

EVENT:	2016 METRO NORTH BENDIGO BANK REGIONAL CHAMPIONSHIPS
VENUE:	CITY NORTH LAC, Keith Bevis Oval, Windsor Pk, Grafton St, Albion
DATE:	FRIDAY 5, SATURDAY 6 & SUNDAY 7 FEBRUARY 2016
ARRIVE:	FRIDAY 6.00PM FOR FIRST EVENT AT 6-30PM
ARRIVE:	SATURDAY / SUNDAY 8.00AM FOR FIRST EVENT AT 8.30AM

N.B.Events may be brought forward by 30mins

TRACK - FRIDAY 5 FEBRUARY 2016

6.30pm Walks FINALS U9, 10, 11, 12, 14, 15+, 13

TRACK - SATURDAY 6 FEBRUARY 2016

8.30 am 400M Heats U9, 11, 12, 13, 10, 15+, 14

10.10am 60m Hurdles U8, 9

11.00am 100m Heats U7, 14, 9, 13, 15+

12noon 100m Heats U8, 10, 12, 11

12.50pm 60m Hurdles FINALS U9

N.B. U7 & 8 NO FINALS

1.00pm **LUNCH** Presentation of U7& 8 Participation Medals

FINALS (if any)

1.30pm 400m U13, 14, 15+, 11, 12, 10, 9

2.15pm 200m Hurdles U13, 14, 15+

2.35pm 100m Finals U11, 9, 13, 10, 15+, 12, 14

Presentation of Paul O'Brien Shield

3.00pm 1500m U11, 13, 15+, 12, 14

3.30pm 200m Hurdles Finals (if any)

TRACK - SUNDAY 7 FEBRUARY 2016

8.30am 70m heats U10, 9, 8, 7

9.15am 60m hurdles U10, 11 & U12

10.10am 80m / 90m / 100m hurdles U13, 14, U15+P, U15+

11.10am 200m heats U7, 8, 13, 9

12.00pm 200m heats U11, 12, 15+, 15G+P, 14, 10

1.10pm 100m U15B+P

1.15pm **LUNCH & U15/U17 MARCH PAST**

FINALS (if any)

1.50pm 70m U10, 9

2.00pm Sprint Hurdles U10, 11, 12, 13, 14, 15+

2.15pm 200m U9, 10, 11, 12, 14, 13, 15+

2.45pm 800m U15+, U15+P U9, 12, 13, 10, 14, 11

FIELD - FRIDAY 5 FEBRUARY 2016

6.30pm Javelin U12 Girls

Triple Jump U11

7.00pm Discus U8

High Jump U9

Shot Put U10

7.30pm Javelin U12 Boys

Triple Jump U13

FIELD - SATURDAY 6 FEBRUARY 2016

8.30am Long Jump U14

Javelin U15+

9.35am Long Jump U11

10.10am Javelin U13

Shot Put U7

10.40am High Jump U12

Long Jump U10

Shot Put U15+

11.25am Shot Put U11

11.55am Discus U14

High Jump U15+

12.25pm Long Jump U12

12.45pm Javelin U11 Girls

1.15pm Discus U9

Shot Put U13

1.30pm Triple Jump U15+

1.45pm Javelin U11 Boys

2.30pm Long jump U7

2.45pm High jump U10

3.00pm Discus U12

FIELD - SUNDAY 7 FEBRUARY 2016

8.30am Long Jump U15+ U15+P

Javelin U14

High Jump U13

Shot Put U12

9.30am Long jump U9

Shot Put U8

9.50am Discus U15+ U15B+P

10.40am Triple Jump U14

11.20am Discus U10

11.30am High Jump U14

12.30pm Long Jump U13

1.15pm Shot Put U9

Discus U7

1.35pm High Jump U11

1.55pm Triple Jump U12

2.00pm Shot Put U15G+P

2.25pm Discus U13

2.30pm Shot Put U14

3.00pm Long Jump U8

Discus U11

Note: **U15+P means Pentathlon events

****No finals U7/8's**

****15+ means U15,16 & 17 age groups**