

# NMR TIMETABLE

Saturday, 10th February 2024  
Meadowglen Athletics Stadium 156-176 McDonalds Rd, Epping VIC 3076

## SATURDAY MORNING SESSION

TRACK							FIELD						
Prov Time	Event No.	Gender	Age	Event	Heights	Round	Prov Time	Event No.	Gender	Age	Event	Location	Weight / Start Height
9:00 AM	1	Boys	U09	700 Metre Race Walk		Final	8:30 AM	101	Girls	U14	High Jump	HJ 1	1.15m
9:00 AM	2	Girls	U09	700 Metre Race Walk		Final	8:30 AM	102	Girls	U13	High Jump	HJ 1	1.10m
9:15 AM	3	Girls	U10	1100 Metre Race Walk		Final	8:30 AM	103	Boys	U11	High Jump	HJ 2	1.05m
9:15 AM	4	Girls	U11	1100 Metre Race Walk		Final	8:30 AM	104	Girls	U15	Javelin	Runway 1	500g
9:30 AM	5	Boys	U10	1100 Metre Race Walk		Final	8:30 AM	105	Girls	U16	Javelin	Runway 1	500g
9:30 AM	6	Boys	U11	1100 Metre Race Walk		Final	8:30 AM	106	Girls	U17	Javelin	Runway 1	500g
9:45 AM	7	Boys	U12	1500 Metre Race Walk		Final	8:30 AM	107	Boys	U15	Discus	Circle 2	1kg
9:45 AM	8	Boys	U13	1500 Metre Race Walk		Final	8:30 AM	108	Boys	U16	Discus	Circle 2	1kg
9:45 AM	9	Boys	U14	1500 Metre Race Walk		Final	8:30 AM	109	Boys	U17	Discus	Circle 2	1.5kg
9:45 AM	10	Boys	U15	1500 Metre Race Walk		Final	8:45 AM	110	Girls	U10	Long Jump	Pit 2	
9:45 AM	11	Boys	U17	1500 Metre Race Walk		Final	8:45 AM	111	Boys	U12	Long Jump	Pit 1	
10:00 AM	12	Girls	U12	1500 Metre Race Walk		Final	9:00 AM	112	Girls	U09	Shot Put	Circle 1	2kg
10:00 AM	13	Girls	U13	1500 Metre Race Walk		Final	9:00 AM	113	Boys	U09	Shot Put	Circle 2	2kg
10:00 AM	14	Girls	U14	1500 Metre Race Walk		Final	9:15 AM	114	Girls	U11	Triple Jump	Pit 3	
10:00 AM	15	Girls	U15	1500 Metre Race Walk		Final	9:15 AM	115	Boys	U14	Triple Jump	Pit 4	
10:00 AM	16	Girls	U16	1500 Metre Race Walk		Final	9:30 AM	116	Boys	U10	Discus	Circle 1	500g
10:00 AM	17	Girls	U17	1500 Metre Race Walk		Final	10:00 AM	117	Girls	U12	Long Jump	Pit 1	
10:30 AM	18	Girls	U15	300 Metre Hurdles	76cm	Final	10:00 AM	118	Boys	U12	Discus	Circle 2	750g
10:33 AM	19	Girls	U16	300 Metre Hurdles	76cm	Final	10:00 AM	119	Boys	U15	Long Jump	Pit 2	
10:33 AM	20	Girls	U17	300 Metre Hurdles	76cm	Final	10:45 AM	120	Girls	U11	High Jump	HJ 2	0.95m
10:36 AM	21	Boys	U15	300 Metre Hurdles	76cm	Final	10:45 AM	121	Girls	U10	Shot Put	Circle 1	2kg
10:36 AM	22	Boys	U17	300 Metre Hurdles	76cm	Final	11:00 AM	122	Boys	U11	Discus	Circle 1	500g
10:50 AM	23	Boys	U14	200 Metre Hurdles	76cm	Timed Finals	11:00 AM	123	Boys	U13	High Jump	HJ 1	1.20m
10:53 AM	24	Girls	U14	200 Metre Hurdles	76cm	Final	11:00 AM	124	Boys	U14	High Jump	HJ 1	1.25m
10:56 AM	25	Boys	U13	200 Metre Hurdles	68cm	Timed Finals	11:30 AM	125	Girls	U13	Javelin	Runway 1	400g
11:02 AM	26	Girls	U13	200 Metre Hurdles	68cm	Final	11:30 AM	126	Girls	U14	Javelin	Runway 1	400g
11:20 AM	27	Girls	U09	70 Metre Run		Timed Finals	11:30 AM	127	Girls	U12	Shot Put	Circle 2	2kg
11:26 AM	28	Boys	U09	70 Metre Run		Timed Finals							
11:36 AM	29	Girls	U10	70 Metre Run		Timed Finals							
11:45 AM	30	Boys	U10	70 Metre Run		Timed Finals							

\* Region High Jump start heights are set 10cm below the State Track & Field start heights

## SATURDAY AFTERNOON SESSION

TRACK							FIELD						
Prov Time	Event No.	Gender	Age	Event	Heights	Round	Prov Time	Event No.	Gender	Age	Event	Location	Weight / Start Height
1:00 PM	31	Boys	U09	800 Metre Run		Timed Finals	1:00 PM	128	Boys	U09	High Jump	HJ 2	0.80m
1:10 PM	32	Girls	U09	800 Metre Run		Final	1:00 PM	129	Boys	U10	Shot Put	Circle 1	2kg
1:15 PM	33	Boys	U10	800 Metre Run		Final	1:00 PM	130	Boys	U12	Shot Put	Circle 2	2kg
1:20 PM	34	Girls	U10	800 Metre Run		Final	1:00 PM	131	Boys	U14	Discus	Circle 2	1kg
1:25 PM	35	Boys	U11	800 Metre Run		Final	1:00 PM	132	Girls	U11	Javelin	Runway 1	400g
1:30 PM	36	Girls	U11	800 Metre Run		Final	1:00 PM	133	Girls	U12	Javelin	Runway 1	400g
1:40 PM	37	Boys	U12	800 Metre Run		Final	1:15 PM	134	Girls	U13	Triple Jump	Pit 3	
1:45 PM	38	Girls	U12	800 Metre Run		Final	1:15 PM	135	Boys	U13	Triple Jump	Pit 4	
1:50 PM	39	Boys	U13	800 Metre Run		Final	1:30 PM	136	Girls	U15	Long Jump	Pit 2	
1:55 PM	40	Girls	U13	800 Metre Run		Final	1:30 PM	137	Girls	U16	Long Jump	Pit 2	
2:00 PM	41	Boys	U14	800 Metre Run		Final	1:30 PM	138	Girls	U17	Long Jump	Pit 2	
2:10 PM	42	Girls	U14	800 Metre Run		Final	2:00 PM	139	Girls	U10	Discus	Circle 1	500g
2:15 PM	43	Boys	U15	800 Metre Run		Final	2:15 PM	140	Boys	U15	Shot Put	Circle 2	4kg
2:20 PM	44	Girls	U15	800 Metre Run		Final	2:15 PM	141	Boys	U16	Shot Put	Circle 2	4kg
2:20 PM	45	Girls	U16	800 Metre Run		Final	2:15 PM	142	Boys	U17	Shot Put	Circle 2	5kg
2:20 PM	46	Girls	U17	800 Metre Run		Final	2:45 PM	143	Girls	U14	Triple Jump	Pit 3	
2:30 PM	47	Boys	U16	800 Metre Run		Final	2:45 PM	144	Boys	U11	Triple Jump	Pit 4	
2:30 PM	48	Boys	U17	800 Metre Run		Final	2:45 PM	145	Girls	U09	High Jump	HJ 2	0.75m
2:50 PM	49	Boys	U09	200 Metre Run		Timed Finals	3:00 PM	146	Boys	U09	Discus	Circle 1	500g
3:02 PM	50	Girls	U09	200 Metre Run		Timed Finals	3:00 PM	147	Boys	U13	Discus	Circle 2	750g
3:08 PM	51	Boys	U10	200 Metre Run		Timed Finals	3:30 PM	148	Girls	U15	Shot Put	Circle 1	3kg
3:17 PM	52	Girls	U10	200 Metre Run		Timed Finals	3:30 PM	149	Girls	U16	Shot Put	Circle 1	3kg
3:26 PM	53	Boys	U11	200 Metre Run		Timed Finals	3:30 PM	150	Girls	U17	Shot Put	Circle 1	3kg
3:35 PM	54	Girls	U11	200 Metre Run		Timed Finals	3:45 PM	151	Boys	U16	Long Jump	Pit 1	
3:44 PM	55	Boys	U12	200 Metre Run		Timed Finals	3:45 PM	152	Boys	U17	Long Jump	Pit 1	
3:50 PM	56	Girls	U12	200 Metre Run		Timed Finals							
4:00 PM	57	Boys	U13	200 Metre Run		Timed Finals							
4:09 PM	58	Girls	U13	200 Metre Run		Timed Finals							
4:15 PM	59	Girls	U14	200 Metre Run		Timed Finals							
4:21 PM	60	Boys	U14	200 Metre Run		Timed Finals							
4:27 PM	61	Girls	U15	200 Metre Run		Timed Finals							
4:33 PM	62	Boys	U15	200 Metre Run		Final							
4:36 PM	63	Girls	U16	200 Metre Run		Timed Finals							
4:36 PM	64	Girls	U13-17 MC	200 Metre Run		Final							
4:36 PM	65	Girls	U17	200 Metre Run		Final							
4:39 PM	66	Boys	U16	200 Metre Run		Final							
4:42 PM	67	Boys	U17	200 Metre Run		Final							

\* Region High Jump start heights are set 10cm below the State Track & Field start heights

Provisional Timetable, subject to change - 31 January 2024

# NMR TIMETABLE

Sunday, 11th February 2024  
Meadowglen Athletics Stadium 156-176 McDonalds Rd, Epping VIC 3076

## SUNDAY MORNING SESSION

TRACK							FIELD						
Prov Time	Event No.	Gender	Age	Event	Heights	Round	Prov Time	Event No.	Gender	Age	Event	Location	Weight / Start Height
9:00 AM	201	Boys	U11	1500 Metre Run		Final	8:30 AM	301	Boys	U15	High Jump	HJ 1	1.30m
9:10 AM	202	Boys	U12	1500 Metre Run		Final	8:30 AM	302	Boys	U16	High Jump	HJ 1	1.35m
9:20 AM	203	Girls	U11	1500 Metre Run		Final	8:30 AM	303	Boys	U17	High Jump	HJ 1	1.35m
9:20 AM	204	Girls	U12	1500 Metre Run		Final	8:30 AM	304	Boys	U11	Javelin	Runway 1	400g
9:30 AM	205	Boys	U13	1500 Metre Run		Final	9:00 AM	305	Boys	U12	Triple Jump	Pit 3	
9:30 AM	206	Boys	U14	1500 Metre Run		Final	9:00 AM	306	Girls	U12	Triple Jump	Pit 4	
9:40 AM	207	Boys	U15	1500 Metre Run		Final	9:00 AM	307	Girls	U15	Discus	Circle 2	1kg
9:40 AM	208	Boys	U16	1500 Metre Run		Final	9:00 AM	308	Girls	U16	Discus	Circle 2	1kg
9:40 AM	209	Boys	U17	1500 Metre Run		Final	9:00 AM	309	Girls	U17	Discus	Circle 2	1kg
9:50 AM	210	Girls	U13	1500 Metre Run		Final	9:30 AM	310	Boys	U14	Javelin	Runway 1	600g
10:00 AM	211	Girls	U14	1500 Metre Run		Final	9:30 AM	311	Boys	U13	Long Jump	Pit 1	
10:00 AM	212	Girls	U15	1500 Metre Run		Final	9:30 AM	312	Girls	U13	Long Jump	Pit 2	
10:00 AM	213	Girls	U16	1500 Metre Run		Final	9:30 AM	313	Girls	U13-17 MC	Long Jump	Pit 2	
10:00 AM	214	Girls	U17	1500 Metre Run		Final	10:00 AM	314	Boys	U10	High Jump	HJ 3	0.90m
10:25 AM	215	Boys	U09	100 Metre Run		Timed Finals	10:00 AM	315	Girls	U11	Shot Put	Circle 1	2kg
10:34 AM	216	Girls	U09	100 Metre Run		Timed Finals	10:00 AM	316	Girls	U13	Shot Put	Circle 2	3kg
10:40 AM	217	Boys	U10	100 Metre Run		Timed Finals	10:30 AM	317	Girls	U15	High Jump	HJ 1	1.20m
10:49 AM	218	Girls	U10	100 Metre Run		Timed Finals	10:30 AM	318	Girls	U16	High Jump	HJ 1	1.25m
10:58 AM	219	Boys	U09-10 MC	100 Metre Run		Final	10:30 AM	319	Girls	U17	High Jump	HJ 1	1.25m
10:58 AM	220	Boys	U11-12 MC	100 Metre Run		Final	10:45 AM	320	Girls	U14	Discus	Circle 2	1kg
10:58 AM	221	Girls	U13-17 MC	100 Metre Run		Final	10:45 AM	321	Boys	U15	Triple Jump	Pit 3	
11:03 AM	222	Boys	U11	100 Metre Run		Timed Finals	10:45 AM	322	Boys	U16	Triple Jump	Pit 3	
11:12 AM	223	Girls	U11	100 Metre Run		Timed Finals	10:45 AM	323	Boys	U17	Triple Jump	Pit 3	
11:21 AM	224	Boys	U12	100 Metre Run		Timed Finals	10:45 AM	324	Girls	U09	Discus	Circle 1	500g
11:27 AM	225	Girls	U12	100 Metre Run		Timed Finals	11:00 AM	325	Boys	U09	Long Jump	Pit 1/1A **	
11:33 AM	226	Boys	U13	100 Metre Run		Timed Finals	11:15 AM	326	Boys	U14	Long Jump	Pit 2	
11:42 AM	227	Girls	U13	100 Metre Run		Timed Finals	11:15 AM	327	Boys	U11	Shot Put	Circle 1	2kg
11:50 AM	228	Boys	U14	100 Metre Run		Timed Finals	11:15 AM	328	Boys	U12	Javelin	Runway 1	400g
11:59 AM	229	Girls	U14	100 Metre Run		Timed Finals							
12:05 AM	230	Boys	U15	100 Metre Run		Timed Finals							
12:12 AM	231	Girls	U15	100 Metre Run		Timed Finals							
12:18 AM	232	Boys	U16	100 Metre Run		Final							
12:21 AM	233	Boys	U17	100 Metre Run		Final							
12:24 AM	234	Girls	U16	100 Metre Run		Final							
12:24 AM	235	Girls	U17	100 Metre Run		Final							

\*\* Officials from Pit 4 (TJ) to run Pit 1A

\* Region High Jump start heights are set 10cm below the State Track & Field start heights

## SUNDAY AFTERNOON SESSION

TRACK							FIELD						
Prov Time	Event No.	Gender	Age	Event	Heights	Round	Prov Time	Event No.	Gender	Age	Event	Location	Weight / Start Height
1:15 PM	236	Boys	U09	60 Metre Hurdles	45cm	Timed Finals	1:00 PM	329	Girls	U10	High Jump	HJ 3	0.80m
1:24 PM	237	Girls	U09	60 Metre Hurdles	45cm	Timed Finals	1:00 PM	330	Boys	U10	Long Jump	Pit 1	
1:30 PM	238	Boys	U10	60 Metre Hurdles	60cm	Timed Finals	1:00 PM	331	Boys	U9-10 MC	Long Jump	Pit 2	
1:36 PM	239	Girls	U10	60 Metre Hurdles	60cm	Timed Finals	1:00 PM	332	Girls	U09	Long Jump	Pit 2	
1:55 PM	240	Boys	U11	80 Metre Hurdles	60cm	Timed Finals	1:00 PM	333	Boys	U13	Shot Put	Circle 2	3kg
2:01 PM	241	Girls	U11	80 Metre Hurdles	60cm	Timed Finals	1:00 PM	334	Boys	U15	Javelin	Runway 1	700g
2:10 PM	242	Boys	U12	80 Metre Hurdles	68cm	Timed Finals	1:00 PM	335	Boys	U16	Javelin	Runway 1	700g
2:16 PM	243	Girls	U12	80 Metre Hurdles	68cm	Timed Finals	1:00 PM	336	Boys	U17	Javelin	Runway 1	700g
2:22 PM	244	Boys	U13	80 Metre Hurdles	76cm	Timed Finals	1:30 PM	337	Girls	U12	High Jump	HJ 1	1.05m
2:25 PM	245	Girls	U13	80 Metre Hurdles	76cm	Final	1:30 PM	338	Girls	U14	Shot Put	Circle 1	3kg
2:28 PM	246	Girls	U14	80 Metre Hurdles	76cm	Final	1:30 PM	339	Girls	U13-17 MC	Shot Put	Circle 1	Various
2:40 PM	247	Boys	U14	90 Metre Hurdles	76cm	Final	1:45 PM	340	Girls	U11	Discus	Circle 1	500g
2:43 PM	248	Girls	U15	90 Metre Hurdles	76cm	Final	2:00 PM	341	Boys	U11	Long Jump	Pit 2	
2:46 PM	249	Girls	U16	90 Metre Hurdles	76cm	Final	2:00 PM	342	Boys	U11-12 MC	Long Jump	Pit 2	
3:00 PM	250	Girls	U17	100 Metre Hurdles	76cm	Final	2:30 PM	343	Boys	U14	Shot Put	Circle 2	3kg
3:03 PM	251	Boys	U15	100 Metre Hurdles	76cm	Final	2:30 PM	344	Girls	U13	Discus	Circle 2	750g
3:03 PM	252	Boys	U16	100 Metre Hurdles	76cm	Final	3:00 PM	345	Girls	U11	Long Jump	Pit 1	
3:06 PM	253	Boys	U17	110 Metre Hurdles	76cm	Final	3:00 PM	346	Boys	U12	High Jump	HJ 1	1.15m
3:20 PM	254	Boys	U09-10 MC	400 Metre Run		Final	3:00 PM	347	Girls	U15	Triple Jump	Pit 3	
3:20 PM	255	Boys	U11-12 MC	400 Metre Run		Final	3:00 PM	348	Girls	U16	Triple Jump	Pit 3	
3:20 PM	256	Girls	U13-17 MC	400 Metre Run		Final	3:00 PM	349	Girls	U17	Triple Jump	Pit 3	
3:25 PM	257	Boys	U09	400 Metre Run		Timed Finals	3:30 PM	350	Boys	U13	Javelin	Runway 1	600g
3:34 PM	258	Girls	U09	400 Metre Run		Timed Finals	3:30 PM	351	Girls	U14	Long Jump	Pit 2	
3:40 PM	259	Boys	U10	400 Metre Run		Timed Finals	3:30 PM	352	Girls	U12	Discus	Circle 2	750g
3:46 PM	260	Girls	U10	400 Metre Run		Timed Finals							
3:52 PM	261	Boys	U11	400 Metre Run		Timed Finals							
3:58 PM	262	Girls	U11	400 Metre Run		Timed Finals							
4:06 PM	263	Boys	U12	400 Metre Run		Timed Finals							
4:12 PM	264	Girls	U12	400 Metre Run		Timed Finals							
4:18 PM	265	Boys	U13	400 Metre Run		Timed Finals							
4:21 PM	266	Girls	U13	400 Metre Run		Timed Finals							
4:27 PM	267	Boys	U14	400 Metre Run		Timed Finals							
4:33 PM	268	Girls	U14	400 Metre Run		Final							
4:39 PM	269	Boys	U15	400 Metre Run		Final							
4:42 PM	270	Girls	U16	400 Metre Run		Final							
4:45 PM	271	Boys	U16	400 Metre Run		Final							
4:45 PM	272	Boys	U17	400 Metre Run		Final							
4:48 PM	273	Girls	U17	400 Metre Run		Final							
4:48 PM	274	Girls	U15	400 Metre Run		Final							

\* Region High Jump start heights are set 10cm below the State Track & Field start heights

Provisional Timetable, subject to change - 31 January 2024