

WESTERN REGION TRACK AND FIELD COMPETITION

Order of Events: 16th June 2013

10.30am 14-19 Hammer

11.00am

11.00am

<u>TRACK</u>	<u>Age</u>	<u>Event</u>	<u>FIELD</u>	<u>Age</u>	<u>Event</u>
Girls	15	250m Hurdles	Girls	19	Long Jump
Boys	15	250m Hurdles	Boys	19	Long Jump
Girls	16	250m Hurdles	Girls	13	Long Jump (after U13 Hurdles)
Boys	16	250m Hurdles	Boys	13	Long Jump
Girls	17	300m Hurdles	Girls	14	Long Jump
Boys	17	300m Hurdles	Boys	14	Long Jump
Girls	18	400m Hurdles	Girls	15	Long Jump
Boys	18	400m Hurdles	Boys	15	Long Jump
Girls	19	400m Hurdles	Girls	17	Long Jump
Boys	19	400m Hurdles	Boys	17	Long Jump
Girls	14	2000m Walk	Girls	18	Long Jump
Boys	14	2000m Walk	Boys	18	Long Jump
Girls	15	2000m Walk	Girls	16	Long Jump
Boys	15	2000m Walk	Boys	16	Long Jump
Girls	16	2000m Walk	Girls	15	High Jump
Boys	16	2000m Walk	Boys	15	High Jump
Girls	17	3000m Walk	Girls	16	High Jump
Boys	17	3000m Walk	Boys	16	High Jump
Girls	18	3000m Walk	Girls	17	High Jump
Boys	18	5000m Walk	Boys	17	High Jump
Girls	19	3000m Walk	Girls	18	High Jump
Boys	19	5000m Walk	Boys	18	High Jump
Girls	13	80m	Girls	19	High Jump
Boys	13	80m	Boys	19	High Jump
Girls	14	80m	Girls	14	High Jump
Boys	14	80m	Boys	14	High Jump
Girls	15	100m	Girls	13	High Jump
Boys	15	100m	Boys	13	High Jump
Girls	18	100m	Girls	15	Shot Putt
Boys	18	100m	Boys	15	Shot Putt
Girls	17	100m	Girls	14	Shot Putt
Boys	17	100m	Boys	14	Shot Putt
Girls	16	100m	Girls	13	Shot Putt
Boys	16	100m	Boys	13	Shot Putt
Girls	19	100m	Girls	16	Shot Putt
Boys	19	100m	Boys	16	Shot Putt
Girls	13	60m Hurdles	Girls	19	Shot Putt
Boys	13	60m Hurdles	Boys	19	Shot Putt
Girls	14	75m Hurdles	Girls	18	Shot Putt
Boys	14	75m Hurdles	Boys	18	Shot Putt
Girls	15	80m Hurdles	Girls	17	Shot Putt
Girls	16	80m Hurdles	Boys	17	Shot Putt
Boys	15	80m Hurdles			
Girls	17	100m Hurdles			
Girls	18	100m Hurdles			
Girls	19	100m Hurdles			
Boys	16	100m Hurdles			
Boys	17	100m Hurdles			
Boys	18	110m Hurdles			
Boys	19	110m Hurdles			

WESTERN REGION TRACK AND FIELD COMPETITION cont

Girls/Boys 14 **1500m**
 Girls/Boys 15 1500m
 Girls/Boys 16 1500m
 Girls/Boys 17 1500m
 Girls/Boys 18 1500m
 Girls/Boys 19 1500m

Girls 14 **200m**
 Boys 14 200m
 Girls 15 200m
 Boys 15 200m
 Girls 16 200m
 Boys 16 200m
 Girls 17 200m
 Boys 17 200m
 Girls 18 200m
 Boys 18 200m
 Girls 19 200m
 Boys 19 200m

Girls 17 **2000m S/C**
 Boys 17 2000m S/C
 Girls 18 2000m S/C
 Boys 18 3000m S/C
 Girls 19 3000m S/C
 Boys 19 3000m S/C

Girls 17 **400m**
 Girls 18 400m
 Girls 19 400m
 Boys 17 400m
 Boys 18 400m
 Boys 19 400m

Boys 16 **3000m**
 Boys 17 3000m
 Girls 18 3000m
 Boys 18 3000m
 Girls 19 3000m
 Boys 19 3000m

Girls 13 **600m**
 Boys 13 600m
 Girls 14 800m
 Boys 14 800m
 Girls 15 800m
 Boys 15 800m
 Girls 16 800m
 Boys 16 800m
 Girls 17 800m
 Boys 17 800m
 Girls 18 800m
 Boys 18 800m
 Girls 19 800m
 Boys 19 800m

Girls 18 **Discus**
 Boys 18 Discus
 Girls 19 Discus
 Boys 19 Discus
 Girls 17 Discus
 Boys 17 Discus
 Girls 16 Discus
 Boys 16 Discus
 Girls 15 Discus
 Boys 15 Discus
 Girls 14 Discus
 Boys 14 Discus

Girls/Boys 13-19 **Javelin**

Boys 15 **Triple Jump**
 Boys 16 Triple Jump
 Girls/Boys 17 Triple Jump
 Girls/Boys 18 Triple Jump
 Girls/Boys 19 Triple Jump

Field events order subject to change on the day

Seniors compete with U19

Relays at end of programme