



# 2021 State Track and Field Relay Championships Team Information



<b>Competition:</b>	Athletics West State Track and Field Relay Championships
<b>Competition Date:</b>	Saturday 11 <sup>th</sup> December 2021
<b>Competition Times:</b>	10am to 6.30pm
<b>Competition Venue:</b>	WA Athletics Stadium, Floreat (off Underwood Avenue, Floreat)

Congratulations on joining the 2021 Ridgewood LAC State Track and Field Relay Championships Team.

Remember, yes, this event has medals on offer for the Top 3 teams in each category, but remember to do your best and follow the Little Athletics Motto of FAMILY FUN & FITNESS

This package is your key information for this event from Ridgewood LAC. Please refer to other documents as highlighted which are available from the *Ridgewood LAC Website* and/or the *Athletics West Website* which are linked in the QR Codes below:



Ridgewood LAC Website

<http://www.ridgewoodlac.org/awstateevents.html>



Athletics West Website

<https://www.athleticswest.com.au/events/116948/>

GOOD LUCK TO YOU ALL!

## Parking around HBF Stadium Precinct

Athletics West and Venues West highlight that there are several events taking place across the HBF Stadium Precinct including the State Relay Championships. Parking WILL be at a premium. Please take this into consideration when preparing for your arrival.

## Stadium Grandstand / COVID Protocols

As WA is currently under Stage 5 COVID Restrictions, the Grandstand will be OPEN. Spectators are welcome to seat in the grandstand without restrictions.

Social Distancing is still required where possible and all patrons will be required to sign in using the SafeWA App or via Manual Contact Register.

## Venue Map

The Venue map which highlights the location of the Technical Information Centre (TIC), Call Room, First Aid and other important locations is available on the Athletics West Website. (Use the QR Code or Link above)

## Ridgewood LAC Team HQ

Ridgewood LAC Tent HQ will be located opposite the grandstand on the grass bank above the back straight/1500m Start Line/ Jump Pit 4 - Look for the Ridgewood Banners.

## Ridgewood LAC Team Managers

Paul Phillips and Nienke West are the Team Managers for this event.

If you have any issues throughout the day, please contact the Team Managers on the Centre Mobile: 0498 179 478 or Paul: 0413 603 634





# 2021 State Track and Field Relay Championships

## Team Information



### Arrival Information

All athletes MUST arrive at the WA Athletics Stadium **no less than 45 minutes prior** to your Call Room Entry Time. Please be aware that parking for this event is at a premium and parking close to the stadium may not be available when you arrive.

Once you arrive at the stadium, please head to the **Ridgewood LAC Team HQ** to check in as noted below:

### Track Athletes

Track Athletes are to check in with your Coach/Squad Manager on arrival at the stadium.

Track Coaches/Squad Managers may require athletes to arrive earlier than the Ridgewood LAC Team Management time to ensure adequate time for warm ups and preparation etc.

Track Coaches/Squad Managers must sign in at the **Ridgewood LAC Team HQ** to confirm all athletes are present **no later than 30 minutes prior to the Call Room Entry Time**.

All members of the team must enter the Call Room together. The timetable of events is included later in this document and is correct as of Tuesday 7<sup>th</sup> December – Please confirm times on the AW Website on Friday evening to ensure no late changes have occurred.

### Field

Field Athletes are required to check in at the **Ridgewood LAC Team HQ** to confirm you are competing **no later than 30 minutes prior to the Call Room Entry Time**. The timetable of events and competing athletes is included later in this document and is correct as of Tuesday 7<sup>th</sup> December – Please confirm times on the AW Website on Friday evening to ensure no late changes have occurred.

No field athlete will miss an event due to a clash based on the structure of the timetable, however if athletes are contesting two field events that follow each other, athletes must inform the Call Room on their arrival for their first event, so the Call Room Officials are aware. These athletes are highlighted in Yellow in the team list below and on the check in sheet at the Ridgewood LAC Team HQ.

### Call Room

As detailed in the Athletics West Technical Rules and Regulations for this event, the Call Room is located at the 100m Start Line end of the stadium.

Track Athletes will enter 20 minutes prior to event start time (All Team Members must enter the Call Room together)

Field Athletes will enter 35 minutes prior to event start time (Individual Athletes competing in each event.)

**PLEASE NOTE THERE WILL BE NO ANNOUNCEMENTS RELATING TO CALL ROOM ENTRIES.**

Athletes and Teams are responsible for knowing what time they need to enter the Call Room and to be at the Call Room ON TIME. Failure to attend the Call Room on time, may result in an athlete/team being unable to compete.

### Final Teams

The Final Teams listed for Ridgewood LAC are listed at the end of this document with the RW Check In Time, Call Room Time and Event Start Times. (Please note these times are correct as of Tuesday 7<sup>th</sup> December. PLEASE check the AW Website on Friday evening for the final timetable to ensure you arrive on time. Athletes with significant changes will be contacted prior to the weekend.

### Parent Volunteer Roster

As with all athletics events, parents are required to assist on sites to ensure the smooth running of the event. As previously communicated all Coaches/Squad Managers are listed as completing a roster for this event. All other families are expected to make themselves available to complete ONE roster as selected from the Roster Availability. If you have selected your roster, Ridgewood LAC sincerely thanks you for your assistance at this event. If you are yet to select a roster, please scan the QR Code and select a roster.





# 2021 State Track and Field Relay Championships

## Team Information



### Roster Check In

Please sign in for your roster at the **Ridgewood LAC Tent HQ** and then proceed to the **Technical Information Centre (TIC)** which is located near the stadium entry point and Call Room. The Map is included in the Athletics West section below.

The Athletics West appointed Key Officials will be able to answer any questions you have.

Please familiarise yourself with the location of your Roster Site and of course your child's site by checking the Venue Map available on the Athletics West website or on the maps at the TIC.

Volunteers must wear a hat, have enclosed shoes, and take a water bottle with them to site.

### Uniform

As this is a State Championship event, ALL Athletes must compete in the approved Ridgewood LAC Uniform (Singlet and Shorts). If you require Centre Uniform, please contact us ASAP and go to Centre Training on Thursday to purchase uniform.

Athletes may wear a second pair of shorts (compression shorts) underneath the Ridgewood Shorts. These must be either plain black, skin colour or Ridgewood Blue. If any logos are present, these must not exceed 7cm x 5cm (size of a matchbox)

### Spikes

Please refer to the Technical Rules and Regulations (included on the Athletics West Website) for the usage and wearing of spiked shoes.

U9/10 - No Spikes Permitted

U11-12 - Spikes in 4x100m Relay, Long Jump, Triple Jump and Javelin

U13-17 - Spikes in 4x100m Relay, 4x400m Relay, Medley Relay, Long Jump, Triple Jump and Javelin

### 4x200m Relay – Rule Change for 2021 Championships

As per the updated Rules and Regulations, the 4x200m Relay will be conducted completely IN LANES. Athletes are to remain in their lanes for the entire race. Changeover Zones will be clearly marked on the track. For more information, please refer to the documentation of the Athletics West Website.

### Field Event Scoring

Field Events will be scored using the Combined Event Scoring Tables with the combined score across the four events determining the medallists.

### Protests and Appeals

If there is any requirement to potentially protest a result or event:

For Track events please liaise with the Team Coach/Squad Manager who will then liaise with the Ridgewood LAC Team Managers.

For Field Events, please liaise with the Ridgewood LAC Team Managers directly.

Only the **Ridgewood LAC Team Managers** can submit protests and appeals. This will cost \$55 which is to be covered by the Team/Athlete who wishes to lodge the protest.

### Social Media Coverage

Don't forget to follow Ridgewood LAC on Facebook and Instagram for photos and updates from the event. The Ridgewood LAC Team Managers and Championships Team will endeavour to upload "Medal Alerts" as soon as practical throughout the day. If you win a medal, make sure you get a photo in our "RLAC Medal Alert" photo frame for inclusion in our socials.





# 2021 State Track and Field Relay Championships

## Team Information



### Final Ridgewood Notes

Ridgewood LAC have put in a lot of time and effort behind the scenes to ensure that not only are we well represented as a Centre, but the athletes themselves are able to do their very best and have fun at this very prestigious event.

If you are having difficulties getting athletes to the stadium on Saturday, please ask for assistance, as this is a TEAM event we need to ensure ALL athletes arrive on time.

### Contact prior to the event

If you have any questions, queries or concerns about anything relating to this event, please contact us via email: [championships@ridgewoodlac.org](mailto:championships@ridgewoodlac.org)

All enquiries must go through Ridgewood LAC and not be directed to Athletics West.

### On the day contact

Paul and Nienke are the Team Managers and will be available to assist you in whatever way needed.

Don't forget, if you are running late or can't find the team, call: **0498 179 478** OR **0413 603 634**

Please come to the Ridgewood LAC Tent HQ for a great view of the arena and to support all the Ridgewood athletes competing.

On behalf of the Ridgewood LAC Board, thank you to all the coaches and volunteers who are assisting across the day. Congratulations to all the selected athletes, good luck for your events, enjoy the competition and...

**GO RIDGEWOOD!!!!**





# 2021 State Track and Field Relay Championships

## Team Information

TIMETABLE UPDATED WEDNESDAY 8<sup>TH</sup> DECEMBER 2021

Ridgewood LAC 4x400m Track Relay Squads (U11 TO U17) – TIMED FINALS

Coaches – Please note RW Tent Check In Time

2021 STATE TRACK & FIELD RELAY CHAMPIONSHIPS - TRACK PROGRAM								
RW Athlete 1	RW Athlete 2	RW Athlete 3	RW Athlete 4	RW Tent Check In	Call Room Opens	Event Start Time	Age Group	Gender
Ameleah Ford	Ashleigh Fox	Indianna Malone	Emma McDermott	9:10 AM	9:40 AM	10:00 AM	U11	Girls
Travis Deane	AJ Steyn	Witahana Pakau	Pedro Manzoli	9:20 AM	9:52 AM	10:12 AM	U11	Boys
Mia Shelley	Anna Asante-Nimako	Shanelle Tica	Tahraya Ward	9:35 AM	10:04 AM	10:24 AM	U12	Girls
Zaine Calcott	Jaison Jaschinsky	Jayden Venter	Keenan Munro	9:45 AM	10:16 AM	10:36 AM	U12	Boys
Summer Adams	Dreyah Deane	Piper Goeree	Sienna Robert	10:00 AM	10:28 AM	10:48 AM	U13	Girls
Jeremie Lapierre	George Clune	Zachary Hoar	Jaxon McQuoid	10:10 AM	10:40 AM	11:00 AM	U13	Boys
Tyleea Ward	Alyssa Torrance	Mia Haast	Makaila Harnett	10:20 AM	10:52 AM	11:12 AM	U14	Girls
Thomas Smith	Zachary Houston	Will Parkinson	Jack Kirkhouse	10:35 AM	11:04 AM	11:24 AM	U14	Boys
Jamie Deane	George Holmes	Hawaiki Tichborne	Ashton Brewell	10:45 AM	11:16 AM	11:36 AM	U15	Boys
Aron Koch	Lachlan Fisher	Bailey Taig	Declan Morrison	11:10 AM	11:40 AM	12:00 PM	U17	Boys

TIMETABLE UPDATED WEDNESDAY 8<sup>TH</sup> DECEMBER 2021

Ridgewood LAC 4x200m Track Relay Squads (U9 & U10) – TIMED FINALS

Coaches – Please note RW Tent Check In Time

2021 STATE TRACK & FIELD RELAY CHAMPIONSHIPS - TRACK PROGRAM								
RW Athlete 1	RW Athlete 2	RW Athlete 3	RW Athlete 4	RW Tent Check In	Call Room Opens	Event Start Time	Age Group	Gender
Amelia Barnes	Ivy Warburton	Dillan Martinovich	Kamika Pitout	11:30 AM	12:00 PM	12:20 PM	U9	Girls
Ryder Elliss	Te ariki Tichborne	Jaxson Locke	Carter van der Westhuyzen	11:35 AM	12:06 PM	12:26 PM	U9	Boys
Muna Ezeonwu	Ela Mulimbi	Jasper Asante-Nimako	Violet Pakau	11:45 AM	12:15 PM	12:35 PM	U10	Girls
Divan Viljoen	Connor Young	Lionel Woodley	Logan Oakes	11:50 AM	12:21 PM	12:41 PM	U10	Boys

TIMETABLE UPDATED WEDNESDAY 8<sup>TH</sup> DECEMBER 2021

Ridgewood LAC Mixed Medley (200, 200, 400, 800) Track Relay Squads

Coaches – Please note RW Tent Check In Time

2021 STATE TRACK & FIELD RELAY CHAMPIONSHIPS - TRACK PROGRAM								
RW Athlete 1	RW Athlete 2	RW Athlete 3	RW Athlete 4	RW Tent Check In	Call Room Opens	Event Start Time	Age Group	Gender
Chloe Reeve	Mia Conroy	Declan Morrison	Bailey Taig	12:10 PM	12:40 PM	1:00 PM	U15 - U17	Mixed

TIMETABLE UPDATED WEDNESDAY 8<sup>TH</sup> DECEMBER 2021

Ridgewood LAC 4x100m Track Relay Squads (U9 TO U17) - HEATS





# 2021 State Track and Field Relay Championships



## Team Information

Coaches – Please note RW Tent Check In Time

U14 Boys and U15 Boys have gone to STRAIGHT FINALS

2021 STATE TRACK & FIELD RELAY CHAMPIONSHIPS - TRACK PROGRAM								
RW Athlete 1	RW Athlete 2	RW Athlete 3	RW Athlete 4	RW Tent Check In	Call Room Opens	Event Start Time	Age Group	Gender
Aron Koch	Charlie Williams	Zack Warburton	Declan Morrison	<b>1:55 PM</b>	2:26 PM	2:46 PM	U17	Boys
Ameleah Ford	Emma McDermott	Jahrya Rota	Indianna Malone	<b>2:00 PM</b>	2:30 PM	2:50 PM	U11	Girls
Riley Parr	Witahana Pakau	Pedro Manzoli	Travis Deane	<b>2:10 PM</b>	2:38 PM	2:58 PM	U11	Boys
Mia Shelley	Kaiya Puki	Anna Asante-Nimako	Shanelle Tica	<b>2:15 PM</b>	2:46 PM	3:06 PM	U12	Girls
Zaine Calcott	Oliver Clarke	Jayden Venter	Liam Barnes	<b>2:25 PM</b>	2:54 PM	3:14 PM	U12	Boys
Amelia Barnes	Ivy Warburton	Dillan Martinovich	Kamika Pitout	<b>2:30 PM</b>	3:02 PM	3:22 PM	U9	Girls
Ryder Elliss	Te ariki Tichborne	Jaxson Locke	Carter van der Westhuyzen	<b>2:40 PM</b>	3:10 PM	3:30 PM	U9	Boys
Muna Ezeonwu	Ela Mulimbi	Jasper Asante-Nimako	Violet Pakau	<b>2:50 PM</b>	3:22 PM	3:42 PM	U10	Girls
Divan Viljoen	Connor Young	Lionel Woodley	Logan Oakes	<b>3:00 PM</b>	3:30 PM	3:50 PM	U10	Boys
Summer Adams	Bella Muncaster	Dreyah Deane	Piper Goeree	<b>3:10 PM</b>	3:38 PM	3:58 PM	U13	Girls
Jeremie Lapierre	George Clune	Charlie Houston	Jaxon McQuoid	<b>3:15 PM</b>	3:46 PM	4:06 PM	U13	Boys
Tyleea Ward	Alyssa Torrance	Azalyiah Ackerman	Olivia Brock	<b>3:25 PM</b>	3:54 PM	4:14 PM	U14	Girls





# 2021 State Track and Field Relay Championships



## Team Information

TIMETABLE UPDATED WEDNESDAY 8<sup>TH</sup> DECEMBER 2021

Ridgewood LAC 4x100m Track Relay Squads (U9 TO U17) – FINALS

*Teams need to qualify from the Heats to contest the finals*

*Coaches – Please note RW Tent Check In Time*

*(U14B & U15B Straight Finals)*

2021 STATE TRACK & FIELD RELAY CHAMPIONSHIPS - TRACK PROGRAM (FINALS)								
RW Athlete 1	RW Athlete 2	RW Athlete 3	RW Athlete 4	RW Tent Check In	Call Room Opens	Event Start Time	Age Group	Gender
Thomas Smith	Tyson Smith	Jack Kirkhouse	Zachary Houston	3:30 PM	4:02 PM	4:22 PM	U14	Boys
Jamie Deane	George Holmes	Hawaiki Tichborne	Kaeden McQuoid	3:40 PM	4:10 PM	4:30 PM	U15	Boys
Aron Koch	Charlie Williams	Zack Warburton	Declan Morrison	3:45 PM	4:18 PM	4:38 PM	U17	Boys
Amelia Barnes	Ivy Warburton	Dillan Martinovich	Kamika Pitout	3:55 PM	4:26 PM	4:46 PM	U9	Girls
Ryder Elliss	Te ariki Tichborne	Jaxson Locke	Carter van der Westhuyzen	4:00 PM	4:30 PM	4:50 PM	U9	Boys
Muna Ezeonwu	Ela Mulimbi	Jasper Asante-Nimako	Violet Pakau	4:05 PM	4:34 PM	4:54 PM	U10	Girls
Divan Viljoen	Connor Young	Lionel Woodley	Logan Oakes	4:10 PM	4:38 PM	4:58 PM	U10	Boys
Ameleah Ford	Emma McDermott	Jahrya Rota	Indianna Malone	4:10 PM	4:42 PM	5:02 PM	U11	Girls
Riley Parr	Witahana Pakau	Pedro Manzoli	Travis Deane	4:15 PM	4:46 PM	5:06 PM	U11	Boys
Mia Shelley	Kaiya Puki	Anna Asante-Nimako	Shanelle Tica	4:20 PM	4:50 PM	5:10 PM	U12	Girls
Zaine Calcott	Oliver Clarke	Jayden Venter	Liam Barnes	4:25 PM	4:54 PM	5:14 PM	U12	Boys
Summer Adams	Bella Muncaster	Dreyah Deane	Piper Goeree	4:30 PM	4:58 PM	5:18 PM	U13	Girls
Jeremie Lapierre	George Clune	Charlie Houston	Jaxon McQuoid	4:30 PM	5:02 PM	5:22 PM	U13	Boys
Tyleaa Ward	Alyssa Torrance	Azalyah Ackerman	Olivia Brock	4:35 PM	5:06 PM	5:26 PM	U14	Girls







# 2021 State Track and Field Relay Championships



## Team Information

Ridgewood LAC Field Event Athletes – Session 1 (U9B, U9G, U10B, U10G, U12B, U12G, U14B, U14G)

*Athletes – Please note RW Tent Check In Times*

### 2021 STATE TRACK & FIELD RELAY CHAMPIONSHIPS - FIELD EVENTS

RW Athlete	RW Tent Check In	Call Room Opens	Event Start Time	Age	Gender	Event	Type	Location	Weight
Quin Parkinson	9:30 AM	9:55 AM	10:30 AM	U9	Girls	Long Jump	Final	Jump Pit 2	
Logan Arthur	9:30 AM	9:55 AM	10:30 AM	U9	Boys	Discus	Final	Dis 1	500
Sienna Kehoe	9:30 AM	9:55 AM	10:30 AM	U10	Girls	Discus	Final	Dis 2	500
Nevaeh Arthur	9:30 AM	9:55 AM	10:30 AM	U12	Girls	Shot Put	Final	SP 3	2
Joshua Phillips	9:30 AM	10:00 AM	10:35 AM	U10	Boys	Turbo Javelin	Final	Jav 1	
Shanley Harrison	9:30 AM	10:00 AM	10:35 AM	U14	Girls	Long Jump	Final	Jump Pit 1	
Brayden Phillips	9:30 AM	10:00 AM	10:35 AM	U14	Boys	Shot Put	Final	SP 2	3
Hoani-Jay Tichborne	9:30 AM	10:00 AM	10:35 AM	U12	Boys	Triple Jump	Final	Jump Pit 3	
<b>Isabel Young</b>	<b>10:30 AM</b>	<b>10:55 AM</b>	<b>11:30 AM</b>	U9	Girls	Discus	Final	Dis 1	500
Luke Panossian	10:30 AM	10:55 AM	11:30 AM	U9	Boys	Long Jump	Final	Jump Pit 3	
<b>Travarn Ackerman</b>	<b>10:30 AM</b>	<b>10:55 AM</b>	<b>11:30 AM</b>	U12	Boys	Discus	Final	Dis 2	750
Emily Hatchett	10:30 AM	10:55 AM	11:30 AM	U14	Girls	Javelin	Final	Jav 1	400
Hunter Etchells	10:30 AM	10:55 AM	11:35 AM	U10	Boys	Long Jump	Final	Jump Pit 1	
Lexis Muncaster	10:30 AM	10:55 AM	11:35 AM	U12	Girls	Long Jump	Final	Jump Pit 2	
<b>Savannah Holdsworth</b>	<b>10:30 AM</b>	<b>10:55 AM</b>	<b>11:35 AM</b>	U10	Girls	Shot Put	Final	SP 3	2
Seaden Taig	10:30 AM	10:55 AM	11:35 AM	U14	Boys	Triple Jump	Final	Jump Pit 4	
<b>Isabel Young</b>	<b>11:30 AM</b>	<b>11:55 AM</b>	<b>12:30 PM</b>	U9	Girls	Turbo Javelin	Final	Jav 2	
Logan Arthur	11:30 AM	11:55 AM	12:30 PM	U9	Boys	Shot Put	Final	SP 4	2
Hailee O'Connor	11:30 AM	11:55 AM	12:30 PM	U12	Girls	Discus	Final	Dis 2	750
<b>Savannah Holdsworth</b>	<b>11:30 AM</b>	<b>11:55 AM</b>	<b>12:30 PM</b>	U10	Girls	Long Jump	Final	Jump Pit 1	
Angus Shelley	11:30 AM	12:00 PM	12:35 PM	U10	Boys	Shot Put	Final	SP 3	2
Brayden Phillips	11:30 AM	12:00 PM	12:35 PM	U14	Boys	Javelin	Final	Jav 1	600
<b>Travarn Ackerman</b>	<b>11:30 AM</b>	<b>12:00 PM</b>	<b>12:35 PM</b>	U12	Boys	Long Jump	Final	Jump Pit 2	
Shanley Harrison	11:30 AM	12:00 PM	12:35 PM	U14	Girls	Triple Jump	Final	Jump Pit 3	
Quin Parkinson	12:30 PM	12:55 PM	1:30 PM	U9	Girls	Shot Put	Final	SP 2	2
Dominic Moore	12:30 PM	12:55 PM	1:30 PM	U9	Boys	Turbo Javelin	Final	Jav 2	
Joshua Phillips	12:30 PM	12:55 PM	1:30 PM	U10	Boys	Discus	Final	Dis 2	500
Lexis Muncaster	12:30 PM	12:55 PM	1:30 PM	U12	Girls	Triple Jump	Final	Jump Pit 3	
Sienna Kehoe	12:30 PM	1:00 PM	1:35 PM	U10	Girls	Turbo Javelin	Final	Jav 1	
Seaden Taig	12:30 PM	1:00 PM	1:35 PM	U14	Boys	Long Jump	Final	Jump Pit 1	
Johannes Nicolaas Viljoen	12:30 PM	1:00 PM	1:35 PM	U12	Boys	Shot Put	Final	SP 3	2
Gemma Vine	12:30 PM	1:00 PM	1:35 PM	U14	Girls	Shot Put	Final	SP 4	3

LUNCH BREAK (MEDALS WILL BE PRESENTED DURING THIS TIME)

HIGHLIGHTED ATHLETES NEED TO INFORM CALL ROOM OF A CLASH OF EVENT AND CALL ROOM TIME FOR NEXT EVENT







# 2021 State Track and Field Relay Championships

## Team Information

Ridgewood LAC Field Event Athletes – Session 2 (U11B, U11G, U13B, U13G, U15B, U15G, U17B, U17G)

Athletes – Please note RW Tent Check In Times

### 2021 STATE TRACK & FIELD RELAY CHAMPIONSHIPS - FIELD EVENTS

RW Athlete	RW Tent Check In	Call Room Opens	Event Start Time	Age	Gender	Event	Type	Location	Weight
Elijah Mulimbi	1:45 PM	2:10 PM	2:45 PM	U11	Girls	Discus	Final	Dis 2	500
Peytton Wentholt	1:45 PM	2:10 PM	2:45 PM	U13	Girls	Javelin	Final	Jav 1	400
Isaac Akwasi Asante-Nimako	1:45 PM	2:10 PM	2:45 PM	U13	Boys	Long Jump	Final	Jump Pit 1	
Tykeria Slater	1:45 PM	2:10 PM	2:50 PM	U17	Girls	Shot Put	Final	SP 2	3
Olivia Williams	1:45 PM	2:10 PM	2:50 PM	U15	Girls	Triple Jump	Final	Jump Pit 3	
Jesse West	1:45 PM	2:10 PM	2:50 PM	U17	Boys	Triple Jump	Final	Jump Pit 4	
Tirikatene Hataraka	2:45 PM	3:10 PM	3:45 PM	U13	Boys	Discus	Final	Dis 2	750
Amberley Musson	2:45 PM	3:10 PM	3:45 PM	U11	Girls	Long Jump	Final	Jump Pit 1	
Sophie Williams	2:45 PM	3:10 PM	3:45 PM	U13	Girls	Triple Jump	Final	Jump Pit 3	
Jasmin Goodridge	2:45 PM	3:15 PM	3:50 PM	U15	Girls	Shot Put	Final	SP 3	3
Jake Woodman	2:45 PM	3:15 PM	3:50 PM	U17	Boys	Shot Put	Final	SP 2	5
Ada Meakins	2:45 PM	3:15 PM	3:50 PM	U17	Girls	Triple Jump	Final	Jump Pit 4	
Alisha Moore	3:45 PM	4:10 PM	4:45 PM	U11	Girls	Shot Put	Final	SP 3	2
Peytton Wentholt	3:45 PM	4:10 PM	4:45 PM	U13	Girls	Shot Put	Final	SP 2	3
Isaac Akwasi Asante-Nimako	3:45 PM	4:10 PM	4:45 PM	U13	Boys	Triple Jump	Final	Jump Pit 3	
Tykeria Slater	3:45 PM	4:15 PM	4:50 PM	U17	Girls	Javelin	Final	Jav 1	500
Hayley Mann	3:45 PM	4:15 PM	4:50 PM	U15	Girls	Long Jump	Final	Jump Pit 1	
<b>Tyson Phillips</b>	3:45 PM	4:15 PM	4:50 PM	U17	Boys	Long Jump	Final	Jump Pit 2	
Sophie Williams	4:45 PM	5:10 PM	5:45 PM	U13	Girls	Long Jump	Final	Jump Pit 1	
Tirikatene Hataraka	4:45 PM	5:10 PM	5:45 PM	U13	Boys	Shot Put	Final	SP 3	3
Amberley Musson	4:45 PM	5:10 PM	5:45 PM	U11	Girls	Triple Jump	Final	Jump Pit 3	
<b>Tyson Phillips</b>	4:45 PM	5:15 PM	5:50 PM	U17	Boys	Discus	Final	Dis 2	1.5KG
Olivia Williams	4:45 PM	5:15 PM	5:50 PM	U15	Girls	Javelin	Final	Jav 1	500
Ada Meakins	4:45 PM	5:15 PM	5:50 PM	U17	Girls	Long Jump	Final	Jump Pit 2	

MEDALS WILL BE PRESENTED FOLLOWING THE CONCLUSION OF FINAL EVENTS

HIGHLIGHTED ATHLETES NEED TO INFORM **CALL ROOM** OF A CLASH OF EVENT AND CALL ROOM TIME FOR NEXT EVENT

