

Mid West Metropolitan Zone Championships Guide

Friday 30th November, Saturday 1st December, Sunday 2nd December 2018

	50m			70m			100m			200m			400m			500m / 700m / 800m			1500m			Walk			60/ 80/ 90/ 100/ 110 hurdles			
	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	
U7G	Sat			Sun			Sat			Sun						Sat												
U7B	Sat			Sun			Sat			Sun						Sat												
U8G				Sun	Sun		Sat	Sat		Sun	Sun		Sat	Sat		Sun	Sun							Sat	Sat			
U8B				Sun	Sun		Sat	Sat		Sun	Sun		Sat	Sat		Sun	Sun							Sat	Sat			
U9G				Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun				Sun	Sun	Sun	Sat	Sat	Sat	
U9B				Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun				Sun	Sun	Sun	Sat	Sat	Sat	
U10G				Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun				Sun	Sun	Sun	Sat	Sat	Sat	
U10B				Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun				Sun	Sun	Sun	Sat	Sat	Sat	
U11G							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Fri	Fri	Sat	Sun	Sun	Sun	Sat	Sat	Sat	
U11B							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Fri	Fri	Sat	Sun	Sun	Sun	Sat	Sat	Sat	
U12G							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Fri	Fri	Sat	Sun	Sun	Sun	Sat	Sat	Sat	
U12B							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Fri	Fri	Sat	Sun	Sun	Sun	Sat	Sat	Sat	
U13G							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	
U13B							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	
U14G							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	
U14B							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	
U15G							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	
U15B							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	
U17G							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	
U17B							Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	

	200/300 Hurdles			3000m			Long Jump			Triple Jump			High Jump			Shot Put			Discus			Javelin			
	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	Zone	Region	State	
U7G							Sun								Sun			Sat							U7G
U7B							Sun								Sat			Sun							U7B
U8G							Sat	Sat							Sun	Sun		Sat	Sat						U8G
U8B							Sat	Sat							Sat	Sat		Sun	Sun						U8B
U9G							Sun	Sun	Sun				Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun					U9G
U9B							Sun	Sun	Sun				Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun					U9B
U10G							Sat	Sat	Sat				Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat				U10G
U10B							Sat	Sat	Sat				Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat				U10B
U11G							Sun	Sun	Sun	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	Sun	U11G
U11B							Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	U11B
U12G							Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Fri	Sat	Sat	U12G
U12B							Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat	Fri	Fri	Sat	U12B
U13G	Sat	Sat	Sat	Fri	Fri	Sat	Sat	Sat	Sat	Fri	Fri	Sun	Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	Sun	U13G
U13B	Sat	Sat	Sat	Fri	Fri	Sat	Sat	Sat	Sat	Fri	Fri	Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat	Sat	Sat	Sat	Sat	U13B
U14G	Sat	Sat	Sat	Fri	Fri	Sat	Sat	Sat	Sat	Fri	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	U14G
U14B	Sat	Sat	Sat	Fri	Fri	Sat	Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Fri	Fri	Sat	U14B
U15G	Sat	Sat	Sat	Fri	Fri	Sat	Sun	Sun	Sun	Sat	Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun	Fri	Fri	Sat	Sun	Sun	Sun	U15G
U15B	Sat	Sat	Sat	Fri	Fri	Sat	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat	Fri	Fri	Sat	Sat	Sat	Sat	U15B
U17G	Sat	Sat	Sat	Fri	Fri	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Fri	Sat	Sat	U17G
U17B	Sat	Sat	Sat	Fri	Fri	Sat	Sun	Sun	Sun	Fri	Sun	Sun	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun	U17B

Note If 800m heats are required at Zone they will be conducted as time finals.

Fri Zone Friday Night Events

Fri Region Friday Night Events