

Central Zone Athletics Championships

Tuesday 7 March 2023 - Porritt Stadium

Organising School: Cambridge High School



ORDER OF EVENTS

Order	Time (approx.)	Event	Grade
	8.45	Managers Meeting. All Scratchings for LANED Events to be handed in at least 40 minutes before the event at TIC.	
1	9.05	3000m*	Girls (All Grades)
2	9.25	3000m*	Boys (All Grades)
3	9.45	300M Hurdles	U16/Senior Boys/Girls [Graded Timed Finals]
4	9.45	Shot Put	Senior Boys
5	9.45	Discus	Senior Girls
6	9.45	Javelin	Junior Boys
7	9.45	Triple Jump (Pit 1)	Intermediate Girls
8	9.45	Long Jump (Pit 2)	Intermediate Boys
9	9.45	High Jump	Junior Girls
10	9.55	100m	Junior Girls (Heats)
11	10.05	100m	Junior Boys (Heats)
12	10.15	100m	Intermediate Girls (Heats)
13	10.25	100m	Intermediate Boys (Heats)
14	10.35	100m	Senior Girls (Heats)
15	10.40	100m	Senior Boys (Heats)
16	10.40	Shot Put	Senior Girls
17	10.40	Discus	Intermediate Boys
18	10.40	Javelin	Junior Girls
19	10.40	Triple Jump (Pit 1)	Junior Boys
20	10.40	High Jump	Senior Boys
21	10.40	Long Jump (Pit 2)	Intermediate Girls
22	10.50	100m	Para Athletes (F)
23	11.00	800m	Junior Girls (F)
24	11.05	800m	Junior Boys (F)
25	11.12	800m	Intermediate Girls (F)
26	11.18	800m	Intermediate Boys (F)
27	11.23	800m	Senior Girls (F)
28	11.26	800m	Senior Boys (F)
29	11.30	Shot Put	Intermediate Boys
30	11.30	Discus	Intermediate Girls
31	11.30	Javelin	Senior Boys
32	11.30	Triple Jump (Pit 1)	Junior Girls

Central Zone Athletics Championships

Tuesday 7 March 2023 - Porritt Stadium

Organising School: Cambridge High School



33	11.30	High Jump	Senior Girls
34	11.30	Long Jump (Pit 2)	Junior Boys
35	11.35	200m	Junior Girls (Timed Final)
36	11.45	200m	Junior Boys (Timed Final)
37	11.50	200m	Intermediate Girls (Timed Final)
38	11.55	200m	Intermediate Boys (Timed Final)
39	12.05	200m	Senior Girls (Timed Final)
40	12.10	200m	Senior Boys (Timed Final)
41	12.15	200m	Para Athletes (F)
	12.25	LUNCH BREAK - For FIELD Event Officials	
42	12.30	70m Hurdles	Junior Girls (Timed Final)
43	12.35	80m Hurdles	Junior Boys (Timed Final)
44	12.40	80m Hurdles	Intermediate Girls (Timed Final)
45	12.50	100m Hurdles	Senior Girls (Timed Final)
46	12.45	Discus	Junior Boys
47	12.45	Javelin	Senior Girls
48	12.45	Triple Jump (Pit 1)	Senior Boys
49	12.45	High Jump	Intermediate Boys
50	12.45	Long Jump (Pit 2)	Junior Girls
51	12.45	Shot Put	Intermediate Girls
52	12.55	100m Hurdles	Intermediate Boys (Timed Final)
53	1.00	110m Hurdles	Senior Boys (Timed Final)
		LUNCH BREAK - For Track Events Officials	
54	1.20	300m	Junior Girls (Timed Final)
55	1.26	300m	Junior Boys (Timed Final)
56	1.30	Shot Put	Junior Boys
57	1.30	Discus	Junior Girls
58	1.30	Javelin	Intermediate Boys
59	1.30	Triple Jump (Pit 1)	Senior Girls
60	1.30	High Jump	Intermediate Girls
61	1.30	Long Jump (Pit 2)	Senior Boys
62	1.32	400m	Intermediate Girls (Timed Final)
63	1.36	400m	Intermediate Boys (Timed Final)
64	1.42	400m	Senior Girls (Timed Final)
65	1.45	400m	Senior Boys (Timed Final)
66	1.50	400m	Para Athletes (Timed Final)
67	1.55	100m	Junior Girls (Final)

Central Zone Athletics Championships

Tuesday 7 March 2023 - Porritt Stadium

Organising School: Cambridge High School



68	2.00	100m	Junior Boys (Final)
69	2.03	100m	Intermediate Girls (Final)
70	2.06	100m	Intermediate Boys (Final)
71	2.09	100m	Senior Girls (Final)
72	2.12	100m	Senior Boys (Final)
73	2.15	1500m	Junior Girls(F)
74	2.15	Shot Put	Junior Girls
75	2.15	Discus	Senior Boys
76	2.15	Javelin	Intermediate Girls
77	2.15	Triple Jump (Pit 1)	Intermediate Boys
78	2.15	High Jump	Junior Boys
79	2.15	Long Jump (Pit 2)	Senior Girls
80	2.22	1500m	Junior Boys(F)
81	2.28	1500m	Intermediate Girls(F)
82	2.28	1500m	Senior Girls(F)
83	2.36	1500m	Intermediate Boys(F)
84	2.43	1500m	Senior Boys(F)
85	2.50	4 x 100m Relay	Junior Girls
86	2.55	4 x 100m Relay	Junior Boys
87	3.00	4 x 100m Relay	Intermediate Girls
88	3.05	4 x 100m Relay	Intermediate Boys
89	3.10	4 x 100m Relay	Senior Girls
90	3.15	4 x 100m Relay	Senior Boys

NOTES:

All times may be subject to delays and change on the day.

Where numbers are low in track events grades may be combined and run concurrently

Para Athletes who are competing in field events will compete at the same time as their age group.

Results will be combined at the end of the day.

Please check that the appropriate weight is being used.

TRACK EVENTS TAKE PRECEDENCE OVER FIELD EVENTS

Report to the field event officials first & compete if possible and then go to the track event **10 minutes before start time**. Athletes may rejoin the field event after track event although not necessarily in the round or height they were up to.

TIMED FINALS

All 200 metres / 300 metres / 400metres and all Hurdle events will be timed finals seeded to best ability of Meeting Manager of athlete's previous best-known performances

PROGRESSION TO FINALS

4 heats – first 1 in each heat and the next 4 fastest qualify

3 heats – first 2 in each heat and the next 2 fastest qualify

2 heats – first 3 in each heat and the next 2 fastest qualify