

MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Kiama Sports Complex

Session: 1 Saturday Track Events

Day 1 - Saturday 06/12/2025 - Starts at 09:00 AM

Event	Description	Round	
#1	Girls 500 Metre Pack Start 7s	Finals	}
#2	Boys 500 Metre Pack Start 7s	Finals	
#3	Girls 1500 Metre 11s	Finals	}
#4	Boys 1500 Metre 11s	Finals	
#5	Girls 1500 Metre 12s	Finals	
#6	Boys 1500 Metre 12s	Finals	}
#7	Girls 1500 Metre 13s	Finals	
#8	Boys 1500 Metre 13s	Finals	
#9	Girls 1500 Metre 14s	Finals	}
#10	Boys 1500 Metre 14s	Finals	
#11	Girls 1500 Metre 15s	Finals	
#12	Boys 1500 Metre 15s	Finals	}
#13	Girls 1500 Metre Under 20	Finals	
#14	Boys 1500 Metre Under 20	Finals	
#15	Girls 200 Metre Hurdles (76cm) 13s	Finals	}
#16	Boys 200 Metre Hurdles (76cm) 13s	Finals	
#17	Girls 300 Metre Hurdles (76cm) 14s	Finals	}
#18	Boys 300 Metre Hurdles (76cm) 14s	Finals	
#19	Girls 400 Metre Hurdles (76cm) Under 20	Finals	}
#20	Girls 60 Metre Hurdles (45cm) 8s	Finals	
#21	Boys 60 Metre Hurdles (45cm) 8s	Finals	
#22	Girls 60 Metre Hurdles (45cm) 9s	Finals	}
#23	Boys 60 Metre Hurdles (45cm) 9s	Finals	
#24	Girls 60 Metre Hurdles (60cm) 10s	Finals	
#25	Boys 60 Metre Hurdles (60cm) 10s	Finals	}
#26	Girls 400 Metre 13s	Finals	
#27	Boys 400 Metre 13s	Finals	
#28	Girls 400 Metre 14s	Finals	}
#29	Girls 400 Metre Para 13s-14s	Finals	
#30	Boys 400 Metre 14s	Finals	
#31	Girls 400 Metre 15s	Finals	}
#32	Girls 400 Metre 16s	Finals	
#33	Girls 400 Metre Under 20	Finals	
#34	Boys 400 Metre Under 20	Finals	}
#35	Girls 400 Metre Pack Start 8s	Finals	
#36	Boys 400 Metre Pack Start 8s	Finals	
#37	Girls 400 Metre 9s	Finals	}
#38	Boys 400 Metre 9s	Finals	
#39	Girls 400 Metre 10s	Finals	}
#40	Boys 400 Metre 10s	Finals	
#41	Girls 400 Metre 11s	Finals	
#42	Boys 400 Metre 11s	Finals	}
#43	Girls 400 Metre 12s	Finals	

*Bracketed events will be combined.

Event	Description	Round
#44	Boys 400 Metre 12s	Finals
#45	Girls 100 Metre 7s	Finals
#46	Boys 100 Metre 7s	Finals
#47	Girls 100 Metre 13s	Finals
#48	Boys 100 Metre 13s	Finals
#49	Girls 100 Metre 14s	Finals
#50	Girls 100 Metre Para 13s-14s	Finals
#51	Boys 100 Metre 14s	Finals
#52	Girls 100 Metre 15s	Finals
#53	Boys 100 Metre 15s	Finals
#54	Girls 100 Metre 16s	Finals
#55	Girls 100 Metre 17s	Finals
#56	Girls 100 Metre Under 20	Finals
#57	Girls 100 Metre 8s	Finals
#58	Girls 100 Metre 9s	Finals
#59	Boys 100 Metre 9s	Finals
#60	Girls 100 Metre 10s	Finals
#61	Boys 100 Metre 10s	Finals
#62	Girls 100 Metre 11s	Finals
#63	Boys 100 Metre 11s	Finals
#64	Girls 100 Metre 12s	Finals
#65	Boys 100 Metre 12s	Finals
#66	Girls 50 Metre 7s	Finals
#67	Boys 50 Metre 7s	Finals
#68	Boys 3000 Metre 13s	Finals
#69	Girls 3000 Metre 14s	Finals
#70	Boys 3000 Metre 14s	Finals
#71	Girls 3000 Metre 15s	Finals
#72	Boys 3000 Metre Under 20	Finals

MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Kiama Sports Complex

Session: 2 Saturday Field Events

Day 1 - Saturday 06/12/2025 - Starts at 09:00 AM

Event	Description	Round
#73	Girls High Jump (S/H 0.80m) 9s	Finals
#74	Girls High Jump (S/H 1.25m) 16s	Finals
#75	Boys Long Jump 15s	Finals
#76	Girls Long Jump 14s	Finals
#77	Girls Triple Jump 17s	Finals
#78	Girls Triple Jump Under 20	Finals
#79	Boys Discus Throw (500 Gram) 9s	Finals
#80	Boys Discus Throw (1.0 Kg) 14s	Finals
#81	Girls Shot Put (2.0 Kg) 11s	Finals
#82	Girls Long Jump 10s	Finals
#83	Boys Long Jump 11s	Finals
#84	Girls Triple Jump 12s	Finals
#85	Girls Discus Throw (500 Gram) 8s	Finals
#86	Boys Discus Throw (750 Gram) 12s	Finals
#87	Boys Javelin Throw (600 Gram) 13s	Finals
#88	Girls Shot Put (1.0 Kg) 7s	Finals
#89	Boys Shot Put (1.5 Kg) 8s	Finals
#90	Boys High Jump (S/H 0.95m) 10s	Finals
#91	Girls High Jump (S/H 1.15m) 13s	Finals
#92	Boys Long Jump 9s	Finals
#93	Boys Triple Jump 14s	Finals
#94	Boys Triple Jump 13s	Finals
#95	Girls Discus Throw (500 Gram) 10s	Finals
#96	Boys Discus Throw (350 Gram) 7s	Finals
#97	Girls Javelin Throw (500 Gram) 14s	Finals
#98	Girls Javelin Throw Para 13s-14s	Finals
#99	Girls Shot Put (2.0 Kg) 9s	Finals
#100	Girls High Jump (S/H 1.00m) 11s	Finals
#101	Girls High Jump (S/H 1.10m) 12s	Finals
#102	Girls High Jump (S/H 1.25m) 17s	Finals
#103	Girls High Jump (S/H 1.25m) Under 20	Finals
#104	Girls Long Jump 8s	Finals
#105	Boys Long Jump 8s	Finals
#106	Boys Long Jump 12s	Finals
#107	Girls Discus Throw (1.0 Kg) 15s	Finals
#108	Girls Discus Throw (1.0 Kg) 16s	Finals
#109	Boys Javelin Throw (400 Gram) 11s	Finals
#110	Boys Javelin Throw (400 Gram) 12s	Finals
#111	Boys Shot Put (2.0 Kg) 10s	Finals
#112	Girls Shot Put (3.0 Kg) 13s	Finals
#113	Girls Triple Jump 15s	Finals
#114	Girls Triple Jump 16s	Finals
#115	Girls Discus Throw (1.0 Kg) 17s	Finals
#116	Girls Discus Throw (1.0 Kg) Under 20	Finals
#117	Boys Javelin Throw (700 Gram) 15s	Finals
#118	Boys Javelin Throw (800 Gram) Under 20	Finals
#119	Girls Shot Put (3.0 Kg) 14s	Finals
#120	Girls Shot Put Para 13s-14s	Finals
#121	Girls Long Jump 13s	Finals
#122	Girls Triple Jump 11s	Finals
#123	Boys Discus Throw (500 Gram) 11s	Finals
#124	Girls Shot Put (2.0 Kg) 12s	Finals
#125	Boys Discus Throw (750 Gram) 13s	Finals

*Bracketed events will be combined.

MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Kiama Sports Complex

Session: 3 Sunday Track Events

Day 2 - Sunday 07/12/2025 - Starts at 09:00 AM

Event	Description	Round	
#126	Boys 1100 Metre Race Walk 11s	Finals	* }
#127	Girls 1100 Metre Race Walk 10s	Finals	
#128	Boys 1100 Metre Race Walk 10s	Finals	
#129	Girls 700 Metre Race Walk 9s	Finals	}
#130	Boys 700 Metre Race Walk 9s	Finals	
#131	Girls 700 Metre Pack Start 8s	Finals	
#132	Boys 700 Metre Pack Start 8s	Finals	}
#133	Girls 1500 Metre Race Walk 12s	Finals	
#134	Boys 1500 Metre Race Walk 12s	Finals	
#135	Girls 1500 Metre Race Walk 15s	Finals	}
#136	Boys 1500 Metre Race Walk 15s	Finals	
#137	Girls 80 Metre Hurdles (60cm) 11s	Finals	
#138	Boys 80 Metre Hurdles (60cm) 11s	Finals	
#139	Girls 80 Metre Hurdles (68cm) 12s	Finals	
#140	Boys 80 Metre Hurdles (68cm) 12s	Finals	
#141	Girls 80 Metre Hurdles (76cm) 13s	Finals	
#142	Boys 90 Metre Hurdles (76cm) 13s	Finals	
#143	Girls 90 Metre Hurdles (76cm) 14s	Finals	
#144	Boys 100 Metre Hurdles (76cm) 14s	Finals	}
#145	Girls 100 Metre Hurdles (84cm) Under 20	Finals	
#146	Girls 70 Metre 10s	Finals	
#147	Boys 70 Metre 10s	Finals	
#148	Girls 70 Metre 9s	Finals	
#149	Boys 70 Metre 9s	Finals	
#150	Girls 70 Metre 8s	Finals	}
#151	Boys 70 Metre 8s	Finals	
#152	Girls 70 Metre 7s	Finals	
#153	Boys 70 Metre 7s	Finals	
#154	Girls 800 Metre 11s	Finals	
#155	Boys 800 Metre 11s	Finals	
#156	Girls 800 Metre 12s	Finals	
#157	Boys 800 Metre 12s	Finals	
#158	Girls 800 Metre 13s	Finals	
#159	Boys 800 Metre 13s	Finals	}
#160	Girls 800 Metre 14s	Finals	
#161	Boys 800 Metre 14s	Finals	
#162	Girls 800 Metre 15s	Finals	}
#163	Boys 800 Metre 15s	Finals	
#164	Girls 800 Metre Under 20	Finals	
#165	Boys 800 Metre Under 20	Finals	}
#166	Girls 800 Metre 10s	Finals	
#167	Boys 800 Metre 10s	Finals	

*Bracketed events will be combined.

Event	Description	Round
#168	Girls 800 Metre 9s	Finals
#169	Boys 800 Metre 9s	Finals
#170	Girls 200 Metre 8s	Finals
#171	Boys 200 Metre 8s	Finals
#172	Girls 200 Metre 7s	Finals
#173	Boys 200 Metre 7s	Finals
#174	Girls 200 Metre 11s	Finals
#175	Boys 200 Metre 11s	Finals
#176	Girls 200 Metre 12s	Finals
#177	Boys 200 Metre 12s	Finals
#178	Girls 200 Metre 13s	Finals
#179	Boys 200 Metre 13s	Finals
#180	Girls 200 Metre 14s	Finals
#181	Girls 200 Metre Para 13s-14s	Finals
#182	Boys 200 Metre 14s	Finals
#183	Girls 200 Metre 15s	Finals
#184	Girls 200 Metre 16s	Finals
#185	Girls 200 Metre Under 20	Finals
#186	Girls 200 Metre 10s	Finals
#187	Boys 200 Metre 10s	Finals
#188	Girls 200 Metre 9s	Finals
#189	Boys 200 Metre 9s	Finals
#190	Girls 12-17 4x100 Metre Relay (Snr) Senior	Finals
#191	Boys 12-17 4x100 Metre Relay (Snr) Senior	Finals
#192	Girls 9-12 4x100 Metre Relay (Jnr) Junior	Finals
#193	Boys 9-12 4x100 Metre Relay (Jnr) Junior	Finals

MID SOUTH COAST ZONE TRACK & FIELD CHAMPIONSHIPS

Kiama Sports Complex

Session: 4 Sunday Field Events

Day 2 - Sunday 07/12/2025 - Starts at 09:00 AM

Event	Description	Round
#194	Boys Long Jump 14s	Finals
#195	Girls Long Jump 15s	Finals
#196	Girls Long Jump 16s	Finals
#197	Girls Discus Throw (750 Gram) 13s	Finals
#198	Girls Discus Throw (1.0 Kg) 14s	Finals
#199	Girls Discus Throw Para 13s-14s	Finals
#200	Boys Shot Put (3.0 Kg) 13s	Finals
#201	Girls Shot Put (3.0 Kg) 17s	Finals
#202	Boys High Jump (S/H 0.85m) 9s	Finals
#203	Boys High Jump (S/H 1.20m) 13s	Finals
#204	Girls High Jump (S/H 1.20m) 14s	Finals
#205	Boys High Jump (S/H 1.25m) 15s	Finals
#206	Boys Long Jump 10s	Finals
#207	Girls Long Jump 12s	Finals
#208	Boys Triple Jump 11s	Finals
#209	Boys Triple Jump 12s	Finals
#210	Boys Triple Jump 15s	Finals
#211	Girls Discus Throw (350 Gram) 7s	Finals
#212	Girls Discus Throw (500 Gram) 11s	Finals
#213	Girls Javelin Throw (500 Gram) 17s	Finals
#214	Girls Javelin Throw (600 Gram) Under 20	Finals
#215	Boys Shot Put (4.0 Kg) 14s	Finals
#216	Girls High Jump (S/H 0.90m) 10s	Finals
#217	Boys High Jump (S/H 1.15m) 12s	Finals
#218	Girls Long Jump 9s	Finals
#219	Boys Long Jump 13s	Finals
#220	Girls Triple Jump 13s	Finals
#221	Boys Discus Throw (500 Gram) 8s	Finals
#222	Boys Discus Throw (500 Gram) 10s	Finals
#223	Girls Javelin Throw (400 Gram) 12s	Finals
#224	Boys Shot Put (1.0 Kg) 7s	Finals
#225	Girls Shot Put (3.0 Kg) 15s	Finals
#226	Girls Shot Put (3.0 Kg) 16s	Finals
#227	Boys High Jump (S/H 1.05m) 11s	Finals
#228	Girls Long Jump 11s	Finals
#229	Girls Long Jump 17s	Finals
#230	Girls Long Jump Under 20	Finals
#231	Girls Discus Throw (500 Gram) 9s	Finals
#232	Girls Javelin Throw (500 Gram) 15s	Finals
#233	Girls Javelin Throw (500 Gram) 16s	Finals
#234	Boys Shot Put (2.0 Kg) 9s	Finals
#235	Boys Shot Put (2.0 Kg) 12s	Finals
#236	Girls Long Jump 7s	Finals
#237	Boys Long Jump 7s	Finals
#238	Girls Discus Throw (750 Gram) 12s	Finals
#239	Boys Javelin Throw (700 Gram) 14s	Finals
#240	Boys Shot Put (2.0 Kg) 11s	Finals
#241	Girls Shot Put (2.0 Kg) 10s	Finals
#242	Girls Javelin Throw (400 Gram) 13s	Finals
#243	Boys Discus Throw (1.0 Kg) 15s	Finals
#244	Boys Discus Throw (1.75 Kg) Under 20	Finals
#245	Girls Javelin Throw (400 Gram) 11s	Finals