

2023/24 LANSW Region 3 Championships

Barden Park, Dubbo

Sunday - Track

Event Number	Event	Heat/Final	Start Time	Event Number	Event	Heat/Final	Start Time
148	U/11 Girls 80M Hurdles	Heats	8:00	201	U/15 Boys 200M Run	Heats	12:00PM
149	U/11 Boys 80M Hurdles	Heats	8:06	202	U/17 Girls 200M Run	Heats	12:05
150	U/12 Girls 80M Hurdles	Heats	8:12	203	U/17 Boys 200M Run	Heats	12:10
151	U/12 Boys 80M Hurdles	Heats	8:18	204	U/10 Girls 70M Run	Final	12:20
152	U/11 Girls 1100M Walk	Final	8:30	205	U/10 Boys 70M Run	Final	12:22
153	U/11 Boys 1100M Walk	Final	8:30	206	U/9 Girls 70M Run	Final	12:24
154	U/10 Girls 1100M Walk	Final	8:30	207	U/9 Boys 70M Run	Final	12:26
155	U/10 Boys 1100M Walk	Final	8:30	208	U/8 Girls 70M Run	Final	12:28
156	U/9 Girls 700M Walk	Final	8:45	209	U/8 Boys 70M Run	Final	12:30
157	U/9 Boys 700M Walk	Final	8:45	210	U11/12 Boys 800m MC	Final	12:40
158	U/8 Girls 700m Pack Start	Final	9:00	211	U/11 Girls 800M Run	Final	12:45
159	U/8 Boys 700m Pack Start	Final	9:05	212	U/11 Boys 800M Run	Final	12:50
160	U/12 Girls 1500M Walk	Final	9:10	213	U/12 Girls 800M Run	Final	12:55
161	U/12 Boys 1500M Walk	Final	9:10	214	U/12 Boys 800M Run	Final	1:00PM
162	U/13 Girls 1500M Walk	Final	9:10	215	U/13 Girls 800M Run	Final	1:05
163	U/13 Boys 1500M Walk	Final	9:10	216	U/13 Boys 800M Run	Final	1:10
164	U/14 Boys 1500M Walk	Final	9:10	217	U/14 Girls 800M Run	Final	1:15
165	U/15 Girls 1500M Walk	Final	9:10	218	U/14 Boys 800M Run	Final	1:20
166	U/15 Boys 1500M Walk	Final	9:10	219	U/15 Girls 800M Run	Final	1:25
167	U/17 Girls 1500M Walk	Final	9:10	220	U/15 Boys 800M Run	Final	1:30
168	U/17 Boys 1500M Walk	Final	9:10	221	U/17 Girls 800M Run	Final	1:35
169	U/11 Girls 80M Hurdles	Final	9:35	222	U/17 Boys 800M Run	Final	1:40
170	U/11 Boys 80M Hurdles	Final	9:37	223	U/10 Girls 800M Run	Final	1:45
171	U/12 Girls 80M Hurdles	Final	9:40	224	U/10 Boys 800M Run	Final	1:50
172	U/12 Boys 80M Hurdles	Final	9:42	225	U/9 Girls 800M Run	Final	1:55
173	U/13 Girls 80M Hurdles	Final	9:46	226	U/9 Boys 800M Run	Final	2:00PM
174	U/13 Boys 80M Hurdles	Final	9:48	227	U/8 Girls 200M Run	Final	2:07
175	U/14 Girls 80M Hurdles	Final	9:51	228	U/8 Boys 200M Run	Final	2:09
176	U/14 Boys 90M Hurdles	Final	9:58	229	U/11 Girls 200M Run	Final	2:11
177	U/15 Girls 90M Hurdles	Final	10:00	230	U/11 Boys 200M Run	Final	2:13
178	U/15 Boys 100M Hurdles	Final	10:05	231	U/12 Girls 200M Run	Final	2:15
179	U/17 Girls 100M Hurdles	Final	10:07	232	U/12 Boys 200M Run	Final	2:17
180	U/17 Boys 110M Hurdles	Final	10:10	233	U/13 Girls 200M Run	Final	2:19
181	U/10 Girls 70M Run	Heats	10:15	234	U/13 Boys 200M Run	Final	2:21
182	U/10 Boys 70M Run	Heats	10:20	235	U/14 Girls 200M Run	Final	2:23
183	U/9 Girls 70M Run	Heats	10:25	236	U/14 Boys 200M Run	Final	2:25
184	U/9 Boys 70M Run	Heats	10:30	237	U/15 Girls 200M Run	Final	2:27
185	U/8 Girls 70M Run	Heats	10:35	238	U/15 Boys 200M Run	Final	2:29
186	U/8 Boys 70M Run	Heats	10:40	239	U/17 Girls 200M Run	Final	2:31
187	U/11 Girls 200M Run	Heats	10:50	240	U/17 Boys 200M Run	Final	2:33
188	U/11 Boys 200M Run	Heats	10:55	241	U/10 Girls 200M Run	Final	2:35
189	U/12 Girls 200M Run	Heats	11:00	242	U/10 Boys 200M Run	Final	2:37
190	U/12 Boys 200M Run	Heats	11:05	243	U/9 Girls 200M Run	Final	2:39
191	U/13 Girls 200M Run	Heats	11:10	244	U/9 Boys 200M Run	Final	2:41
192	U/13 Boys 200M Run	Heats	11:15	245	U11/12 Girls 200M MC	Final	2:43
193	U/10 Girls 200M Run	Heats	11:20	246	U11/12 Boys 200M MC	Final	2:43
194	U/10 Boys 200M Run	Heats	11:25	247	U15-17 Boys 200M MC	Final	2:43
195	U/9 Girls 200M Run	Heats	11:30	248	Senior Girls 4 x 100 Relay	Final	2:50
196	U/9 Boys 200M Run	Heats	11:35	249	Senior Boys 4 x 100 Relay	Final	2:53
197	U/8 Girls 200M Run	Heats	11:40	250	Junior Girls 4 x 100 Relay	Final	2:56
198	U/8 Boys 200M Run	Heats	11:45	251	Junior Boys 4 x 100 Relay	Final	2:59
199	U/14 Girls 200M Run	Heats	11:50				
200	U/14 Boys 200M Run	Heats	11:55				

****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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Sunday - Field

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

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

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

	Event	Final	Start Time
Long Jump 2			
	U/14 Boys Long Jump	Final	8:15
	U/13 Boys Long Jump	Final	9:30
	U/17 Girls Long Jump	Final	11:00
	U/15 Girls Long Jump	Final	12:00pm

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

	Event	Final	Start Time
Javelin			
	U/17 Girls Javelin	Final	8:00
	U/12 Girls Javelin	Final	9:00
	U/15 Girls Javelin	Final	10:00
	U/11 Girls Javelin	Final	10:30
	Multi Class All Ages Jav	Final	11:15
	U/14 Boys Javelin	Final	12:00pm
	U/13 Girls Javelin	Final	12:45pm

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

	Event	Final	Start Time
Discus 2			
	U/13 Girls Discus	Final	8:00
	U/14 Girls Discus	Final	9:00
	U/17 Boys Discus	Final	10:15
	U/15 Boys Discus	Final	11:00
	Multi Class All Ages Dis	Final	12:00pm
	U/12 Girls Discus	Final	12:30pm

	Event	Final	Start Time
Shot Put 1			
	U/8 Girls Shot Put	Final	8:15
	U/9 Boys Shot Put	Final	9:30
	U/14 Boys Shot Put	Final	10:30
	U/10 Girls Shot Put	Final	11:15

	Event	Final	Start Time
Shot Put 2			
	U/13 Boys Shot Put	Final	8:00
	U/15 Girls Shot Put	Final	9:00
	U/17 Girls Shot Put	Final	9:45
	U/11 Boys Shot Put	Final	10:45
	U/12 Boys Shot Put	Final	12:15pm

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