

<b>EVENT:</b>	<b>2018 METRO NORTH BENDIGO BANK REGIONAL CHAMPIONSHIPS</b>
<b>VENUE:</b>	REDCLIFFE LAC, Langdon Pk, Cr Mabel St & Oxley Ave, MARGATE
<b>DATE:</b>	FRIDAY 2, SATURDAY 3 & SUNDAY 4 FEBRUARY 2018
<b>ARRIVE:</b>	FRIDAY 6.00PM FOR FIRST EVENT AT 6-30PM
<b>ARRIVE:</b>	SATURDAY / SUNDAY 8.00AM FOR FIRST EVENT AT 8.30AM

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

<b>TRACK - FRIDAY</b>	<b>2 FEBRUARY 2018</b>
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<b>FIELD - FRIDAY</b>	<b>2 FEBRUARY 2018</b>
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6.30pm Walks FINALS U9, 10, 11, 12, 14, 15+, 13

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

<b>TRACK - SATURDAY</b>	<b>3 FEBRUARY 2018</b>
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<b>FIELD - SATURDAY</b>	<b>3 FEBRUARY 2018</b>
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8.30 am 400M Heats U9, 11, 12, 13, 10, 15+, 14

8.30am Long Jump U14  
Javelin U15+H

10.10am 60m Hurdles U8, 9

9.35am Long Jump U11

10.10am Javelin U13  
Shot Put U7

11.00am 100m Heats U7, 14, 9, 13, 15+ (+H Boys)

10.40am High Jump U12  
Long Jump U10  
Shot Put U15+ (+H Girls)

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

11.25am Shot Put U11

11.55am Discus U14

12.50pm 60m Hurdles FINALS U9

High Jump U15+H

12.25pm Long Jump U12

N.B. U7 & 8 NO FINALS

12.45pm Javelin U11 Girls

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

1.15pm Discus U9

Shot Put U13

FINALS (if any )

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

1.30pm Triple Jump U15+

Javelin U11 Boys

2.15pm 200m Hurdles U13, 14

2.30pm Long jump U7

2.25pm 300m Hurdles U15, 16, 17

2.45pm High jump U10

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

Presentation of Paul O'Brien Shield

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

3.00pm Discus U12

3.30pm 200m Hurdles Finals (if any)

3.35pm 300m Hurdles Finals (if any)

<b>TRACK - SUNDAY</b>	<b>4 FEBRUARY 2018</b>
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<b>FIELD - SUNDAY</b>	<b>4 FEBRUARY 2018</b>
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8.30am 70m heats U10, 9, 8, 7

8.30am Long Jump U15+H

Javelin U14

9.15am 60m hurdles U10, 11 & U12

High Jump U13

Shot Put U12

10.10am 80m/90m/100/110m hurdles U13, 14, U15+H

9.30am Long jump U9

Shot Put U8

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

9.50am Discus U15+ (+H Boys)

10.40am Triple Jump U14

12.00pm 200m heats U11, 12, 15+ (+H Girls), 14, 10

11.10am Discus U10

11.40am High Jump U14

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

12.30pm Long Jump U13

12.45pm Shot Put U9

Discus U7

FINALS (if any )

1.50pm 70m U10, 9

1.35pm High Jump U11

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

1.55pm Triple Jump U12

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

2.25pm Discus U13

2.30pm Shot Put U14

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

3.00pm Long Jump U8

Discus U11

**Note: \*\*U15+H means Heptathlon events**

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

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

Para Events will be offered in 100m, 400m, 800m, Long Jump, Discus & Shot Put & will be conducted at the time above.