

Northern Country Region Track & Field Carnival
18 & 19 February 2023
Latrobe University Athletics Track, Flora Hill (Bendigo)

SATURDAY MORNING SESSION

TRACK

Time	Gender	Age	Event	Heights	Round
9:30 AM	Boys	U09	700 Metre Race Walk		Final
9:30 AM	Girls	U09	700 Metre Race Walk		Final
9:45 AM	Boys	U10	1100 Metre Race Walk		Final
9:45 AM	Girls	U10	1100 Metre Race Walk		Final
9:45 AM	Boys	U11	1100 Metre Race Walk		Final
9:45 AM	Girls	U11	1100 Metre Race Walk		Final
10:00 AM	Boys	U12	1500 Metre Race Walk		Final
10:00 AM	Girls	U12	1500 Metre Race Walk		Final
10:00 AM	Girls	U16	1500 Metre Race Walk		Final
10:00 AM	Boys	U17	1500 Metre Race Walk		Final
10:00 AM	Girls	U14	1500 Metre Race Walk		Final
10:00 AM	Boys	U13	1500 Metre Race Walk		Final
10:00 AM	Girls	U13	1500 Metre Race Walk		Final
10:45 AM	Boys	U16	300 Metre Hurdles	76cm	Final
10:45 AM	Boys	U15	300 Metre Hurdles	76cm	Final
10:50 AM	Girls	U16	300 Metre Hurdles	76cm	Final
11:00 AM	Boys	U14	200 Metre Hurdles	76cm	Final
11:05 AM	Girls	U14	200 Metre Hurdles	76cm	Final
11:15 AM	Boys	U13	200 Metre Hurdles	68cm	Final
11:20 AM	Girls	U13	200 Metre Hurdles	68cm	Final
11:50 AM	Girls	U09	70 Metre Run		Final
11:52 AM	Boys	U09	70 Metre Run		Timed Final
11:56 AM	Girls	U10	70 Metre Run		Timed Final
12:00 PM	Boys	U10	70 Metre Run		Timed Final

FIELD

Time	Gender	Age	Event	Location	Weight / Start Height NCR
9:30 AM	Boys	U13	High Jump	Area 1	1.20m
9:30 AM	Girls	U10	Long Jump	Pit 1	
9:30 AM	Boys	U9	Shot Put	Circle 2	2kg
9:30 AM	Boys	U17	Long Jump	Pit 2	
9:30 AM	Boys	U14	Discus	Circle 1	1kg
9:30 AM	Boys	U11	Triple Jump	Pit 1	
9:50 AM	Girls	U12	Long Jump	Pit 2	
9:55 AM	Girls	U11	High Jump	Area 1	0.95m
10:00 AM	Girls	U17	Javelin	Runway 1	500g
10:00 AM	Girls	U09	Shot Put	Circle 2	2kg
10:10 AM	Boys	U15	Discus	Circle 1	1kg
10:15 AM	Boys	U09	High Jump	Area 2	0.80m
10:30 AM	Boys	U10	Discus	Circle 2	500g
10:30 AM	Girls	U15	Javelin	Runway 1	500g
10:35 AM	Boys	U13	Triple Jump	Pit 1	
10:45 AM	Boys	U12	Discus	Circle 1	750g
10:55 AM	Girls	U16	Javelin	Runway 1	500g
11:00 AM	Girls	U15	Long Jump	Pit 2	
11:05 AM	Girls	U12	Shot Put	Circle 2	2kg
11:20 AM	Boys	U16	Discus	Circle 1	1.0kg
11:20 AM	Boys	U17	Discus	Circle 1	1.5kg
11:25 AM	Girls	U13	Javelin	Runway 1	400g
11:25 AM	Boys	U15	Long Jump	Pit 1	
11:30 AM	Boys	U14	Triple Jump	Pit 1	
11:35 AM	Boys	U11	High Jump	Area 1	1.05m
11:40 AM	Girls	U15	Shot Put	Circle 2	3kg
11:40 AM	Girls	U10	Discus	Circle 2	500g
11:45 AM	Boys	U13	Discus	Circle 1	750g
11:45 AM	Girls	U17	Shot Put	Circle 2	3kg

SATURDAY AFTERNOON SESSION

TRACK

Time	Gender	Age	Event	Heights	Round
1:00 PM	Boys	U10	800 Metre Run		Final
1:05 PM	Girls	U09	800 Metre Run		Final
1:10 PM	Girls	U10	800 Metre Run		Final
1:15 PM	Boys	U09	800 Metre Run		Final
1:20 PM	Boys	U11	800 Metre Run		Final
1:25 PM	Girls	U11	800 Metre Run		Final
1:30 PM	Boys	U12	800 Metre Run		Final
1:35 PM	Girls	U12	800 Metre Run		Final
1:40 PM	Boys	U13	800 Metre Run		Final
1:45 PM	Girls	U13	800 Metre Run		Final
1:50 PM	Boys	U14	800 Metre Run		Final
1:50 PM	Boys	U15	800 Metre Run		Final
1:55 PM	Girls	U15	800 Metre Run		Final
1:55 PM	Girls	U16	800 Metre Run		Final
2:00 PM	Girls	U14	800 Metre Run		Final
2:20 PM	Boys	U09	200 Metre Run		Timed Final
2:24 PM	Girls	U09	200 Metre Run		Timed Final
2:28 PM	Boys	U10	200 Metre Run		Timed Final
2:32 PM	Girls	U10	200 Metre Run		Timed Final
2:38 PM	Boys	U11	200 Metre Run		Timed Final
2:42 PM	Girls	U11	200 Metre Run		Timed Final
2:46 PM	Boys	U12	200 Metre Run		Timed Final
2:50 PM	Girls	U12	200 Metre Run		Timed Final

FIELD

Time	Gender	Age	Event	Location	Weight / Start Height NCR
12:00 PM	Girls	U11	Triple Jump	Pit 2	
12:00 PM	Girls	U14	Triple Jump	Pit 1	
12:05 PM	Boys	U12	Long Jump	Pit 1	
12:05 PM	Girls	U11	Javelin	Runway 1	400g
12:10 PM	Girls	U16	Shot Put	Circle 2	3kg
12:30 PM	Girls	U09	High Jump	Area 2	0.75m
12:30 PM	Boys	U10	Shot Put	Circle 2	2kg
12:30 PM	Girls	U12	Javelin	Runway 1	400g
12:35 PM	Girls	U13	Triple Jump	Pit 1	
12:40 PM	Boys	U15	Shot Put	Circle 1	4kg
12:45 PM	Boys	U09	Discus	Circle 2	500g
1:05 PM	Boys	U14	High Jump	Area 1	1.25m
1:05 PM	Girls	U14	Javelin	Runway 1	400g
1:15 PM	Girls	U10	Shot Put	Circle 2	2kg
1:15 PM	Boys	U11	Discus	Circle 2	500g
1:20 PM	Girls	U16	Long Jump	Pit 1	
1:25 PM	Boys	U17	Shot Put	Circle 1	5kg

2:52 PM	Boys	U13	200 Metre Run	Final
2:54 PM	Girls	U13	200 Metre Run	Final
2:56 PM	Boys	U16	200 Metre Run	Final
2:56 PM	Boys	U17	200 Metre Run	Final
2:58 PM	Girls	U14	200 Metre Run	Final
3:00 PM	Boys	U14	200 Metre Run	Final
3:02 PM	Girls	U15	200 Metre Run	Final
3:04 PM	Girls	U16	200 Metre Run	Final
3:04 PM	Girls	U17	200 Metre Run	Final
3:06 PM	Boys	U15	200 Metre Run	Timed Final

1:35 PM	Girls	U14	High Jump	Area 1	1.15m
1:45 PM	Boys	U12	Shot Put	Circle 1	2kg
1:45 PM	Girls	U17	Long Jump	Pit 1	
2:00 PM	Girls	U13	High Jump	Area 1	1.10m

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SUNDAY MORNING SESSION

TRACK

Time	Gender	Age	Event	Heights	Round
8:45 AM	Girls	U11	1500 Metre Run		Final
8:54 AM	Boys	U11	1500 Metre Run		Final
9:03 AM	Boys	U12	1500 Metre Run		Final
9:09 AM	Girls	U12	1500 Metre Run		Final
9:18 AM	Boys	U13	1500 Metre Run		Final
9:27 AM	Girls	U13	1500 Metre Run		Final
9:36 AM	Boys	U14	1500 Metre Run		Final
9:36 AM	Boys	U15	1500 Metre Run		Final
9:36 AM	Boys	U17	1500 Metre Run		Final
9:45 AM	Girls	U14	1500 Metre Run		Final
9:45 AM	Girls	U15	1500 Metre Run		Final
10:15 AM	Girls	U12	100 Metre Run		Timed Final
10:19 AM	Girls	U10	100 Metre Run		Timed Final
10:21 AM	Boys	U11-12 MC	100 Metre Run		Final
10:21 AM	Girls	U11-12 MC	100 Metre Run		Final
10:21 AM	Boys	U13-17 MC	100 Metre Run		Final
10:24 AM	Boys	U10	100 Metre Run		Timed Final
10:28 AM	Boys	U12	100 Metre Run		Timed Final
10:32 AM	Girls	U11	100 Metre Run		Timed Final
10:38 AM	Boys	U11	100 Metre Run		Timed Final
10:42 AM	Girls	U09	100 Metre Run		Timed Final
10:46 AM	Boys	U09	100 Metre Run		Timed Final
10:50 AM	Girls	U16	100 Metre Run		Final
10:50 AM	Girls	U17	100 Metre Run		Final
10:52 AM	Boys	U16	100 Metre Run		Final
10:52 AM	Boys	U17	100 Metre Run		Final
10:54 AM	Girls	U15	100 Metre Run		Final
10:56 AM	Boys	U15	100 Metre Run		Final
10:58 AM	Girls	U14	100 Metre Run		Final
11:00 AM	Boys	U14	100 Metre Run		Final
11:02 AM	Girls	U13	100 Metre Run		Final
11:04 AM	Boys	U13	100 Metre Run		Timed Final
11:30 AM	Boys	U09	60 Metre Hurdles	45cm	Final
11:32 AM	Girls	U09	60 Metre Hurdles	45cm	Timed Final
11:42 AM	Boys	U10	60 Metre Hurdles	60cm	Final
11:44 AM	Girls	U10	60 Metre Hurdles	60cm	Timed Final
11:55 AM	Boys	U11	80 Metre Hurdles	60cm	Timed Final
11:59 AM	Girls	U11	80 Metre Hurdles	60cm	Timed Final
12:05 PM	Boys	U12	80 Metre Hurdles	68cm	Final
12:07 PM	Girls	U12	80 Metre Hurdles	68cm	Final
12:14 PM	Boys	U13	80 Metre Hurdles	76cm	Final
12:16 PM	Girls	U13	80 Metre Hurdles	76cm	Final
12:16 PM	Girls	U14	80 Metre Hurdles	76cm	Final
12:25 PM	Boys	U14	90 Metre Hurdles	76cm	Final
12:25 PM	Girls	U15	90 Metre Hurdles	76cm	Final
12:25 PM	Girls	U16	90 Metre Hurdles	76cm	Final
12:35 PM	Boys	U16	100 Metre Hurdles	76cm	Final
12:35 PM	Boys	U17	110 Metre Hurdles	76cm	Final
12:40 PM	Boys	U11-12 MC	200 Metre Run		Final
12:40 PM	Boys	U13-17 MC	200 Metre Run		Final

FIELD

Time	Gender	Age	Event	Location	Weight / Start Height NCR
9:00 AM	Girls	U09	Long Jump	Pit 1	
9:00 AM	Boys	U12	Triple Jump	Pit 1	
9:00 AM	Boys	U10	Long Jump	Pit 2	
9:15 AM	Girls	U11	Discus	Circle 1	500g
9:30 AM	Boys	U11	Shot Put	Circle 1	2kg
9:30 AM	Girls	U11-12 MC	Shot Put	Circle 2	Various
9:30 AM	Boys	U11-12 MC	Shot Put	Circle 2	Various
9:30 AM	Boys	U13-17 MC	Shot Put	Circle 2	Various
10:00 AM	Boys	U13	Javelin	Runway 1	600g
10:00 AM	Boys	U14	Javelin	Runway 1	600g
10:00 AM	Girls	U16	High Jump	Area 1	1.25m
10:00 AM	Girls	U17	High Jump	Area 1	1.25m
10:05 AM	Boys	U15	Triple Jump	Pit 1	
10:05 AM	Boys	U17	Triple Jump	Pit 1	
10:15 AM	Girls	U15	Discus	Circle 1	1kg
10:15 AM	Girls	U13	Long Jump	Pit 2	
10:20 AM	Girls	U14	Shot Put	Circle 1	3kg
10:30 AM	Girls	U12	High Jump	Area 1	1.05m
10:35 AM	Boys	U13	Long Jump	Pit 1	
10:40 AM	Boys	U15	Javelin	Runway 1	700g
10:45 AM	Girls	U16	Discus	Circle 1	1kg
10:55 AM	Girls	U11	Shot Put	Circle 1	2kg
11:00 AM	Boys	U11	Long Jump	Pit 2	
11:05 AM	Boys	U12	Javelin	Runway 1	400g
11:15 AM	Girls	U15	Triple Jump	Pit 1	
11:20 AM	Girls	U14	Long Jump	Pit 1	
11:20 AM	Girls	U11-12 MC	Discus	Circle 2	Various
11:20 AM	Boys	U11-12 MC	Discus	Circle 2	Various
11:20 AM	Boys	U13-17 MC	Discus	Circle 2	Various
11:25 AM	Boys	U15	High Jump	Area 1	1.30m
11:25 AM	Boys	U17	High Jump	Area 1	1.35m
11:30 AM	Girls	U13	Shot Put	Circle 2	3kg
11:40 AM	Boys	U16	Javelin	Runway 1	700g
11:40 AM	Boys	U17	Javelin	Runway 1	700g
11:50 AM	Boys	U10	High Jump	Area 2	0.90m
11:50 AM	Boys	U14	Long Jump	Pit 2	
11:55 AM	Girls	U16	Triple Jump	Pit 1	

SUNDAY AFTERNOON SESSION

TRACK

Time	Gender	Age	Event	Heights	Round
1:45 PM	Boys	U09	400 Metre Run		Timed Final
1:51 PM	Girls	U09	400 Metre Run		Timed Final
1:57 PM	Boys	U10	400 Metre Run		Timed Final
2:03 PM	Boys	U12	400 Metre Run		Timed Final
2:09 PM	Boys	U11	400 Metre Run		Final
2:12 PM	Girls	U11	400 Metre Run		Timed Final
2:18 PM	Girls	U10	400 Metre Run		Timed Final
2:24 PM	Girls	U12	400 Metre Run		Timed Final
2:30 PM	Boys	U11-12 MC	400 Metre Run		Final
2:33 PM	Boys	U13	400 Metre Run		Final
2:36 PM	Girls	U13	400 Metre Run		Final
2:39 PM	Boys	U14	400 Metre Run		Final
2:39 PM	Boys	U15	400 Metre Run		Final
2:42 PM	Girls	U14	400 Metre Run		Final
2:45 PM	Girls	U15	400 Metre Run		Final
2:45 PM	Girls	U16	400 Metre Run		Final
2:48 PM	Boys	U16	400 Metre Run		Final
2:48 PM	Boys	U17	400 Metre Run		Final

FIELD

Time	Gender	Age	Event	Location	Weight / Start Height NCR
12:00 PM	Girls	U09	Discus	Circle 2	500g
12:05 PM	Girls	U17	Discus	Circle 1	1kg
12:15 PM	Girls	U15	High Jump	Area 1	1.20m
12:20 PM	Boys	U13	Shot Put	Circle 1	3kg
12:20 PM	Girls	U17	Triple Jump	Pit 1	
12:25 PM	Girls	U11	Long Jump	Pit 1	
12:30 PM	Boys	U09	Long Jump	Pit 2	
12:30 PM	Girls	U14	Discus	Circle 1	1kg
12:30 PM	Girls	U10	High Jump	Area 2	0.80m
12:40 PM	Girls	U12	Triple Jump	Pit 1	
12:45 PM	Boys	U14	Shot Put	Circle 1	3kg
12:45 PM	Boys	U11	Javelin	Runway 1	400g
12:55 PM	Boys	U12	High Jump	Area 1	1.15m
1:00 PM	Girls	U12	Discus	Circle 2	750g
1:05 PM	Girls	U13	Discus	Circle 1	750g
1:40 PM	Boys	U11-12 MC	Long Jump	Pit 2	
1:40 PM	Boys	U13-17 MC	Long Jump	Pit 2	