

**2023/24 LANSW Region 3 Championships**

**Barden Park, Dubbo**

**Saturday - Track**

Event Number	Event	Heat/Final	Start Time	Event Number	Event	Heat/Final	Start Time
1	U/13 Girls 200M Hurdles	Final	8:00	50	U11/12 Boys 100m MC	Final	11:54
2	U/13 Boys 200M Hurdles	Final	8:03	51	U15-17 Boys 100m MC	Final	11:56
3	U/14 Girls 200M Hurdles	Final	8:06	52	U/13 Girls 400M Run	Final	12:10
4	U/14 Boys 200M Hurdles	Final	8:09	53	U/13 Boys 400M Run	Final	12:16
5	U/15 Girls 300M Hurdles	Final	8:15	54	U/14 Girls 400M Run	Final	12:22
6	U/15 Boys 300M Hurdles	Final	8:18	55	U/14 Boys 400M Run	Final	12:25
7	U/17 Girls 300M Hurdles	Final	8:21	56	U/15 Girls 400M Run	Final	12:28
8	U/17 Boys 300M Hurdles	Final	8:24	57	U/15 Boys 400M Run	Final	12:31
9	U/11 Girls 1500M Run	Final	8:30	58	U/17 Girls 400M Run	Final	12:37
10	U/11 Boys 1500M Run	Final	8:38	59	U/17 Boys 400M Run	Final	12:40
11	U/12 Girls 1500M Run	Final	8:46	60	U/8 Girls 400M Run Pack	Final	12:46
12	U/12 Boys 1500M Run	Final	8:54	61	U/8 Boys 400M Run Pack	Final	12:52
13	U/13 Girls 1500M Run	Final	9:02	62	U/9 Girls 400M Run	Final	1:00pm
14	U/13 Boys 1500M Run	Final	9:10	63	U/9 Boys 400M Run	Final	1:06
15	U/14 Girls 1500M Run	Final	9:18	64	U/10 Girls 400M Run	Final	1:12
16	U/14 Boys 1500M Run	Final	9:18	65	U/10 Boys 400M Run	Final	1:18
17	U/15 Girls 1500M Run	Final	9:24	66	U/11 Girls 400M Run	Final	1:24
18	U/15 Boys 1500M Run	Final	9:24	67	U/11 Boys 400M Run	Final	1:30
19	U/17 Girls 1500M Run	Final	9:34	68	U/12 Girls 400M Run	Final	1:36
20	U/17 Boys 1500M Run	Final	9:34	69	U/12 Boys 400M Run	Final	1:42
21	U/8 Girls 60M Hurdles	Heats	9:45	70	U11/12 Boys 400m MC	Final	1:48
22	U/8 Boys 60M Hurdles	Heats	9:51	71	U15-17 Boys 400m MC	Final	1:48
23	U/9 Girls 60M Hurdles	Heats	9:57	72	U/13 Girls 100M Run	Final	1:59
24	U/9 Boys 60M Hurdles	Heats	10:03	73	U/13 Boys 100M Run	Final	2:01pm
25	U/10 Girls 60M Hurdles	Heats	10:09	74	U/14 Girls 100M Run	Final	2:03
26	U/10 Boys 60M Hurdles	Heats	10:15	75	U/14 Boys 100M Run	Final	2:05
27	U/8 Girls 60M Hurdles	Final	10:30	76	U/15 Girls 100M Run	Final	2:07
28	U/8 Boys 60M Hurdles	Final	10:32	77	U/15 Boys 100M Run	Final	2:09
29	U/9 Girls 60M Hurdles	Final	10:34	78	U/17 Girls 100M Run	Final	2:12
30	U/9 Boys 60M Hurdles	Final	10:36	79	U/17 Boys 100M Run	Final	2:14
31	U/10 Girls 60M Hurdles	Final	10:38	80	U/8 Girls 100M Run	Final	2:16
32	U/10 Boys 60M Hurdles	Final	10:40	81	U/8 Boys 100M Run	Final	2:18
33	U/13 Girls 100M Run	Heats	10:50	82	U/9 Girls 100M Run	Final	2:20
34	U/13 Boys 100M Run	Heats	10:54	83	U/9 Boys 100M Run	Final	2:22
35	U/14 Girls 100M Run	Heats	10:58	84	U/10 Girls 100M Run	Final	2:24
36	U/15 Boys 100M Run	Heats	11:02	85	U/10 Boys 100M Run	Final	2:26
37	U/17 Girls 100M Run	Heats	11:06	86	U/11 Girls 100M Run	Final	2:28
38	U/17 Boys 100M Run	Heats	11:10	87	U/11 Boys 100M Run	Final	2:30
39	U/8 Girls 100M Run	Heats	11:14	88	U/12 Girls 100M Run	Final	2:32
40	U/8 Boys 100M Run	Heats	11:18	89	U/12 Boys 100M Run	Final	2:34
41	U/9 Girls 100M Run	Heats	11:22	90	U/13 Girls 3000M Run	Final	2:40
42	U/9 Boys 100M Run	Heats	11:26	91	U/13 Boys 3000M Run	Final	2:40
43	U/10 Girls 100M Run	Heats	11:30	92	U/14 Girls 3000M Run	Final	2:40
44	U/10 Boys 100M Run	Heats	11:34	93	U/14 Boys 3000M Run	Final	2:40
45	U/11 Girls 100M Run	Heats	11:38	94	U/15 Girls 3000M Run	Final	2:40
46	U/11 Boys 100M Run	Heats	11:42	95	U/15 Boys 3000M Run	Final	2:40
47	U/12 Girls 100M Run	Heats	11:46	96	U/17 Girls 3000M Run	Final	2:40
48	U/12 Boys 100M Run	Heats	11:50	97	U/17 Boys 3000M Run	Final	2:40
49	U11/12 Girls 100m MC	Final	11:54				

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

*\*\* Note: In the event of extreme weather the order and timing of all events may change*

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**Saturday - Field**

Event Nbr	Event	Final	Start Time
<b>High Jump 1</b>			
	U/15 Girls High Jump	Final	8:00
	U/13 Girls High Jump	Final	8:45
	U/17 Girls High Jump	Final	9:30
	U/11 Girls High Jump	Final	10:30
	U/14 Boys High Jump	Final	11:45
	U/12 Girls High Jump	Final	12:30pm

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

<b>Long Jump 1</b>			
	U/10 Girls 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

<b>Long Jump 2</b>			
	U/15 Boys Long Jump	Final	8:00
	U/17 Boys Long Jump	Final	9:15
	U/14 Girls Long Jump	Final	10:15
	U/12 Boys Long Jump	Final	11:30
	Multi Class - All ages LJ	Final	12:45pm
	U/13 Girls Long Jump	Final	1:15pm

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

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

<b>Discus 1</b>			
	U/9 Boys Discus	Final	8:00
	U/8 Girls Discus	Final	9:15
	U/10 Girls Discus	Final	10:30
	U/11 Boys Discus	Final	12:30pm

<b>Discus 2</b>			
	U/14 Boys Discus	Final	8:00
	U/12 Boys Discus	Final	9:00
	U/15 Girls Discus	Final	10:15
	U/17 Girls Discus	Final	11:15
	U/13 Boys Discus	Final	12:30pm

<b>Shot Put 1</b>			
	U/11 Girls Shot Put	Final	8:15
	U/8 Boys Shot Put	Final	9:15
	Multi Class All Ages SP	Final	10:30
	U/12 Girls Shot Put	Final	11:00
	U/15 Boys Shot Put	Final	12:15pm

<b>Shot Put 2</b>			
	U/17 Boys Shot Put	Final	8:00
	U/9 Girls Shot Put	Final	8:45
	U/13 Girls Shot Put	Final	9:45
	U/10 Boys Shot Put	Final	11:00
	U/14 Girls Shot Put	Final	12:15pm

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