



Track Program - Far North Coast Zone Athletics

Friday 21 September

Time	Gender	Event	Distance	Type
9am Start time. Please arrive no later than 8.45am. Athletes will need to check in with their team manager prior to events.	Boys	Junior/11 years/Senior/Multiclass	800m	Finals
	Girls	Junior/11 years/Senior/Multiclass	800m	Finals
	Boys/Girls	Junior/PP5/PP6/Senior	4 x 100m Relay	Heats
	Boys	Junior/11 years/Senior	200m	Timed Finals
	Boys	Junior Multi Class/Senior Multi Class	200m	Timed Finals
	Girls	Junior/11 years/Senior	200m	Timed Finals
	Girls	Junior Multi Class/Senior Multi Class	200m	Timed Finals
	Boys	8/9/10/11/12/13 years	100m	Heats
	Boys	Junior Multi Class/Senior Multi Class	100m	Timed Finals
	Girls	8/9/10/11/12/13 years	100m	Heats
	Girls	Junior Multi Class/Senior Multi Class	100m	Timed Finals
	Boys/Girls	Junior/PP5/PP6/Senior	4 x 100m Relay	Finals
	Boys	8/9/10/11/12/13 years	100m	Finals
	Girls	8/9/10/11/12/13 years	100m	Finals
	Boys	Junior/11 years/Senior/Multiclass	1500m	Finals
	Girls	Junior/11 years/Senior/Multiclass	1500m	Finals

Field Events Program – Far North Coast Zone Athletics

Time	Gender	Age Group	Event	Location
9am Start Time	Boys	11 years	Long Jump	Pit 1
Note: There are NO official start times. The program is followed in event order. Track events take precedence over field events. Field event jumps or throws can be completed after finishing a track running event.	Girls	11 years	Long Jump	Pit 2
	Boys	Senior	High Jump	Stand 1
	Girls	Senior	High Jump	Stand 2
	Boys	Junior	Discus (500g)	Cage 1
	Boys	Junior	Multi Class Discus (350/500g)	Cage 1
	Girls	Junior	Discus (500g)	Cage 2
	Girls	Junior	Multi Class Discus (350/500g)	Cage 2
	Boys	Junior	Long Jump	Pit 1
	Girls	Junior	Long Jump	Pit 2
	Boys	Senior	Shot (3kg)	Circle 1
	Girls	Senior	Shot (3kg)	Circle 2
	Boys	11 years	Discus (750g)	Cage 1
	Girls	11 years	Discus (750g)	Cage 2
	Boys	Junior	Multi Class Long Jump	Pit 1
	Girls	Junior	Multi Class Long Jump	Pit 2
	Boys	Senior	Multi Class Shot	Circle 1
	Girls	Senior	Multi Class Shot	Circle 2
	Boys	Senior	Discus (750g)	Cage 1
	Boys	Senior	Multi Class Discus (500/750g)	Cage 1
	Girls	Senior	Discus (750g)	Cage 2
	Girls	Senior	Multi Class Discus (500/750g)	Cage 2
	Boys	Junior	Shot (2kg)	Circle 1
	Girls	Junior	Shot (2kg)	Circle 2
	Boys	11 years	High Jump	Stand 1
	Girls	11 years	High Jump	Stand 2
	Boys	Senior	Long Jump	Pit 1
	Girls	Senior	Long Jump	Pit 2
	Boys	Junior	Multi Class Shot	Circle 1
	Girls	Junior	Multi Class Shot	Circle 2
	Boys	Junior	High Jump	Stand 1

Time	Gender	Age Group	Event	Location
	Girls	Junior	High Jump	Stand 2
	Boys	Senior	Multi Class Long Jump	Pit 1
	Girls	Senior	Multi Class Long Jump	Pit 2
	Boys	11 years	Shot (2kg)	Circle 1
	Girls	11 years	Shot (2kg)	Circle 2