

South Coast Region Individual Championships 2011

Where only one heat is programmed for a track event it will become a final at heat time

Please use the times below as a guide only.

The Arena Manager may bring forward an event by 30 minutes. Events may therefore be called 45 minutes prior to the advertised start time. It is recommended that athletes are in attendance 1 hour prior to the time listed below.

There are no Track Finals for U7/U8 athletes.

Saturday

Officials Meeting 7.30am - Recording Tent

First Event will be called at 7.45am

		8.15 am	High Jump 9B 9G Long Jump 14B 14G Shot Put 10B 10G Javelin 15/17B 15/17G
8.30 am	400m Heats 11B 11G 12B 12G 13B 13G 10B 10G 14B 14G 15B 17B 15G 17G		
		8.55 am	Long Jump 11B 11G
		9.20 am	Javelin 13B 13G Shot Put 7B 7G
9.35am	60m Hurdle Heats 8B 8G 9B 9G 12B 12G 10B 10G 11B 11G	10.00 am	High Jump 12B 12G Long Jump 10B 10G Shot Put 15/17B 15/17G
		10.15am	Discus 8B 8G
10.35 am	100m Heats 7B 7G 14B 14G 9B 9G 13B 13G 15B 17B 15G 17G 8B 8G 10B 10G 12B 12G 11B 11G		
		10.45 am	Shot Put 11B 11G
		11.25 am	Discus 9B 9G High Jump 15/17B 15/17G
		11.45 am	Long Jump 12B 12G
		12.00 pm	Long Jump 7B 7G
12.15 pm	200m Hurdle Heats 13B 13G 14B 14G 15B 17B 15G 17G		
12.40 pm	Lunch Break Track (if time permits)		
		12.45 pm	Discus 14B 14G
1.00 pm	60m Hurdles Finals 9B 9G 10B 10G 11B 11G 12B 12G	1.00 pm	Shot Put 13B 13G Triple Jump 15/17B 15/17G
		1.30 pm	Long Jump 9B 9G
1.35 pm	400m Finals 11B 11G 10B 10G 13B 13G 12B 12G 14B 14G 15B 17B 15G 17G		
2.15 pm	100m Finals 9B 9G 10B 10G 13B 13G 12B 12G 14B 14G 15B 17B 15G 17G 11B 11G	1.45 pm	Javelin 11B 11G
2.45 pm	200m Hurdle Finals 13B 13G 14B 14G 15B 17B 15G 17BG	2.45 pm	High Jump 10B 10G Discus 12B 12G
3.00 pm	1500m Finals 11B 11G 14B 14G 15B 17B 15G 17G 12B 12G 13B 13G	3.10 pm	Triple Jump U13B 13G

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Sunday

First Call 7.55am

8.10 am	Walk Finals 700 1100 1500 9B 9G 10B 10G 11B 11G 12B 12G 14B 14G 15B 15G 17B 17G 13B 13G	8.10am	High Jump 13B 13G Long Jump 15/17B 15/17G Long Jump 15/17 Pentathlon Shot Put 12B 12G Javelin 14B 14G
		8.40 am	Discus 10B 10G
9.25 am	70m Heats 7B 7G 8B 8G 9B 9G 10B 10G	9.30 am	Triple Jump 14B 14G
		9.50 am	Javelin 12B 12G Shot Put 8B 8G
10.20 am	Sprint Hurdle Heats 15/17 Pentathlon 13B 13G 14B 14G 15B 17B 15G 17G	10.20 am	Triple Jump 11B 11G
11.10 am	70m Finals 9B 9G 10B 10G	11.15 am	High Jump 14B 14G
11.40 am	200m Heats 7B 7G 8B 8G 12B 12G 11B 11G 9B 9G 10B 10G 14B 14G 15B 17B 15G 17G 13B 13G	11.40 am	Discus 15/17B 15/17G Discus 15/17 Pentathlon
1.30 pm	Lunch Break Track (if time permits) Medal Presentation U7 & U8 Brian Johnston Award	11.55 am	Long Jump 13B 13G
		12.45	Shot Put 9B 9G Discus 7B 7G
		1.05 pm	High Jump 11B 11G Triple Jump 12B 12G
		1.45 pm	Long Jump 8B 8G
2.00 pm	100m 15/17 Pentathlon Sprint Hurdle Finals (if required) 13B 13G 14B 14G 15B 17B 15G 17G	2.00 pm	Discus 13B 13G
2.10 pm	200m Finals 10B 10G 9B 9G 12B 12G 11B 11G 14B 14G 15B 17B 15G 17G 13B 13G		
3.00 pm	800m Finals 15/17 Pentathlon 9B 9G 12B 12G 10B 10G 15B 17B 15G 17G 13B 13G 14B 14G 11B 11G	2.45 pm	Discus 11B 11G
		3.00 pm	Shot Put 14B 14G