

2023/24 Western Ranges Zone Combined
Cowra Little Athletics Centre - Twigg Oval, Cowra
Sunday - Track

Event Number	Event	Final	Start Time
T1	U/7 Girls 70m Run		10:00
T2	U/7 Boys 70m Run		10:00
T3	U/8 Girls 70m Run		10:03
T4	U/8 Boys 70m Run		10:06
T5	U/9 Girls 70m Run		10:12
T6	U/9 Boys 70m Run		10:15
T7	U/10 Girls 100m Run		10:18
T8	U/10 Boys 100m Run		10:21
T9	U/11 Girls 100m Run		10:24
T10	U/11 Boys 100m Run		10:27
T11	U/12 Girls 100m Run		10:30
T12	U/12 Boys 100m Run		10:33
T13	U/13 Girls 100m Run		10:36
T14	U/13 Boys 100m Run		10:39
T15	U/14 Girls 100m Run		10:42
T16	U/14 Boys 100m Run		10:45
T17	U/15 Girls 100m Run		10:48
T18	U/15 Boys 100m Run		10:51
T19	U/17 Girls 100m Run		10:54
T20	U/17 Boys 100m Run		10:57
T21	U7 Girls 200m Run		11:00
T22	U7 Boys 200m Run		11:00
T23	U8 Girls 200m Run		11:04
T24	U8 Boys 200m Run		11:08
T25	U9 Girls 200m Run		11:12
T26	U9 Boys 200m Run		11:16
T27	U10 Girls 200m Run		11:20
T28	U10 Boys 200m Run		11:24
T29	U11 Girls 200m Run		11:28
T30	U11 Boys 200m Run		11:32
T31	U12 Girls 200m Run		11:36
T32	U12 Boys 200m Run		11:40

Event Number	Event	Final	Start Time
T33	U13 Girls 200m Run		11:44
T34	U13 Boys 200m Run		11:48
T35	U14 Girls 200m Run		11:52
T36	U14 Boys 200m Run		11:56
T37	U15 Girls 200m Run		12:00
T38	U15 Boys 200m Run		12:04
T39	U17 Girls 200m Run		12:08
T40	U17 Boys 200m Run		12:12
T41	U7 Girls Pk Start		12:16
T42	U7 Boys Pk Start		12:16
T43	U8 Girls Pk Start		12:20
T44	U8 Boys Pk Start		12:24
T45	U9 Girls 800m Run		12:30
T46	U9 Boys 800m Run		12:36
T47	U10 Girls 800m Run		12:42
T48	U10 Boys 800m Run		12:48
T49	U11 Girls 800m Run		12:54
T50	U11 Boys 800m Run		13:00
T51	U12 Girls 800m Run		13:06
T52	U12 Boys 800m Run		13:12
T53	U13 Girls 800m Run		13:18
T54	U13 Boys 800m Run		13:24
T55	U14 Girls 800m Run		13:30
T56	U14 Boys 800m Run		13:36
T57	U15 Girls 800m Run		13:42
T58	U15 Boys 800m Run		13:48
T59	U17 Girls 800m Run		13:54
T60	U17 Boys 800m Run		14:00

****Times are in 24hour format**

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

2023/24 Western Ranges Zone Combined
Cowra Little Athletics Centre - Twigg Oval, Cowra
Sunday - Field

Event Number	Event	Final	Start Time
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Event Number	Event	Final	Start Time
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Long Jump 1			
	U15 Girls & Boys		10:00
	U17 Girls & Boys		10:00
	U7 Girls & Boys		10:30
	U12 Girls & Boys		11:00
	U9 Girls & Boys		11:30
	U10 Girls & Boys		12:00
	U13 Girls & Boys		12:30

Discus 1			
	U14 Girls & Boys		10:00
	U10 Girls & Boys		10:30
	U13 Girls & Boys		11:00
	U7 Girls & Boys		11:30
	U8 Girls & Boys		11:30
	U11 Girls & Boys		12:15

Shot Put 1			
	U12 Girls & Boys		10:00
	U8 Girls & Boys		10:30
	U15 Girls & Boys		11:15
	U17 Girls & Boys		11:15
	U11 Girls & Boys		11:45
	U14 Girls & Boys		12:15
	U9 Girls & Boys		12:45

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