

2019/20 LANSW Region 3 Championships

Barden Park, Dubbo

Saturday - Track

Event Number	Event	Heat/Final	Start Time	Event Number	Event	Heat/Final	Start Time
T1	U/11 Girls 1500M Run	Final	8:00	T50	U/12 Boys 100M Run	Heats	11:56
T2	U/11 Boys 1500M Run	Final	8:00	T51	U/13 Girls 400M Run	Final	12:10pm
T3	U/12 Girls 1500M Run	Final	8:08	T52	U/13 Boys 400M Run	Final	12:16
T4	U/12 Boys 1500M Run	Final	8:16	T53	U/14 Girls 400M Run	Final	12:22
T5	U/13 Girls 1500M Run	Final	8:24	T54	U/14 Boys 400M Run	Final	12:28
T6	U/13 Boys 1500M Run	Final	8:32	T55	U/15 Girls 400M Run	Final	12:34
T7	U/14 Girls 1500M Run	Final	8:40	T56	U/15 Boys 400M Run	Final	12:40
T8	U/14 Boys 1500M Run	Final	8:40	T57	U/17 Girls 400M Run	Final	12:46
T9	U/15 Girls 1500M Run	Final	8:48	T58	U/17 Boys 400M Run	Final	12:52
T10	U/15 Boys 1500M Run	Final	8:48	T59	U/8 Girls 400M Run	Final	12:58
T11	U/17 Girls 1500M Run	Final	8:56	T60	U/8 Boys 400M Run	Final	1:04pm
T12	U/17 Boys 1500M Run	Final	9:04	T61	U/9 Girls 400M Run	Final	1:10
T13	U/8 Girls 60M Hurdles	Heats	9:15	T62	U/9 Boys 400M Run	Final	1:16
T14	U/8 Boys 60M Hurdles	Heats	9:21	T63	U/10 Girls 400M Run	Final	1:22
T15	U/9 Girls 60M Hurdles	Heats	9:27	T64	U/10 Boys 400M Run	Final	1:28
T16	U/9 Boys 60M Hurdles	Heats	9:33	T65	U/11 Girls 400M Run	Final	1:34
T17	U/10 Girls 60M Hurdles	Heats	9:39	T66	U/11 Boys 400M Run	Final	1:40
T18	U/10 Boys 60M Hurdles	Heats	9:45	T67	U/12 Girls 400M Run	Final	1:46
T19	U/13 Girls 200M Hurdles	Final	10:00	T68	U/12 Boys 400M Run	Final	1:54
T20	U/13 Boys 200M Hurdles	Final	10:03	T69	U9-10 Boys 100m MC	Final	2:04pm
T21	U/14 Girls 200M Hurdles	Final	10:06	T70	U11-12 Boys 100m MC	Final	2:04
T22	U/14 Boys 200M Hurdles	Final	10:09	T71	U15-17 Girls 100m MC	Final	2:04
T23	U/15 Girls 300M Hurdles	Final	10:12	T72	U/13 Girls 100M Run	Final	2:06
T24	U/15 Boys 300M Hurdles	Final	10:15	T73	U/13 Boys 100M Run	Final	2:08
T25	U/17 Girls 300M Hurdles	Final	10:18	T74	U/14 Girls 100M Run	Final	2:10
T26	U/17 Boys 300M Hurdles	Final	10:21	T75	U/14 Boys 100M Run	Final	2:12
T27	U/8 Girls 60M Hurdles	Final	10:30	T76	U/15 Girls 100M Run	Final	2:14
T28	U/8 Boys 60M Hurdles	Final	10:33	T77	U/15 Boys 100M Run	Final	2:16
T29	U/9 Girls 60M Hurdles	Final	10:36	T78	U/17 Girls 100M Run	Final	2:18
T30	U/9 Boys 60M Hurdles	Final	10:39	T79	U/17 Boys 100M Run	Final	2:20
T31	U/10 Girls 60M Hurdles	Final	10:42	T80	U/8 Girls 100M Run	Final	2:22
T32	U/10 Boys 60M Hurdles	Final	10:45	T81	U/8 Boys 100M Run	Final	2:24
T33	U/13 Girls 100M Run	Heats	10:50	T82	U/9 Girls 100M Run	Final	2:26
T34	U/13 Boys 100M Run	Heats	10:54	T83	U/9 Boys 100M Run	Final	2:28
T35	U/14 Girls 100M Run	Heats	10:58	T84	U/10 Girls 100M Run	Final	2:30
T36	U/14 Boys 100M Run	Heats	11:02	T85	U/10 Boys 100M Run	Final	2:32
T37	U/15 Girls 100M Run	Heats	11:06	T86	U/11 Girls 100M Run	Final	2:34
T38	U/15 Boys 100M Run	Heats	11:10	T87	U/11 Boys 100M Run	Final	2:36
T39	U/17 Girls 100M Run	Heats	11:14	T88	U/12 Girls 100M Run	Final	2:38
T40	U/17 Boys 100M Run	Heats	11:18	T89	U/12 Boys 100M Run	Final	2:40
T41	U/8 Girls 100M Run	Heats	11:22	T90	U/13 Girls 3000M Run	Final	2:50
T42	U/8 Boys 100M Run	Heats	11:26	T91	U/13 Boys 3000M Run	Final	2:50
T43	U/9 Girls 100M Run	Heats	11:30	T92	U/14 Girls 3000M Run	Final	2:50
T44	U/9 Boys 100M Run	Heats	11:34	T93	U/14 Boys 3000M Run	Final	2:50
T45	U/10 Girls 100M Run	Heats	11:38	T94	U/15 Girls 3000M Run	Final	2:50
T46	U/10 Boys 100M Run	Heats	11:42	T95	U/15 Boys 3000M Run	Final	2:50
T47	U/11 Girls 100M Run	Heats	11:46	T96	U/17 Girls 3000M Run	Final	2:50
T48	U/11 Boys 100M Run	Heats	11:50	T97	U/17 Boys 3000M Run	Final	2:50
T49	U/12 Girls 100M Run	Heats	11:52				

****The times listed are the start time of each event. Athletes are to report to the call room 20min prior to the start time.**

2019/20 LANSW Region 3 Championships

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Saturday - Field

	Event	Final	Start Time
High Jump 1			
	U/11 Girls High Jump	Final	8:15
	U/13 Girls High Jump	Final	9:15
	U/15 Girls High Jump	Final	10:15
	U/17 Girls High Jump	Final	11:00
	U/12 Girls High Jump	Final	11:45
	U/14 Boys High Jump	Final	12:45pm

	Event	Final	Start Time
Javelin			
	U/13 Boys Javelin	Final	8:00
	U/14 Girls Javelin	Final	9:15
	U/12 Boys Javelin	Final	10:00
	U/15 Boys Javelin	Final	11:15
	U/17 Boys Javelin	Final	12:00pm
	U/11 Boys Javelin	Final	1:00pm

	Event	Final	Start Time
High Jump 2 (Scissor)			
	U/9 Girls High Jump	Final	8:15
	U/10 Boys High Jump	Final	9:15

	Event	Final	Start Time
Discus 1			
	U/8 Girls Discus	Final	8:00
	U/9 Boys Discus	Final	9:15
	U/10 Girls Discus	Final	10:15
	U/12 Boys Discus	Final	12:00pm

	Event	Final	Start Time
Long Jump 1			
	U/12 Boys Long Jump	Final	8:00
	U/11 Boys Long Jump	Final	9:15
	U/9 Boys Long Jump	Final	10:30
	U/8 Girls Long Jump	Final	11:45
	U/8 Boys Long Jump	Final	1:00pm

	Event	Final	Start Time
Discus 2			
	U/14 Boys Discus	Final	8:00
	U/15 Girls Discus	Final	9:00
	U/17 Girls Discus	Final	9:45
	U/11 Boys Discus	Final	11:00
	U/13 Boys Discus	Final	12:15pm

	Event	Final	Start Time
Long Jump 2			
	U/10 Girls Long Jump	Final	8:00
	U/15 Boys Long Jump	Final	9:15
	U/17 Boys Long Jump	Final	10:30
	Multi Class - All Ages	Final	11:45
	U/14 Girls Long Jump	Final	12:15pm
	U/13 Girls Long Jump	Final	1:30pm

	Event	Final	Start Time
Shot Put 1			
	U/8 Boys Shot Put	Final	8:00
	U/12 Girls Shot Put	Final	9:15
	Multi Class All Ages	Final	10:30
	U/13 Girls Shot Put	Final	11:00
	U/10 Boys Shot Put	Final	12:15pm

	Event	Final	Start Time
Triple Jump			
	U/12 Girls Triple Jump	Final	8:00
	U/13 Boys Triple Jump	Final	9:15
	U/14 Boys Triple Jump	Final	10:30
	U/11 Girls Triple Jump	Final	11:30
	U/15 Girls Triple Jump	Final	12:15pm
	U/17 Girls Triple Jump	Final	1:15pm

	Event	Final	Start Time
Shot Put 2			
	U/15 Boys Shot Put	Final	8:00
	U/17 Boys Shot Put	Final	9:00
	U/9 Girls Shot Put	Final	9:45
	U/14 Girls Shot Put	Final	11:00
	U/11 Girls Shot Put	Final	12:30pm

***The times listed are the start time of each event. Athletes are to report to the call room 20min prior to the start time.*