

**Region 3 Championships
Centre Helpers - 2018**

Western Ranges	Saturday	Sunday
Relay Change		Kurrajong x1, Swood/Gbrook x2
Discus 1 Discus 2	1 helper at each for both days Springwood/Glenbrook/Kurrajong Bilpin	
High Jump 1	1 helper each for both days Springwood/Lithgow	
High Jump 2	1 helper each for both days Bathurst	
Shot Put 1	1 helper each for both days Springwood/Glenbrook	
Shot Put 2	1 helper each for both days Katoomba/Bathurst	
Long Jump 1 Long Jump 2	1 helper at each for both days Springwood/Glenbrook/Kurrajong Bilpin	
Triple Jump	1 helper each for both days Katoomba/Glenbrook	
Javelin	1 helper each for both days Springwood/Glenbrook/Kurrajong Bilpin	
Timekeeper	Blayney	
Call Room Assistants	Lithgow (Track)	Katoomba (Field)
Western Plains	Saturday	Sunday
Shot Put 1	1 helper each for both days Narromine	
Shot Put 2	1 helper each for both days Orange	
Triple Jump	1 helper each for both days Orange	
High Jump 2	1 helper each for both days Orange	
Timekeeper		Mudgee
Relay Change		Dubbo/Orange/Narromine 1 each
Call Room Assistant	Mudgee (Field)	Wellington (Track)
Host Centre x6	Dubbo	
Track Umpires	1 helper each for both days Orange/Mudgee/Narromine	
Computer Runner	Cumnock 8.30am-12.30pm Gilgandra 12.30pm - 4.30pm	Coonamble 8.30am-12.00pm Coonabarabran 12pm - 3pm