Shot Put 2
11:30 AM	#160 Boys Shot Put (2.0 Kg) 10's	Final	Shot Put 1
11:30 AM	#161 Girls Shot Put Para 9's-10's	Final	Shot Put 2
11:30 AM	#162 Boys Shot Put Para 9's-10's	Final	Shot Put 2
11:30 AM	#163 Girls Shot Put Para 13's-14's (U15)	Final	Shot Put 2
11:30 AM	#164 Boys Shot Put Para 13's-14's (U15)	Final	Shot Put 2
11:30 AM	#165 Boys Shot Put Para 15's-16's (U17)	Final	Shot Put 2
12:00 PM	#166 Girls Shot Put (3.0 Kg) 14's (U15)	Final	Shot Put 2
8:00 AM	#167 Girls Javelin (500 Gram) 14's (U15)	Final	Javelin
9:00 AM	#168 Boys Javelin (600 Gram) 13's (U14)	Final	Javelin
10:10 AM	#169 Boys Javelin (400 Gram) 11's	Final	Javelin
11:10 AM	#170 Boys Javelin (700 Gram) 16's (U17)	Final	Javelin
11:10 AM	#171 Boys Javelin (700 Gram) 17's (U18)	Final	Javelin
11:10 AM	#172 Boys Javelin (800 Gram) Under 20	Final	Javelin
11:45 AM	#173 Boys Javelin (700 Gram) 15's (U16)	Final	Javelin
1:00 PM	#174 Boys Javelin (400 Gram) 12's	Final	Javelin

REGION 8 CHAMPIONSHIPS**Sylvania Waters
Final Program****Note: 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.**

Session: 3 Sunday Track Events

Day 2 - Sunday 2/02/2025 - Starts at 07:30 AM

Not Before

Time	Event	Round
7:30 AM	#308 Girls 3000 Metre Run 13's (U14)	Final
7:30 AM	#309 Boys 3000 Metre Run 13's (U14)	Final
7:45 AM	#310 Girls 3000 Metre Run 14's (U15)	Final
7:45 AM	#311 Boys 3000 Metre Run 14's (U15)	Final
7:45 AM	#312 Girls 3000 Metre Run 16's (U17)	Final
8:00 AM	#313 Girls 3000 Metre Run 15's (U16)	Final
8:00 AM	#314 Boys 3000 Metre Run 15's (U16)	Final
8:00 AM	#315 Boys 3000 Metre Run 16's (U17)	Final
8:00 AM	#316 Girls 3000 Metre Run 17's (U18)	Final
8:00 AM	#317 Girls 3000 Metre Run Under 20	Final
8:15 AM	#318 Girls 80 Metre Hurdles (60cm) 11's	Prelims
8:21 AM	#319 Boys 80 Metre Hurdles (60cm) 11's	Prelims
8:31 AM	#320 Girls 80 Metre Hurdles (68cm) 12's	Prelims
8:37 AM	#321 Boys 80 Metre Hurdles (68cm) 12's	Prelims
8:47 AM	#322 Girls 80 Metre Hurdles (76cm) 13's (U14)	Prelims
8:56 AM	#323 Boys 90 Metre Hurdles (76cm) 13's (U14)	Prelims
9:02 AM	#324 Boys 100 Metre Hurdles (76cm) 14's (U15)	Prelims
9:09 AM	#325 Girls 1100 Metre Walk 11's	Final
9:09 AM	#326 Boys 1100 Metre Walk 11's	Final
9:21 AM	#327 Girls 1100 Metre Walk 10's	Final
9:21 AM	#328 Boys 1100 Metre Walk 10's	Final
9:33 AM	#329 Girls 700 Metre Walk 9's	Final
9:33 AM	#330 Boys 700 Metre Walk 9's	Final
9:42 AM	#331 Girls 700 Metre Run Pack Start 8's	Final
9:48 AM	#332 Boys 700 Metre Run Pack Start 8's	Final
10:04 AM	#333 Girls 1500 Metre Walk 12's	Final
10:04 AM	#334 Boys 1500 Metre Walk 12's	Final
10:16 AM	#335 Girls 1500 Metre Walk 13's (U14)	Final
10:16 AM	#336 Boys 1500 Metre Walk 13's (U14)	Final
10:16 AM	#337 Girls 1500 Metre Walk 14's (U15)	Final
10:16 AM	#338 Boys 1500 Metre Walk 14's (U15)	Final
10:16 AM	#339 Girls 1500 Metre Walk 16's (U17)	Final
10:16 AM	#340 Girls 1500 Metre Walk 17's (U18)	Final
10:34 AM	#341 Girls 80 Metre Hurdles (60cm) 11's	Final
10:37 AM	#342 Boys 80 Metre Hurdles (60cm) 11's	Final
10:42 AM	#343 Girls 80 Metre Hurdles (68cm) 12's	Final
10:45 AM	#344 Boys 80 Metre Hurdles (68cm) 12's	Final
10:50 AM	#345 Girls 80 Metre Hurdles (76cm) 13's (U14)	Final
10:55 AM	#346 Boys 90 Metre Hurdles (76cm) 13's (U14)	Final
10:58 AM	#347 Girls 90 Metre Hurdles (76cm) 14's (U15)	Final
11:01 AM	#348 Girls 90 Metre Hurdles (76cm) 15's (U16)	Final
11:06 AM	#349 Boys 100 Metre Hurdles (76cm) 14's (U15)	Final
11:09 AM	#350 Boys 100 Metre Hurdles (76cm) 15's (U16)	Final

REGION 8 CHAMPIONSHIPS

**Sylvania Waters
Final Program**

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Session: 3 Sunday Track Events

Day 2 - Sunday 2/02/2025 - Starts at 07:30 AM

Not Before

Time	Event	Round	
11:12 AM	#351 Girls 100 Metre Hurdles (76cm) 16's (U17)	Final	
11:12 AM	#352 Girls 100 Metre Hurdles (76cm) 17's (U18)	Final	
11:12 AM	#353 Girls 100 Metre Hurdles (76cm) Under 20	Final	
11:17 AM	#354 Boys 110 Metre Hurdles (76cm) 16's (U17)	Final	
11:17 AM	#355 Boys 110 Metre Hurdles (76cm) 17's (U18)	Final	
11:29 AM	#356 Girls 70 Metre Sprint 10's	Prelims	
11:33 AM	#357 Boys 70 Metre Sprint 10's	Prelims	
11:37 AM	#358 Girls 70 Metre Sprint 9's	Prelims	
11:41 AM	#359 Boys 70 Metre Sprint 9's	Prelims	
11:45 AM	#360 Girls 70 Metre Sprint 8's	Prelims	
11:49 AM	#361 Boys 70 Metre Sprint 8's	Prelims	
12:25 PM	#362 Girls 4x100 Metre Relay (Jnr) Junior	Final	Track Officials Lunch Break
12:30 PM	#363 Boys 4x100 Metre Relay (Jnr) Junior	Final	
12:35 PM	#364 Girls 4x100 Metre Relay (Snr) Senior	Final	
12:40 PM	#365 Boys 4x100 Metre Relay (Snr) Senior	Final	
12:45 PM	#366 Girls 200 Metre Run Para 9's-10's	Final	
12:45 PM	#367 Girls 200 Metre Run Para 11's-12's	Final	
12:50 PM	#368 Boys 200 Metre Run Para 9's-10's	Final	
12:50 PM	#369 Boys 200 Metre Run Para 11's-12's	Final	
12:50 PM	#370 Boys 200 Metre Run Para 13's-14's (U15)	Final	
12:50 PM	#371 Boys 200 Metre Run Para 15's-16's (U17)	Final	
12:55 PM	#372 Girls 200 Metre Sprint 8's	Prelims	
1:01 PM	#373 Boys 200 Metre Sprint 8's	Prelims	
1:07 PM	#374 Girls 200 Metre Sprint 9's	Prelims	
1:11 PM	#375 Boys 200 Metre Sprint 9's	Prelims	
1:15 PM	#376 Girls 200 Metre Sprint 10's	Prelims	
1:19 PM	#377 Boys 200 Metre Sprint 10's	Prelims	
1:23 PM	#378 Girls 200 Metre Sprint 11's	Prelims	
1:32 PM	#379 Boys 200 Metre Sprint 11's	Prelims	
1:38 PM	#380 Girls 200 Metre Sprint 12's	Prelims	
1:47 PM	#381 Boys 200 Metre Sprint 12's	Prelims	
1:56 PM	#382 Girls 200 Metre Sprint 13's (U14)	Prelims	
2:05 PM	#383 Boys 200 Metre Sprint 13's (U14)	Prelims	
2:14 PM	#384 Girls 200 Metre Sprint 14's (U15)	Prelims	
2:23 PM	#385 Boys 200 Metre Sprint 14's (U15)	Prelims	
2:29 PM	#386 Girls 200 Metre Sprint 15's (U16)	Prelims	
2:35 PM	#387 Boys 200 Metre Sprint 15's (U16)	Prelims	
2:41 AM	#388 Girls 200 Metre Sprint 16's (U17)	Prelims	
2:47 AM	#389 Boys 200 Metre Sprint 17's (U18)	Prelims	
2:55 PM	#390 Girls 70 Metre Sprint 10's	Final	
2:57 PM	#391 Boys 70 Metre Sprint 10's	Final	
2:59 PM	#392 Girls 70 Metre Sprint 9's	Final	
3:01 PM	#393 Boys 70 Metre Sprint 9's	Final	

REGION 8 CHAMPIONSHIPS**Sylvania Waters
Final Program****Note: 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.**

Session: 3 Sunday Track Events

Day 2 - Sunday 2/02/2025 - Starts at 07:30 AM

Not Before

Time	Event	Round
3:03 PM	#394 Girls 70 Metre Sprint 8's	Final
3:05 PM	#395 Boys 70 Metre Sprint 8's	Final
3:13 PM	#396 Girls 800 Metre Run 11's	Final
3:19 PM	#397 Boys 800 Metre Run 11's	Final
3:25 PM	#398 Girls 800 Metre Run 12's	Final
3:29 PM	#399 Boys 800 Metre Run 12's	Final
3:33 PM	#400 Girls 800 Metre Run 13's (U14)	Final
3:37 PM	#401 Boys 800 Metre Run 13's (U14)	Final
3:41 PM	#402 Girls 800 Metre Run 14's (U15)	Final
3:45 PM	#403 Boys 800 Metre Run 14's (U15)	Final
3:49 PM	#404 Boys 800 Metre Run 15's (U16)	Final
3:53 PM	#405 Girls 800 Metre Run 15's (U16)	Final
3:53 PM	#406 Boys 800 Metre Run 16's (U17)	Final
3:57 PM	#407 Girls 800 Metre Run 16's (U17)	Final
3:57 PM	#408 Girls 800 Metre Run 17's (U18)	Final
3:57 PM	#409 Boys 800 Metre Run 17's (U18)	Final
3:57 PM	#410 Girls 800 Metre Run Under 20	Final
4:01 PM	#411 Girls 800 Metre Run 9's	Final
4:07 PM	#412 Boys 800 Metre Run 9's	Final
4:13 PM	#413 Girls 800 Metre Run 10's	Final
4:19 PM	#414 Boys 800 Metre Run 10's	Final
4:25 PM	#415 Girls 800 Metre Run Para 9's-10's	Final
4:25 PM	#416 Boys 800 Metre Run Para 11's-12's	Final
4:25 PM	#417 Girls 800 Metre Run Para 13's-14's (U15)	Final
4:25 PM	#418 Boys 800 Metre Run Para 13's-14's (U15)	Final
4:35 PM	#419 Girls 200 Metre Sprint Under 20	Final
4:35 PM	#420 Boys 200 Metre Sprint Under 20	Final
4:38 PM	#421 Girls 200 Metre Sprint 17's (U18)	Final
4:41 PM	#422 Boys 200 Metre Sprint 17's (U18)	Final
4:44 PM	#423 Girls 200 Metre Sprint 16's (U17)	Final
4:47 PM	#424 Boys 200 Metre Sprint 16's (U17)	Final
4:50 PM	#425 Girls 200 Metre Sprint 15's (U16)	Final
4:53 PM	#426 Boys 200 Metre Sprint 15's (U16)	Final
4:56 PM	#427 Girls 200 Metre Sprint 14's (U15)	Final
4:59 PM	#428 Boys 200 Metre Sprint 14's (U15)	Final
5:02 PM	#429 Girls 200 Metre Sprint 13's (U14)	Final
5:05 PM	#430 Boys 200 Metre Sprint 13's (U14)	Final
5:08 PM	#431 Girls 200 Metre Sprint 12's	Final
5:11 PM	#432 Boys 200 Metre Sprint 12's	Final
5:14 PM	#433 Girls 200 Metre Sprint 11's	Final
5:16 PM	#434 Boys 200 Metre Sprint 11's	Final
5:18 PM	#435 Girls 200 Metre Sprint 10's	Final
5:20 PM	#436 Boys 200 Metre Sprint 10's	Final

REGION 8 CHAMPIONSHIPS

Sylvania Waters

Final Program

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Session: 3 Sunday Track Events

Day 2 - Sunday 2/02/2025 - Starts at 07:30 AM

Not Before

Time	Event	Round
5:22 PM	#437 Girls 200 Metre Sprint 9's	Final
5:24 PM	#438 Boys 200 Metre Sprint 9's	Final
5:26 PM	#439 Girls 200 Metre Sprint 8's	Final
5:28 PM	#440 Boys 200 Metre Sprint 8's	Final

REGION 8 CHAMPIONSHIPS**Sylvania Waters
Final Program**

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Session: 4 Sunday Field Events

Day 2 - Sunday 2/02/2025 - Starts at 07:30 AM

Not Before Time	Event	Round	Event Area
8:00 AM	#336 Boys High Jump (S/H 0.90m) 9's	Final	High Jump 1
8:00 AM	#337 Boys High Jump (S/H 1.30m) 15's (U16)	Final	High Jump 2
9:15 AM	#338 Boys High Jump (S/H 1.20m) 12's	Final	High Jump 2
9:30 AM	#339 Girls High Jump (S/H 0.95m) 10's	Final	High Jump 1
11:15 AM	#340 Boys High Jump (S/H 1.25m) 13's (U14)	Final	High Jump 2
11:30 AM	#341 Boys High Jump (S/H 1.10m) 11's	Final	High Jump 1
12:45 PM	#342 Boys High Jump (S/H 1.35m) 16's (U17)	Final	High Jump 2
12:45 PM	#343 Boys High Jump (S/H 1.35m) 17's (U18)	Final	High Jump 2
12:45 PM	#345 Girls High Jump (S/H 1.25m) 14's (U15)	Final	High Jump 1
8:00 AM	#346 Boys Long Jump 14's (U15)	Final	Long Jump 1
8:00 AM	#347 Girls Long Jump 11's	Final	Long Jump 2
9:15 AM	#348 Boys Long Jump 13's (U14)	Final	Long Jump 1
9:30 AM	#349 Boys Long Jump 10's	Final	Long Jump 2
10:35 AM	#350 Girls Long Jump 15's (U16)	Final	Long Jump 1
11:15 AM	#351 Girls Long Jump 9's	Final	Long Jump 2
12:05 PM	#352 Girls Long Jump 16's (U17)	Final	Long Jump 1
12:05 PM	#353 Girls Long Jump 17's (U18)	Final	Long Jump 1
12:05 PM	#354 Girls Long Jump Under 20	Final	Long Jump 1
12:35 PM	#356 Boys Long Jump 8's	Final	Long Jump 2
12:55 PM	#355 Girls Long Jump 12's	Final	Long Jump 1
8:00 AM	#357 Boys Triple Jump 11's	Final	Triple Jump
9:15 AM	#358 Boys Triple Jump 16's (U17)	Final	Triple Jump
9:15 AM	#359 Boys Triple Jump 17's (U18)	Final	Triple Jump
9:45 AM	#361 Girls Triple Jump 13's (U14)	Final	Triple Jump
10:55 AM	#362 Girls Triple Jump 14's (U15)	Final	Triple Jump
12:35 PM	#363 Boys Triple Jump 15's (U16)	Final	Triple Jump
1:35 PM	#364 Boys Triple Jump 12's	Final	Triple Jump
8:00 AM	#365 Girls Discus (500 Gram) 9's	Final	Discus 1
8:00 AM	#366 Girls Discus (750 Gram) 12's	Final	Discus 2
9:10 AM	#367 Girls Discus Para 9's-10's	Final	Discus 1
9:10 AM	#368 Boys Discus Para 9's-10's	Final	Discus 1
9:10 AM	#371 Girls Discus Para 13's-14's (U15)	Final	Discus 1
9:10 AM	#372 Boys Discus Para 13's-14's (U15)	Final	Discus 1
9:10 AM	#374 Boys Discus Para 15's-16's (U17)	Final	Discus 1
9:10 AM	#375 Girls Discus (1.0 Kg) 14's (U15)	Final	Discus 2
9:40 AM	#376 Boys Discus (500 Gram) 8's	Final	Discus 1
10:20 AM	#377 Boys Discus (1.0 Kg) 15's (U16)	Final	Discus 2
11:30 AM	#378 Boys Discus (500 Gram) 10's	Final	Discus 1
11:30 AM	#379 Boys Discus (1.5 Kg) 16's (U17)	Final	Discus 2
11:30 AM	#380 Boys Discus (1.5 Kg) 17's (U18)	Final	Discus 2
11:30 AM	#381 Boys Discus (1.75 Kg) Under 20	Final	Discus 2
12:10 PM	#382 Girls Discus (750 Gram) 13's (U14)	Final	Discus 2
1:20 PM	#383 Girls Discus (500 Gram) 11's	Final	Discus 2

REGION 8 CHAMPIONSHIPS**Sylvania Waters
Final Program**

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Session: 4 Sunday Field Events
Day 2 - Sunday 2/02/2025 - Starts at 07:30 AM

Not Before

Time	Event	Round	Event Area
8:00 AM	#384 Girls Shot Put (2.0 Kg) 10's	Final	Shot Put 1
8:00 AM	#385 Boys Shot Put (3.0 Kg) 13's (U14)	Final	Shot Put 2
9:00 AM	#386 Girls Shot Put (3.0 Kg) 15's (U16)	Final	Shot Put 1
9:00 AM	#387 Girls Shot Put (1.5 Kg) 8's	Final	Shot Put 2
9:45 AM	#388 Boys Shot Put (2.0 Kg) 11's	Final	Shot Put 1
9:50 AM	#392 Boys Shot Put (4.0 Kg) 14's (U15)	Final	Shot Put 2
10:35 AM	#389 Girls Shot Put (3.0 Kg) 16's (U17)	Final	Shot Put 2
10:35 AM	#390 Girls Shot Put (3.0 Kg) 17's (U18)	Final	Shot Put 2
10:35 AM	#391 Girls Shot Put (4.0 Kg) Under 20	Final	Shot Put 2
11:15 AM	#393 Boys Shot Put (2.0 Kg) 9's	Final	Shot Put 1
11:50 AM	#394 Boys Shot Put (2.0 Kg) 12's	Final	Shot Put 2
8:00 AM	#395 Girls Javelin (400 Gram) 13's (U14)	Final	Javelin
9:10 AM	#396 Girls Javelin (500 Gram) 16's (U17)	Final	Javelin
9:10 AM	#397 Girls Javelin (500 Gram) 17's (U18)	Final	Javelin
9:10 AM	#398 Girls Javelin (600 Gram) Under 20	Final	Javelin
9:30 AM	#399 Girls Javelin (400 Gram) 12's	Final	Javelin
10:30 AM	#400 Girls Javelin (400 Gram) 11's	Final	Javelin
12:00 PM	#404 Boys Javelin Para 13's-14's (U15)	Final	Javelin
12:00 PM	#406 Boys Javelin Para 15's-16's (U17)	Final	Javelin
12:50 PM	#407 Girls Javelin (500 Gram) 15's (U16)	Final	Javelin
1:35 PM	#408 Boys Javelin (700 Gram) 14's (U15)	Final	Javelin