

LITTLE ATHLETICS NORTHERN METROPOLITAN ZONE CARNIVAL 2023/2024 SEASON							
TRACK PROGRAM - Friday 1 December 2023							
CIRCULAR TRACK							
MARSHALLING FOR ALL EVENTS WILL BE AT 6.40pm							
FIRST RACE WILL COMMENCE 7.00pm							
1	U/13	Girls	3000m Run	Final			
2	U/13	Boys	3000m Run	Final			
3	U/14	Girls	3000m Run	Final			
4	U/14	Boys	3000m Run	Final			
5	U/15	Girls	3000m Run	Final			
6	U/15	Boys	3000m Run	Final			
7	U/17	Girls	3000m Run	Final			
8	U/17	Boys	3000m Run	Final			
It is likely there will only be 2, 3 or 4 races in total							
The number of races and age/gender combinations will be determined when entries close							
FIELD PROGRAM - Friday 1 December 2023							
PLEASE NOTE: Times shown are 'NOT TO START BEFORE" times (i.e. events may start later)							
MARSHALLING FOR FIRST EVENT WILL COMMENCE AT 5:40pm							
9	U/11	Girls	Javelin	6.00pm	Javelin		
10	U/17	Boys	Javelin	7.00pm	Javelin		

LITTLE ATHLETICS NORTHERN METROPOLITAN ZONE CARNIVAL 2023/2024 SEASON												
TRACK PROGRAM - Saturday 2 December 2023												
PLEASE NOTE: Times shown are 'NOT TO START BEFORE' times (i.e. events may start later)												
CIRCULAR TRACK						STRAIGHT TRACK						
MARSHALLING COMMENCES 7.40am						MARSHALLING COMMENCES 7.40am						
11	U/13	Girls	200m Hurdles	Timed Final	8.00am	49	U/8	Girls	60m Hurdles	Heats	8.00am	
12	U/13	Boys	200m Hurdles	Timed Final		50	U/8	Boys	60m Hurdles	Heats		
13	U/14	Girls	200m Hurdles	Timed Final		51	U/9	Girls	60m Hurdles	Heats		
14	U/14	Boys	200m Hurdles	Timed Final		52	U/9	Boys	60m Hurdles	Heats		
15	U/15	Girls	300m Hurdles	Timed Final		53	U/10	Girls	60m Hurdles	Heats		
16	U/15	Boys	300m Hurdles	Timed Final		54	U/10	Boys	60m Hurdles	Heats		
17	U/17	Girls	300m Hurdles	Timed Final		55	U/8	Girls	60m Hurdles	Final	9.00am	
18	U/17	Boys	300m Hurdles	Timed Final		56	U/8	Boys	60m Hurdles	Final		
19	U/15	Girls	1500m Run	Final	9.10am	57	U/9	Girls	60m Hurdles	Final		
20	U/15	Boys	1500m Run	Final		58	U/9	Boys	60m Hurdles	Final		
21	U/17	Girls	1500m Run	Final		59	U/10	Girls	60m Hurdles	Final		
22	U/17	Boys	1500m Run	Final		60	U/10	Boys	60m Hurdles	Final		
23	U/11	Girls	1500m Run	Final		61	U/7	Girls	50m Run	Heats	9.30am	
24	U/11	Boys	1500m Run	Final		62	U/7	Boys	50m Run	Heats		
25	U/12	Girls	1500m Run	Final		63	U/15	Girls	100m Run	Heats	9.50am	
26	U/12	Boys	1500m Run	Final		64	U/15	Boys	100m Run	Heats		
27	U/13	Girls	1500m Run	Final		65	U/17	Girls	100m Run	Heats		
28	U/13	Boys	1500m Run	Final		66	U/17	Boys	100m Run	Heats		
29	U/14	Girls	1500m Run	Final		67	U/7	Girls	50m Run	Final	10.30am	
30	U/14	Boys	1500m Run	Final		68	U/7	Boys	50m Run	Final		
31	U/15	Girls	400m Run	Timed Final	11.00am	69	U/11	Girls	100m Run	Heats	10.45am	
32	U/15	Boys	400m Run	Timed Final		70	U/11	Boys	100m Run	Heats		
33	U/17	Girls	400m Run	Timed Final		71	U/12	Girls	100m Run	Heats		
34	U/17	Boys	400m Run	Timed Final		72	U/12	Boys	100m Run	Heats		
35	U/11	Girls	400m Run	Timed Final		73	U/13	Girls	100m Run	Heats		
36	U/11	Boys	400m Run	Timed Final		74	U/13	Boys	100m Run	Heats		
37	U/12	Girls	400m Run	Timed Final		75	U/14	Girls	100m Run	Heats		
38	U/12	Boys	400m Run	Timed Final		76	U/14	Boys	100m Run	Heats		
TRACK OFFICIALS LUNCH BREAK						77	U/10	Girls	100m Run	Heats	11.30am	
39	U/13	Girls	400m Run	Timed Final	12.40pm	78	U/10	Boys	100m Run	Heats		
40	U/13	Boys	400m Run	Timed Final		79	U/9	Girls	100m Run	Heats		
41	U/14	Girls	400m Run	Timed Final		80	U/9	Boys	100m Run	Heats		
42	U/14	Boys	400m Run	Timed Final		81	U/8	Girls	100m Run	Heats		
43	U/10	Girls	400m Run	Timed Final	1.15pm	82	U/8	Boys	100m Run	Heats		
44	U/10	Boys	400m Run	Timed Final		83	U/7	Girls	100m Run	Heats		
45	U/9	Girls	400m Run	Timed Final		84	U/7	Boys	100m Run	Heats		
46	U/9	Boys	400m Run	Timed Final		TRACK OFFICIALS LUNCH BREAK						
47	U/8	Girls	400m Run	Timed Final		85	U/15	Girls	100m Run	Final	1.40pm	
48	U/8	Boys	400m Run	Timed Final		86	U/15	Boys	100m Run	Final		
						87	U/17	Girls	100m Run	Final		
						88	U/17	Boys	100m Run	Final		
						89	U/11	Girls	100m Run	Final		
						90	U/11	Boys	100m Run	Final		
						91	U/12	Girls	100m Run	Final		
						92	U/12	Boys	100m Run	Final		
						93	U/13	Girls	100m Run	Final		
						94	U/13	Boys	100m Run	Final		
						95	U/14	Girls	100m Run	Final		
						96	U/14	Boys	100m Run	Final		
						97	U/10	Girls	100m Run	Final	2.10pm	
						98	U/10	Boys	100m Run	Final		
						99	U/9	Girls	100m Run	Final		
						100	U/9	Boys	100m Run	Final		
						101	U/8	Girls	100m Run	Final		
						102	U/8	Boys	100m Run	Final		
						103	U/7	Girls	100m Run	Final		
						104	U/7	Boys	100m Run	Final		

FINAL PROGRAM

Issued 12 October 2023

LITTLE ATHLETICS NORTHERN METROPOLITAN ZONE CARNIVAL 2023/2024 SEASON

FIELD PROGRAM - Saturday 2 December 2023

PLEASE NOTE: Times shown are 'NOT TO START BEFORE" times (i.e. events may start later)

MARSHALLING FOR FIRST EVENTS WILL COMMENCE AT 7:40am

105	U/9	Girls	High Jump	*8:00	Scissor Mat	108	U/9	Boys	Long Jump	*8:00	LJ1
106	U/12	Girls	High Jump	*8:00	High Jump 2	109	U/10	Girls	Long Jump	*8:00	LJ2
107	U/17	Girls	High Jump	*8:00	High Jump 1	110	U/15	Girls	Triple Jump	*8:00	LJ/TJ 3
						111	U/13	Boys	Triple Jump	*8:00	LJ/TJ4
126	U/14	Boys	High Jump	10:00	High Jump 2						
127	U/13	Girls	High Jump	10:00	High Jump 1	117	U/17	Boys	Long Jump	9:30	LJ1
128	U/10	Boys	High Jump	10:00	Scissor Mat	118	U/12	Boys	Long Jump	9:30	LJ2
OFFICIALS LUNCH BREAK						119	U/11	Girls	Triple Jump	9:30	LJ/TJ3
138	U/15	Girls	High Jump	12:30	High Jump 2	120	U/17	Girls	Triple Jump	9:30	LJ/TJ4
139	U/11	Girls	High Jump	12:30	High Jump 1						
						129	U/14	Girls	Long Jump	11:00	LJ1
						130	U/7	Girls	Long Jump	11:00	LJ2
112	U/14	Girls	Javelin	*8:00	Javelin	131	U/8	Boys	Long Jump	11:00	LJ3
121	U/15	Boys	Javelin	9:30	Javelin	132	U/15	Boys	Long Jump	11:00	LJ4
133	U/11	Boys	Javelin	11:00	Javelin	OFFICIALS LUNCH BREAK					
OFFICIALS LUNCH BREAK						141	U/11	Boys	Long Jump	12:45	LJ1
140	U/13	Boys	Javelin	12:45	Javelin	142	U/8	Girls	Long Jump	12:45	LJ2
149	U/12	Boys	Javelin	2:15	Javelin	143	U/14	Boys	Triple Jump	12:45	LJ3/TJ3
						144	U/12	Girls	Triple Jump	12:45	LJ/TJ4
113	U/12	Boys	Discus	*8:00	Discus 2	150	U/13	Girls	Long Jump	2:15	LJ 2
114	U/14	Boys	Discus	*8:00	Discus 1	151	U/7	Boys	Long Jump	2:15	LJ 4
122	U/11	Boys	Discus	9:30	Discus 2	115	U/17	Boys	Shot Put	*8:00	Shot 1
123	U/15	Girls	Discus	9:30	Discus 1	116	U/13	Girls	Shot Put	*8:00	Shot 2
134	U/10	Girls	Discus	11:00	Discus 2	124	U/7	Boys	Shot Put	9:30	Shot 1
135	U/13	Boys	Discus	11:00	Discus 1	125	U/14	Girls	Shot Put	9:30	Shot 2
OFFICIALS LUNCH BREAK											
145	U/17	Girls	Discus	12:45	Discus 1	136	U/12	Girls	Shot Put	11:00	Shot 1
146	U/7	Girls	Discus	12:45	Discus 2	137	U/9	Girls	Shot Put	11:00	Shot 2
						OFFICIALS LUNCH BREAK					
152	U/8	Girls	Discus	2:15	Discus 2	147	U/15	Boys	Shot Put	12:45	Shot 1
153	U/9	Boys	Discus	2:15	Discus 1	148	U/10	Boys	Shot Put	12:45	Shot 2
						154	U/8	Boys	Shot Put	2:15	Shot 1
						155	U/11	Girls	Shot Put	2:15	Shot 2
* For first event only please go direct to field event area											
For all other events please report to the Field Marshalling Tent											

LITTLE ATHLETICS NORTHERN METROPOLITAN ZONE CARNIVAL 2023/2024 SEASON											
TRACK PROGRAM - Sunday 3 December 2023											
PLEASE NOTE: Times shown are 'NOT TO START BEFORE' times (i.e. events may start later)											
CIRCULAR TRACK											
MARSHALLING COMMENCES 7.40am											
ALL WALKERS CAN BE MARSHALLED TO RACE AT 8.00am											
156	U/7	Girls	Pack Start	Final	8.00am	212	U/11	Girls	200m Run	Final	2.30pm
157	U/7	Boys	Pack Start	Final		213	U/11	Boys	200m Run	Final	
158	U/8	Girls	Pack Start	Final		214	U/12	Girls	200m Run	Final	
159	U/8	Boys	Pack Start	Final		215	U/12	Boys	200m Run	Final	
160	U/9	Girls	700m Walk	Final	8.15am	216	U/13	Girls	200m Run	Final	
161	U/9	Boys	700m Walk	Final		217	U/13	Boys	200m Run	Final	
162	U/10	Girls	1100m Walk	Final		218	U/14	Girls	200m Run	Final	
163	U/10	Boys	1100m Walk	Final		219	U/14	Boys	200m Run	Final	
164	U/11	Girls	1100m Walk	Final		220	U/15	Girls	200m Run	Final	
165	U/11	Boys	1100m Walk	Final		221	U/15	Boys	200m Run	Final	
166	U/12	Girls	1500m Walk	Final		222	U/17	Girls	200m Run	Final	
167	U/12	Boys	1500m Walk	Final		223	U/17	Boys	200m Run	Final	
168	U/13	Girls	1500m Walk	Final		224	U/10	Girls	200m Run	Final	2.55pm
169	U/13	Boys	1500m Walk	Final		225	U/10	Boys	200m Run	Final	
170	U/14	Girls	1500m Walk	Final		226	U/9	Girls	200m Run	Final	
171	U/14	Boys	1500m Walk	Final		227	U/9	Boys	200m Run	Final	
172	U/15	Girls	1500m Walk	Final		228	U/8	Girls	200m Run	Final	
173	U/15	Boys	1500m Walk	Final		229	U/8	Boys	200m Run	Final	
174	U/17	Girls	1500m Walk	Final		230	U/7	Girls	200m Run	Final	
175	U/17	Boys	1500m Walk	Final		231	U/7	Boys	200m Run	Final	
176	U/9	Girls	800m Run	Final	10.00am	232	Junior	Girls	Relay	Final	3.30pm
177	U/9	Boys	800m Run	Final		233	Junior	Boys	Relay	Final	
178	U/10	Girls	800m Run	Final		234	Senior	Girls	Relay	Final	
179	U/10	Boys	800m Run	Final		235	Senior	Boys	Relay	Final	
180	U/11	Girls	800m Run	Final		STRAIGHT TRACK					
181	U/11	Boys	800m Run	Final		MARSHALLING COMMENCES AT 7.40am					
182	U/12	Girls	800m Run	Final		236	U/11	Girls	80m Hurdles	Heats	8.00am
183	U/12	Boys	800m Run	Final		237	U/11	Boys	80m Hurdles	Heats	
184	U/13	Girls	800m Run	Final	10.50am	238	U/12	Girls	80m Hurdles	Heats	
185	U/13	Boys	800m Run	Final		239	U/12	Boys	80m Hurdles	Heats	
186	U/14	Girls	800m Run	Final		240	U/13	Girls	80m Hurdles	Heats	
187	U/14	Boys	800m Run	Final		241	U/13	Boys	80m Hurdles	Heats	
188	U/15	Girls	800m Run	Final		242	U/14	Girls	80m Hurdles	Heats	9.00am
189	U/15	Boys	800m Run	Final		243	U/14	Boys	90m Hurdles	Heats	
190	U/17	Girls	800m Run	Final		244	U/15	Girls	90m Hurdles	Heats	
191	U/17	Boys	800m Run	Final		245	U/15	Boys	100m Hurdles	Heats	
TRACK OFFICIALS LUNCH BREAK											
U/17 LAP OF HONOUR 12.20pm											
192	U/11	Girls	200m Run	Heats	12.30pm	246	U/17	Girls	100m Hurdles	Heats	
193	U/11	Boys	200m Run	Heats		247	U/17	Boys	110m Hurdles	Heats	
194	U/12	Girls	200m Run	Heats		248	U/11	Girls	80m Hurdles	Final	9.45am
195	U/12	Boys	200m Run	Heats		249	U/11	Boys	80m Hurdles	Final	
196	U/13	Girls	200m Run	Heats		250	U/12	Girls	80m Hurdles	Final	
197	U/13	Boys	200m Run	Heats		251	U/12	Boys	80m Hurdles	Final	
198	U/14	Girls	200m Run	Heats		252	U/13	Girls	80m Hurdles	Final	
199	U/14	Boys	200m Run	Heats		253	U/13	Boys	80m Hurdles	Final	
200	U/15	Girls	200m Run	Heats		254	U/14	Girls	80m Hurdles	Final	
201	U/15	Boys	200m Run	Heats		255	U/14	Boys	90m Hurdles	Final	
202	U/17	Girls	200m Run	Heats	1.30pm	256	U/15	Girls	90m Hurdles	Final	
203	U/17	Boys	200m Run	Heats		257	U/15	Boys	100m Hurdles	Final	
204	U/10	Girls	200m Run	Heats		258	U/17	Girls	100m Hurdles	Final	
205	U/10	Boys	200m Run	Heats		259	U/17	Boys	110m Hurdles	Final	
206	U/9	Girls	200m Run	Heats		260	U/7	Girls	70m Run	Heats	10.40am
207	U/9	Boys	200m Run	Heats		261	U/7	Boys	70m Run	Heats	
208	U/8	Girls	200m Run	Heats		262	U/8	Girls	70m Run	Heats	
209	U/8	Boys	200m Run	Heats		263	U/8	Boys	70m Run	Heats	
210	U/7	Girls	200m Run	Heats		264	U/9	Girls	70m Run	Heats	
211	U/7	Boys	200m Run	Heats		265	U/9	Boys	70m Run	Heats	
						266	U/10	Girls	70m Run	Heats	
						267	U/10	Boys	70m Run	Heats	
						268	U/7	Girls	70m Run	Final	11.45am
						269	U/7	Boys	70m Run	Final	
						270	U/8	Girls	70m Run	Final	
						271	U/8	Boys	70m Run	Final	
						272	U/9	Girls	70m Run	Final	
						273	U/9	Boys	70m Run	Final	
						274	U/10	Girls	70m Run	Final	
						275	U/10	Boys	70m Run	Final	
						276	Multi	Class	100m Run	Final	12.15pm

FINAL PROGRAM

Issued 12 October 2023

LITTLE ATHLETICS NORTHERN METROPOLITAN ZONE CARNIVAL 2023/2024 SEASON

FIELD PROGRAM - Sunday 3 December 2023

PLEASE NOTE: Times shown are 'NOT TO START BEFORE" times (i.e. events may start later)

MARSHALLING FOR FIRST EVENTS WILL COMMENCE AT 7.40am

277	U/9	Boys	High Jump	*8:00	Scissor Mat		280	U/13	Boys	Long Jump	*8:00	LJ1
278	U/12	Boys	High Jump	*8:00	High Jump 2		281	U/10	Boys	Long Jump	*8:00	LJ2
279	U/14	Girls	High Jump	*8:00	High Jump 1		282	U/13	Girls	Triple Jump	*8:00	LJ/TJ 3
							283	U/17	Boys	Triple Jump	*8:00	LJ/TJ 4
298	U/11	Boys	High Jump	10:00	High Jump 2							
299	U/13	Boys	High Jump	10:00	High Jump 1		289	U/15	Girls	Long Jump	9:30	LJ1
300	U/10	Girls	High Jump	10:00	Scissor Mat		290	U/14	Boys	Long Jump	9:30	LJ2
OFFICIALS LUNCH BREAK							291	U/11	Girls	Long Jump	9:30	LJ/TJ 3
310	U/15	Boys	High Jump	12:30	High Jump 2		292	U/15	Boys	Triple Jump	9:30	LJ/TJ 4
311	U/17	Boys	High Jump	12:30	High Jump 1							
							301	U/9	Girls	Long Jump	11:00	LJ 1
							302	U/12	Girls	Long Jump	11:00	LJ 2
284	U/14	Boys	Javelin	8:00	Javelin		303	U/14	Girls	Triple Jump	11:00	LJ /TJ3
293	U/12	Girls	Javelin	9:30	Javelin		304	U/12	Boys	Triple Jump	11:00	LJ/TJ 4
305	U/13	Girls	Javelin	11:00	Javelin		OFFICIALS LUNCH BREAK					
OFFICIALS LUNCH BREAK							315	U/17	Girls	Long Jump	12:45	LJ 1
314	U/15	Girls	Javelin	12:45	Javelin		316	U/11	Boys	Triple Jump	12:45	LJ/TJ 4
323	U/17	Girls	Javelin	2:15	Javelin		317	Multi	Class	Long Jump	12:45	LJ2
285	U/15	Boys	Discus	*8:00	Discus 2		287	U/15	Girls	Shot Put	*8:00	Shot 1
286	U/8	Boys	Discus	*8:00	Discus 1		288	U/11	Boys	Shot Put	*8:00	Shot 2
294	U/10	Boys	Discus	9:30	Discus 2		296	U/17	Girls	Shot Put	9:30	Shot 1
295	U/17	Boys	Discus	9:30	Discus 1		297	U/12	Boys	Shot Put	9:30	Shot 2
306	U/7	Boys	Discus	11:00	Discus 2		308	U/13	Boys	Shot Put	11:00	Shot 1
307	Multi	Class	Discus	11:00	Discus 1		309	U/14	Boys	Shot Put	11:00	Shot 2
OFFICIALS LUNCH BREAK							OFFICIALS LUNCH BREAK					
312	U/14	Girls	Discus	12:45	Discus 2		318	U/9	Boys	Shot Put	12:45	Shot 1
313	U/9	Girls	Discus	12:45	Discus 1		319	U/7	Girls	Shot Put	12:45	Shot 2
320	U/12	Girls	Discus	2:15	Discus 2		324	U/10	Girls	Shot Put	2:15	Shot 1
321	U/11	Girls	Discus	2:15	Discus 1		325	U/8	Girls	Shot Put	2:15	Shot 2
322	U/13	Girls	Discus	2:15	Discus 3							
* For first event only please go direct to field event area												
For all other events please report to the Field Marshalling Tent												