

Central Zone Athletic Timetable

Thursday 26 November 2015

All times are only approximate and events will be run back to back.

9:15am	Year 7 Girls	1500m final	Stopwatches used, times recorded for 1 st , 2 nd , 3 rd only
	Year 7 Boys	1500m final	
	Year 8 Girls	1500m final	
	Year 8 Boys	1500m final	
9:30am First round of field events to begin			
9:30am	Year 7 Girls	200m heats	Photo finish timing to be used on all lanes
	Year 7 Boys	200m heats	
	Year 8 Girls	200m heats	
	Year 8 Boys	200m heats	
10:00am	Year 7 Girls	100m heats	Photo finish timing to be used on all lanes
	Year 7 Boys	100m heats	
	Year 8 Girls	100m heats	
	Year 8 Boys	100m heats	
11:00am	Year 7 Girls	400m Finals	Stopwatches used, times recorded for 1 st , 2 nd , 3 rd only
	Year 7 Boys	400m Finals	
	Year 8 Girls	400m Finals	
	Year 8 Boys	400m Finals	
11:15am	Year 7 Girls	Relay heats	Relay runners must go straight to their change over areas and listen for their schools' lane number Stopwatches used, times recorded for 1 st , 2 nd , 3 rd only
	Year 7 Boys	Relay heats	
	Year 8 Girls	Relay heats	
	Year 8 Boys	Relay heats	
12:00pm	Year 7 Girls	800m Finals	Stopwatches used, times recorded for 1 st , 2 nd , 3 rd only
	Year 7 Boys	800m Finals	
	Year 8 Girls	800m Finals	
	Year 8 Boys	800m Finals	

1:15pm	Year 7 Girls	200m Finals	Photo finish timing to be used on all lanes
	Year 7 Boys	200m Finals	
	Year 8 Girls	200m Finals	
	Year 8 Boys	200m Finals	
1:30pm	Year 7 Girls	100m Finals	Photo finish timing to be used on all lanes
	Year 7 Boys	100m Finals	
	Year 8 Girls	100m Finals	
	Year 8 Boys	100m Finals	
1:45pm	Year 7 Girls	Relay Finals	Stopwatches used, times recorded for 1 st , 2 nd , 3 rd only
	Year 7 Boys	Relay Finals	
	Year 8 Girls	Relay Finals	
	Year 8 Boys	Relay Finals.	

All times are only approximate and events will be run back to back.

For the Photo finishing timing to work the correct athlete MUST be in the correct lane. The lane draw will be emailed out prior to the event (Tuesday 24 November at latest).

Please note that this year there are no 400m Heats (if we have to have 2 heats it will go on times) and long jump will be off the board not the metre mat.

All finalists are chosen on times, not placing's i.e. run your fastest in the heats. Students must stay in their lanes at the end of a race.

Field Programme

Approximate times only

9:30am

High Jump	Mat 1	Year 8 Boys
	Mat 2	Break
Discus	Circle1	Year 8 Girls
	Circle 2	Break
Shot Put	Circle 1	Year 7 Boys
	Circle 2	Year 7 Girls
Long Jump	Pit 1	Break
	Pit 2	Break

10:30am

High Jump	Mat 1	Break
	Mat 2	Year 8 Girls
Discus	Circle1	Break
	Circle 2	Break
Shot Put	Circle 1	Year 8 Boys
	Circle 2	Break
Long Jump	Pit 1	Year 7 Girls
	Pit 2	Year 7 Boys

11:30am

High Jump	Mat 1	Break
	Mat 2	Break
Discus	Circle1	Year 7 Boys
	Circle 2	Year 7 Girls
Shot Put	Circle 1	Break
	Circle 2	Year 8 Girls
Long Jump	Pit 1	Break
	Pit 2	Year 8 Boys

12:30am

High Jump	Mat 1	Year 7 Girls
	Mat 2	Year 7 Boys
Discus	Circle1	Break
	Circle 2	Year 8 Boys
Shot Put	Circle 1	Break
	Circle 2	Break
Long Jump	Pit 1	Year 8 Girls
	Pit 2	Break

We will be using the Photo Finish Timing for the 100m and 200m heats and finals.

Please ensure students know which heat and what lane they are in. They **MUST** stay in their lane!

You can enter four (4) students into the 100m. This means your whole relay team gets to race!

I have left some lanes and heats empty for the 'smaller' schools. If you are the team manager from a smaller school you must enter your athletes least one week before race day. Send me their names, age and event. Entries close 20 November at 12pm.

If you are from a 'larger' school I will assume you will fill all your entry opportunities, unless you tell me otherwise. Please enter via the Google doc.

Inter-zone Entries per zone are as follows

- **Track:**
 - 100m 3 entries
 - 200m 3 entries
 - 400m 2 entries
 - 800m 3 entries
 - 1500m 3 entries
 - 4x100m relay 3 entries
- **Field:**
 - shot put 3 entries
 - discus 3 entries
 - high jump 3 entries
 - long jump 3 entries