

WESTERN REGION TRACK AND FIELD COMPETITION
Order of Events: 16th June 2013

Event	Event	Age	Track Time	height	Per race	total
	1 400m Hurdles	18 B	11.0 am	84cm	2	
	1 400m Hurdles	19B		91 cm	1	
	1 400m Hurdles	18 G		76 CM	1	
	1 400m Hurdles	19 G		76CM	1	5
	2 300m hurdles	17 g	11.05	76CM	2	
	2 300m hurdles	17 b		76CM	3	5
	3 250m Hurdles	15B	11.15	76CM	3	
	3 250m Hurdles	16B		76CM	1	4
	4 250m Hurdles	15G	11.21	68CM	2	
	4 250m Hurdles	16G		68CM	3	5
	Move all hurdles to the sprints area lanes 3-8					
	5 2000M Walk	all 14	11.3		2	
		All 15			5	
		All 16			3	10
	6 3000m walk	all 17	11.45		2	
		18 G			2	
		19 G			3	7
	7 5000m walk	19B	11.46		1	
		18B			1	2
	8 60m Hurdles	13 girls	12 noon	68cm	19	3 heats
	9	13 boys		68cm	19	3 heats
	10 75m hurls	14 Girls		68 cm	15	2 heats
	11	14 boys		75cm	8	1 heats
	12 80m hurdles	15G+16G		80cm	8	1 heat
	13	15boys		80cm	5	1 heat
	14 100m hurdles	Girls 17		76CM	3	
		Girls 18			0	0
		Girls 19		84cm	1	
		Boys 16		84cm	1	
		Boys 17		91 cm	2	1 heat
	15 110 hurdles	boys 18		91 cm	2	
		boys 19		99cm	1	1 heat
	16 steeplechase	17g - 2000m	1.30 pm	76CM	1	
		18g-2000m		76CM	2	
		18 G- 3000M		76CM	1	1 heat
	17 steeplechase	17B- 2000M		91cm	3	
		18B- 3000M		91cm	2	
		19b-3000m		91cm	1+1	1 heat
	2.0 pm- Sprints					
				max heats	number	Age
	18 80m sprints	13 girls		6	44	13 boys
		14 Girls		5	34	14 boys
		15 Girls		3	18	15 Boys
		18 girls		final	7	18 boys
	19 100m sprints	17 girls		final	8	17 boys

	16 girls		2	12		16 boys
	19 girls/ sen		final	5		19boys/ sen
20 1500m	gilrs 14+15	2.3	On time	17		
	boys 14+15		On time	22		
	girls 16-19		On time	15		
	boys 16-19		On time	23		
		3pm		number	heats	
21 200m	girls 14			22		3
	14 Boys			22		3
	15 Girls			14		2
	15 Boys			12		2
	16 Girls			13		2
	16 Boys			17		3
	17 Girls			7		1
	17 Boys			12		2
	18 Girls			9		2
	18 Boys			10		2
	19 Girls/sen			6+1		1
	19 Boys/sen			4+4		1
22 400m -4.30	17 Girls				4 finals	
	18 Girls				6 finals	
	19 Girls				3 finals	
	17 Boys				6 finals	
	18 Boys				6 finals	
	19 Boys/sen			5+3	finals	
23 3000m-4.45	16 Boys			1	finals	
	17 Boys			6	finals	
	18 Girls			2	finals	
	18 Boys			7	finals	
	19 Girls			3	finals	
	19 Boys/sen			3+1	finals	
24 600m- 5.15	13 Girls			34		3
	13 Boys			32		3
25 800m- 6.0pm	14 Girls			26		2
	14 Boys			14	finals	
	15 Girls			10	finals	
	15 Boys			12	finals	
26 800m	16 + 17 Girls			10		
				3	1 race	
27 800m	16-19 boys			15	1 race	
28 800m	18-19 girls			7	1 race	

Number	Heats
37	5
25	4
11	2
6	final
10	2 heats

19
7

3
final