

**2019/20 LANSW Region 3 Championships**

**Barden Park, Dubbo**

**Sunday - Track**

Event Number	Event	Heat/Final	Start Time	Event Number	Event	Heat/Final	Start Time
T98	U/11 Girls 80M Hurdles	Heats	8:00	T153	U/14 Boys 200M Run	Heats	12:08
T99	U/11 Boys 80M Hurdles	Heats	8:06	T154	U/15 Girls 200M Run	Heats	12:13
T100	U/12 Girls 80M Hurdles	Heats	8:12	T155	U/15 Boys 200M Run	Heats	12:18
T101	U/13 Boys 80M Hurdles	Heats	8:18	T156	U/17 Girls 200M Run	Heats	12:23
T102	U/15 Girls 90M Hurdles	Heats	8:24	T157	U/17 Boys 200M Run	Heats	12:28
T103	U/15 Boys 100M Hurdles	Heats	8:30	T158	U/10 Girls 70M Run	Final	12:40
T104	U/8 Girls Pack Start	Final	8:40	T159	U/10 Boys 70M Run	Final	12:42
T105	U/8 Boys Pack Start	Final	8:45	T160	U/9 Girls 70M Run	Final	12:44
T106	U/9 Girls 700M Walk	Final	8:50	T161	U/9 Boys 70M Run	Final	12:46
T107	U/9 Boys 700M Walk	Final	8:50	T162	U/8 Girls 70M Run	Final	12:48
T108	U/10 Girls 1100M Walk	Final	9:00	T163	U/8 Boys 70M Run	Final	12:50
T109	U/10 Boys 1100M Walk	Final	9:00	T164	U11-12 Boys 800m MC	Final	12:55
T110	U/11 Girls 1100M Walk	Final	9:00	T165	U15-17 Girls 800m MC	Final	12:55
T111	U/11 Boys 1100M Walk	Final	9:00	T166	U15-17 Boys 800m MC	Final	12:55
T112	U/12 Girls 1500M Walk	Final	9:15	T167	U/11 Girls 800M Run	Final	1:00PM
T113	U/12 Boys 1500M Walk	Final	9:15	T168	U/11 Boys 800M Run	Final	1:05
T114	U/13 Girls 1500M Walk	Final	9:30	T169	U/12 Girls 800M Run	Final	1:10
T115	U/13 Boys 1500M Walk	Final	9:30	T170	U/12 Boys 800M Run	Final	1:15
T116	U/14 Girls 1500M Walk	Final	9:30	T171	U/13 Girls 800M Run	Final	1:20
T117	U/14 Boys 1500M Walk	Final	9:30	T172	U/13 Boys 800M Run	Final	1:25
T118	U/15 Girls 1500M Walk	Final	9:30	T173	U/14 Girls 800M Run	Final	1:30
T119	U/15 Boys 1500M Walk	Final	9:30	T174	U/14 Boys 800M Run	Final	1:35
T120	U/17 Girls 1500M Walk	Final	9:30	T175	U/15 Girls 800M Run	Final	1:40
T121	U/17 Boys 1500M Walk	Final	9:30	T176	U/15 Boys 800M Run	Final	1:45
T122	U/11 Girls 80M Hurdles	Final	9:50	T177	U/17 Girls 800M Run	Final	1:50
T123	U/11 Boys 80M Hurdles	Final	9:53	T178	U/17 Boys 800M Run	Final	1:55
T124	U/12 Girls 80M Hurdles	Final	9:56	T179	U/10 Girls 800M Run	Final	2:00PM
T125	U/12 Boys 80M Hurdles	Final	9:59	T180	U/10 Boys 800M Run	Final	2:05
T126	U/13 Girls 80M Hurdles	Final	10:02	T181	U/9 Girls 800M Run	Final	2:10
T127	U/13 Boys 80M Hurdles	Final	10:05	T182	U/9 Boys 800M Run	Final	2:15
T128	U/14 Girls 80M Hurdles	Final	10:08	T183	U/8 Girls 200M Run	Final	2:25
T129	U/14 Boys 90M Hurdles	Final	10:11	T184	U/8 Boys 200M Run	Final	2:27
T130	U/15 Girls 90M Hurdles	Final	10:14	T185	U/11 Girls 200M Run	Final	2:29
T131	U/15 Boys 100M Hurdles	Final	10:17	T186	U/11 Boys 200M Run	Final	2:31
T132	U/17 Girls 100M Hurdles	Final	10:20	T187	U/12 Girls 200M Run	Final	2:33
T133	U/17 Boys 110M Hurdles	Final	10:23	T188	U/12 Boys 200M Run	Final	2:35
T134	U/10 Girls 70M Run	Heats	10:30	T189	U/13 Girls 200M Run	Final	2:37
T135	U/10 Boys 70M Run	Heats	10:35	T190	U/13 Boys 200M Run	Final	2:39
T136	U/9 Girls 70M Run	Heats	10:40	T191	U/14 Girls 200M Run	Final	2:41
T137	U/9 Boys 70M Run	Heats	10:45	T192	U/14 Boys 200M Run	Final	2:43
T138	U/8 Girls 70M Run	Heats	10:50	T193	U/15 Girls 200M Run	Final	2:45
T139	U/8 Boys 70M Run	Heats	10:55	T194	U/15 Boys 200M Run	Final	2:47
T140	U/11 Girls 200M Run	Heats	11:03	T195	U/17 Girls 200M Run	Final	2:49
T141	U/11 Boys 200M Run	Heats	11:08	T196	U/17 Boys 200M Run	Final	2:51
T142	U/12 Girls 200M Run	Heats	11:13	T197	U/10 Girls 200M Run	Final	2:53
T143	U/12 Boys 200M Run	Heats	11:18	T198	U/10 Boys 200M Run	Final	2:55
T144	U/13 Girls 200M Run	Heats	11:23	T199	U/9 Girls 200M Run	Final	2:57
T145	U/13 Boys 200M Run	Heats	11:28	T200	U/9 Boys 200M Run	Final	2:59
T146	U/10 Girls 200M Run	Heats	11:33	T201	U11-12 Boys 200m MC	Final	3:02
T147	U/10 Boys 200M Run	Heats	11:38	T202	U15-17 Girls 200m MC	Final	3:02
T148	U/9 Girls 200M Run	Heats	11:43	T203	Senior Girls 4 x 100 Relay	Final	3:10
T149	U/9 Boys 200M Run	Heats	11:48	T204	Senior Boys 4 x 100 Relay	Final	3:10
T150	U/8 Girls 200M Run	Heats	11:53	T205	Junior Girls 4 x 100 Relay	Final	3:10
T151	U/8 Boys 200M Run	Heats	11:58	T206	Junior Boys 4 x 100 Relay	Final	3:10
T152	U/14 Girls 200M Run	Heats	12:03PM				

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

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Sunday - Field

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

	Event	Final	Start Time
<b>High Jump 2 (Scissor)</b>			
	U/9 Boys High Jump	Final	8:15
	U/10 Girls High Jump	Final	9:00

	Event	Final	Start Time
<b>Long Jump 1</b>			
	U/13 Boys Long Jump	Final	8:00
	U/9 Girls Long Jump	Final	9:15
	U/11 Girls Long Jump	Final	10:45
	U/17 Girls Long Jump	Final	12:00pm

	Event	Final	Start Time
<b>Long Jump 2</b>			
	U/15 Girls Long Jump	Final	8:15
	U/10 Boys Long Jump	Final	9:30
	U/14 Boys Long Jump	Final	11:00
	U/12 Girls Long Jump	Final	12:15pm

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

	Event	Final	Start Time
<b>Javelin</b>			
	U/13 Girls Javelin	Final	8:00
	U/12 Girls Javelin	Final	9:15
	U/15 Girls Javelin	Final	10:15
	U/17 Girls Javelin	Final	11:15
	U/11 Girls Javelin	Final	12:00pm
	U/14 Boys Javelin	Final	12:45pm

	Event	Final	Start Time
<b>Discus 1</b>			
	U/10 Boys Discus	Final	8:00
	U/11 Girls Discus	Final	9:15
	Multi Class All Ages	Final	10:15
	U/12 Girls Discus	Final	10:45
	U/9 Girls Discus	Final	11:45

	Event	Final	Start Time
<b>Discus 2</b>			
	U/17 Boys Discus	Final	8:00
	U/8 Boys Discus	Final	8:45
	U/13 Girls Discus	Final	10:00
	U/15 Boys Discus	Final	11:15
	U/14 Girls Discus	Final	12:15pm

	Event	Final	Start Time
<b>Shot Put 1</b>			
	U/8 Girls Shot Put	Final	8:15
	U/13 Boys Shot Put	Final	9:15
	U/10 Girls Shot Put	Final	10:30
	U/15 Girls Shot Put	Final	11:30

	Event	Final	Start Time
<b>Shot Put 2</b>			
	U/17 Girls Shot Put	Final	8:15
	U/14 Boys Shot Put	Final	9:15
	U/11 Boys Shot Put	Final	10:00
	U/9 Boys Shot Put	Final	11:15
	U/12 Boys Shot Put	Final	12:15pm

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