

2022/2023 NORTH EAST METROPOLITAN ZONE ATHLETICS CHAMPIONSHIPS

Scheduled Friday 25th November to Sunday 27th November, 2022

Times listed on the left hand side are **NOT BEFORE** times. Events will not begin before this time, however they may begin later.

Note: Athletes are required to be at the venue 60 minutes prior to the Not Before Time.

Event Clashes

In the case of a clash, athletes should always go to their field event and stay there until the completion of the event. There will be a Clash Manager to collect athletes from Field events to escort them to Track events.

Once an athlete has completed their track event they must return to their field event immediately without detours.

Track Progression from Heats to Finals

Where there are 2 Heats - The first 3 from each heat plus the next 2 best times progress to the final

Where there are 3 Heats - The first 2 from each heat plus the next 2 best times progress to the final

Progression from Zone to Region

Under 7 competitors do not progress beyond Zone.

For Under 8 – Under 17 competitors the first 6 place getters in a final at NEMZ plus the next best 4 competitors from the finals in that event across NEMZ and NMZ will progress to Region.

In the instance of track event finals contested with 9 athletes, only the top 8 will be considered for progression to region.

See also LANSW rules of competition Section C.

Note: The athletes progressing must contest a final, so if you make a final and are not able to compete at Region on 4th & 5th February 2023, please let us know so a replacement can run in the final so NEMZ do not forfeit a place at Region.

ORDER OF EVENTS - TRACK FRIDAY

6:45 PM	T#1	U13	Girls	3000 Metre	Final
	T#2	U13	Boys	3000 Metre	Final
	T#3	U14	Girls	3000 Metre	Final
	T#4	U14	Boys	3000 Metre	Final
	T#5	U15	Girls	3000 Metre	Final
	T#6	U15	Boys	3000 Metre	Final
	T#7	U17	Girls	3000 Metre	Final
	T#8	U17	Boys	3000 Metre	Final

ORDER OF EVENTS - TRACK SATURDAY

Not Before Time

8:30 AM	T#9	U11	Girls	1500 Metre	Final
	T#10	U11	Boys	1500 Metre	Final
	T#11	U12	Girls	1500 Metre	Final
	T#12	U12	Boys	1500 Metre	Final
	T#13	U13	Girls	1500 Metre	Final
	T#14	U13	Boys	1500 Metre	Final
	T#15	U14	Girls	1500 Metre	Final
	T#16	U14	Boys	1500 Metre	Final
	T#17	U15	Girls	1500 Metre	Final
	T#18	U15	Boys	1500 Metre	Final
	T#19	U17	Girls	1500 Metre	Final
	T#20	U17	Boys	1500 Metre	Final
	T#21	U8	Girls	60 Metre Hurdles	Heats
	T#22	U8	Boys	60 Metre Hurdles	Heats
	T#23	U9	Girls	60 Metre Hurdles	Heats
	T#24	U9	Boys	60 Metre Hurdles	Heats
	T#25	U10	Girls	60 Metre Hurdles	Heats
	T#26	U10	Boys	60 Metre Hurdles	Heats
	T#27	U11	Girls	80 Metre Hurdles	Heats
	T#28	U11	Boys	80 Metre Hurdles	Heats
	T#29	U12	Girls	80 Metre Hurdles	Heats
	T#30	U12	Boys	80 Metre Hurdles	Heats
Estimated Draft Time - 10:50am	T#31	U8	Girls	60 Metre Hurdles	Final
	T#32	U8	Boys	60 Metre Hurdles	Final
	T#33	U9	Girls	60 Metre Hurdles	Final
	T#34	U9	Boys	60 Metre Hurdles	Final
	T#35	U10	Girls	60 Metre Hurdles	Final
	T#36	U10	Boys	60 Metre Hurdles	Final
	T#37	U11	Girls	80 Metre Hurdles	Final
	T#38	U11	Boys	80 Metre Hurdles	Final

T#39	U12	Girls	80 Metre Hurdles	Final	
T#40	U12	Boys	80 Metre Hurdles	Final	
T#41	U7	Girls	50 Metre	Heats	
T#42	U7	Boys	50 Metre	Heats	
T#43	U17	Girls	300 Metre Hurdles	Timed Finals	
T#44	U17	Boys	300 Metre Hurdles	Timed Finals	
T#45	U15	Girls	300 Metre Hurdles	Timed Finals	
T#46	U15	Boys	300 Metre Hurdles	Timed Finals	
T#47	U14	Girls	200 Metre Hurdles	Timed Finals	
T#48	U14	Boys	200 Metre Hurdles	Timed Finals	
T#49	U13	Girls	200 Metre Hurdles	Timed Finals	
T#50	U13	Boys	200 Metre Hurdles	Timed Finals	
T#51	U8	Girls	100 Metre	Heats	
T#52	U8	Boys	100 Metre	Heats	
T#53	U9	Girls	100 Metre	Heats	
T#54	U9	Boys	100 Metre	Heats	
T#55	U10	Girls	100 Metre	Heats	
T#56	U10	Boys	100 Metre	Heats	
T#57	U7	Girls	100 Metre	Heats	
T#58	U7	Boys	100 Metre	Heats	
T#59	U11	Girls	100 Metre	Heats	
T#60	U11	Boys	100 Metre	Heats	
T#61	U12	Girls	100 Metre	Heats	
T#62	U12	Boys	100 Metre	Heats	
T#63	U13	Girls	100 Metre	Heats	
T#64	U13	Boys	100 Metre	Heats	
T#65	U14	Girls	100 Metre	Heats	
T#66	U14	Boys	100 Metre	Heats	
T#67	U15	Girls	100 Metre	Heats	
T#68	U15	Boys	100 Metre	Heats	
T#69	U17	Girls	100 Metre	Heats	
T#70	U17	Boys	100 Metre	Heats	
T#71	U7	Girls	50 Metre	Final	
T#72	U7	Boys	50 Metre	Final	
Estimated Draft Time - 1:30pm	T#73	U8	Girls	400 Metre	Timed Finals
	T#74	U8	Boys	400 Metre	Timed Finals
	T#75	U9	Girls	400 Metre	Timed Finals
	T#76	U9	Boys	400 Metre	Timed Finals
	T#77	U10	Girls	400 Metre	Timed Finals
	T#78	U10	Boys	400 Metre	Timed Finals
	T#79	U11	Girls	400 Metre	Timed Finals
	T#80	U11	Boys	400 Metre	Timed Finals
	T#81	U12	Girls	400 Metre	Timed Finals
	T#82	U12	Boys	400 Metre	Timed Finals
	T#83	U13	Girls	400 Metre	Timed Finals
	T#84	U13	Boys	400 Metre	Timed Finals
	T#85	U14	Girls	400 Metre	Timed Finals
	T#86	U14	Boys	400 Metre	Timed Finals
	T#87	U15	Girls	400 Metre	Timed Finals
	T#88	U15	Boys	400 Metre	Timed Finals
	T#89	U17	Girls	400 Metre	Timed Finals
	T#90	U17	Boys	400 Metre	Timed Finals
	T#91	U7	Girls	100 Metre	Final
	T#92	U7	Boys	100 Metre	Final
	T#93	U8	Girls	100 Metre	Final
	T#94	U8	Boys	100 Metre	Final
	T#95	U9	Girls	100 Metre	Final
	T#96	U9	Boys	100 Metre	Final
	T#97	U10	Girls	100 Metre	Final
	T#98	U10	Boys	100 Metre	Final
	T#99	U11	Girls	100 Metre	Final
	T#100	U11	Boys	100 Metre	Final
	T#101	U12	Girls	100 Metre	Final
	T#102	U12	Boys	100 Metre	Final
	T#103	U13	Girls	100 Metre	Final
	T#104	U13	Boys	100 Metre	Final
	T#105	U14	Girls	100 Metre	Final
	T#106	U14	Boys	100 Metre	Final
	T#107	U15	Girls	100 Metre	Final
	T#108	U15	Boys	100 Metre	Final
	T#109	U17	Girls	100 Metre	Final
	T#110	U17	Boys	100 Metre	Final

ORDER OF EVENTS - TRACK SUNDAY

Not Before Time

8:30 AM	T#111	U9	Girls	800 Metre	Final
	T#112	U9	Boys	800 Metre	Final
	T#113	U10	Girls	800 Metre	Final
	T#114	U10	Boys	800 Metre	Final
	T#115	U11	Girls	800 Metre	Final
	T#116	U11	Boys	800 Metre	Final
	T#117	U12	Girls	800 Metre	Final
	T#118	U12	Boys	800 Metre	Final
	T#119	U13	Girls	800 Metre	Final
	T#120	U13	Boys	800 Metre	Final
	T#121	U14	Girls	800 Metre	Final
	T#122	U14	Boys	800 Metre	Final
	T#123	U15	Girls	800 Metre	Final
	T#124	U15	Boys	800 Metre	Final
	T#125	U17	Girls	800 Metre	Final
	T#126	U17	Boys	800 Metre	Final
	T#127	U7	Girls	500 Metre	Final
	T#128	U7	Boys	500 Metre	Final
	T#129	U8	Girls	700 Metre	Final
	T#130	U8	Boys	700 Metre	Final
	T#131	U9 - U12	Girls	4 x 100m Relay	Final
	T#132	U9 - U12	Boys	4 x 100m Relay	Final
	T#133	U13 -U17	Girls	4 x 100m Relay	Final
	T#134	U13 -U17	Boys	4 x 100m Relay	Final
	T#135	U7	Girls	70 Metre	Heats
	T#136	U7	Boys	70 Metre	Heats
	T#137	U8	Girls	70 Metre	Heats
	T#138	U8	Boys	70 Metre	Heats
	T#139	U9	Girls	70 Metre	Heats
	T#140	U9	Boys	70 Metre	Heats
	T#141	U10	Girls	70 Metre	Heats
	T#142	U10	Boys	70 Metre	Heats
Estimated Draft Time - 11:20am	T#143	U13	Girls	80 Metre Hurdles	Heats
	T#144	U13	Boys	80 Metre Hurdles	Heats
	T#145	U14	Girls	80 Metre Hurdles	Heats
	T#146	U14	Boys	90 Metre Hurdles	Heats
	T#147	U15	Girls	90 Metre Hurdles	Heats
	T#148	U15	Boys	100 Metre Hurdles	Heats
	T#149	U17	Girls	100 Metre Hurdles	Heats
	T#150	U17	Boys	110 Metre Hurdles	Heats
	T#151	U7	Girls	70 Metre	Final
	T#152	U7	Boys	70 Metre	Final
	T#153	U8	Girls	70 Metre	Final
	T#154	U8	Boys	70 Metre	Final
	T#155	U9	Girls	70 Metre	Final
	T#156	U9	Boys	70 Metre	Final
	T#157	U10	Girls	70 Metre	Final
	T#158	U10	Boys	70 Metre	Final
	T#159	U13	Girls	80 Metre Hurdles	Final
	T#160	U13	Boys	80 Metre Hurdles	Final
	T#161	U14	Girls	80 Metre Hurdles	Final
	T#162	U14	Boys	90 Metre Hurdles	Final
	T#163	U15	Girls	90 Metre Hurdles	Final
	T#164	U15	Boys	100 Metre Hurdles	Final
	T#165	U17	Girls	100 Metre Hurdles	Final
	T#166	U17	Boys	110 Metre Hurdles	Final
	T#167	U11	Girls	200 Metre	Heats
	T#168	U11	Boys	200 Metre	Heats
	T#169	U12	Girls	200 Metre	Heats
	T#170	U12	Boys	200 Metre	Heats
	T#171	U7	Girls	200 Metre	Heats
	T#172	U7	Boys	200 Metre	Heats
	T#173	U8	Girls	200 Metre	Heats
	T#174	U8	Boys	200 Metre	Heats
	T#175	U9	Girls	200 Metre	Heats
	T#176	U9	Boys	200 Metre	Heats

	T#177	U10	Girls	200 Metre	Heats
	T#178	U10	Boys	200 Metre	Heats
	T#179	U13	Girls	200 Metre	Heats
	T#180	U13	Boys	200 Metre	Heats
	T#181	U14	Girls	200 Metre	Heats
	T#182	U14	Boys	200 Metre	Heats
	T#183	U15	Girls	200 Metre	Heats
	T#184	U15	Boys	200 Metre	Heats
	T#185	U17	Girls	200 Metre	Heats
	T#186	U17	Boys	200 Metre	Heats
Estimated Draft Time - 2:25pm	T#187	U11	Girls	200 Metre	Final
	T#188	U11	Boys	200 Metre	Final
	T#189	U12	Girls	200 Metre	Final
	T#190	U12	Boys	200 Metre	Final
	T#191	U7	Girls	200 Metre	Final
	T#192	U7	Boys	200 Metre	Final
	T#193	U8	Girls	200 Metre	Final
	T#194	U8	Boys	200 Metre	Final
	T#195	U9	Girls	200 Metre	Final
	T#196	U9	Boys	200 Metre	Final
	T#197	U10	Girls	200 Metre	Final
	T#198	U10	Boys	200 Metre	Final
	T#199	U13	Girls	200 Metre	Final
	T#200	U13	Boys	200 Metre	Final
	T#201	U14	Girls	200 Metre	Final
	T#202	U14	Boys	200 Metre	Final
	T#203	U15	Girls	200 Metre	Final
	T#204	U15	Boys	200 Metre	Final
	T#205	U17	Girls	200 Metre	Final
	T#206	U17	Boys	200 Metre	Final
	T#207	U9	Girls	700 Metre Walk	Final
	T#208	U9	Boys	700 Metre Walk	Final
	T#209	U10	Girls	1100 Metre Walk	Final
	T#210	U10	Boys	1100 Metre Walk	Final
	T#211	U11	Girls	1100 Metre Walk	Final
	T#212	U11	Boys	1100 Metre Walk	Final
	T#213	U12	Girls	1500 Metre Walk	Final
	T#214	U12	Boys	1500 Metre Walk	Final
	T#215	U13	Girls	1500 Metre Walk	Final
	T#216	U13	Boys	1500 Metre Walk	Final
	T#217	U14	Girls	1500 Metre Walk	Final
	T#218	U14	Boys	1500 Metre Walk	Final
	T#219	U15	Girls	1500 Metre Walk	Final
	T#220	U15	Boys	1500 Metre Walk	Final
	T#221	U17	Girls	1500 Metre Walk	Final
	T#222	U17	Boys	1500 Metre Walk	Final