Zone Athletics 2019

Day 1 – Tue 3rd September

9.45-10.30am 800m heats

10-30am-11.30am 200m heats

11.30am-12 Relay – heats then finals

12pm—1.15 100m heats and 800m final

1.15-2.30 Finals 100m, 200m

Day 2 – Tuesday 17th September

| 9.45 | 1500m | | | | |
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| Session | Area | High Jump | Long Jump | Discus | Shot-Put |
| Approx. 10.45am  1 | A | Junior Boys | 12/13yrs Boys | Junior Boys | 11yrs Boys |
| B | Juniors Girls | 12/13yrs Girls | Junior Girls | 11yrs Girls |
| 2 | A | 11yrs Girls | Junior Girls | 11yrs Girls | 12/13yrs Girls |
| B | 11yrs Boys | Junior Boys | 11yrs Boys | 12/13yrs Boys |
| 3 | A | 12/13yrs Boys | 11yrs Boys | 12/13yrs Boys | Junior Boys |
| B | 12/13yrs Girls | 11yrs Girls | 12/13yrs Girls | Junior Girls |