

**Region 3 Championships
Centre Helpers - 2017**

| Western Ranges | Saturday | Sunday |
|---------------------------|--|--|
| Timekeeper | | Glenbrook x1 |
| Computer Runner | Kurrajong/Bilpin | Katoomba |
| Track Umpire | Lithgow | Mudgee |
| Relay Change | | Glenbrook, Mudgee, Swood, Kurrajong/Bilpin 1 each |
| Discus 1 | 3 helpers / 4 events Springwood | 3 helpers / 5 events Springwood |
| Discus 2 | 3 helpers / 5 events Glenbrook | 1 helper / 4 events Kurrajong/Bilpin |
| High Jump 1 | 2 helpers / 4 events Mudgee | 2 helpers / 4 events Lithgow |
| Shot Put 2 | 3 helpers / 4 events Kurrajong/Bilpin | 3 helpers / 4 events Kurrajong/Bilpin |
| Long Jump 2 | 3 helpers / 5 events Springwood | 3 helpers / 4 events Springwood |
| Triple Jump | 3 helpers / 6 events Katoomba | 3 helpers / 6 events Glenbrook |
| Javelin | 1 helper / 6 events Glenbrook | 1 helper / 6 events Katoomba |
| Central Tablelands | Saturday | Sunday |
| Timekeeper | Blayney x1 | |
| Track Umpire | | Blayney |
| Relay Helpers | | Orange/Bathurst 1 each |
| Marshalling Assts | Track x1 - Bathurst Field x1 - Bathurst | Track x1 - Bathurst Field x1 - Blayney |
| Shot Put 1 | 3 helpers / 5 events Orange | 3 helpers / 5 events Bathurst |
| Long Jump 1 | 3 helpers / 5 events Bathurst | 3 helpers / 4 events Orange |
| Javelin | 3 helpers / 6 events Orange | 3 helpers / 6 events Orange |
| Western Plains | Saturday | Sunday |
| Track Umpire | Wellington | |
| Host Centre x6 | Dubbo | Dubbo |
| High Jump 2 | 2 helpers / 4 events Gilgandra | 2 helpers / 4 events Narromine |
| Discus 2 | | 2 helpers / 4 events Coonamble |