

Northern Zone

Northern Zone is held at Rotary Athletic Field (corner of Mowbray Rd and Epping Rd, Lane

Cove) on Saturday afternoons. The events for each Saturday alternate weekly between Series

1 and Series 2. The event times listed are only a guide – events will not start before the listed times.

The entry fee is \$5 for the entire afternoon.

Series 1

12:45 – 1:00pm – General Warm-up

1:00pm - Men's Shot Put & Women's Javelin Throw

1:00pm - 1500m

1:30pm - Women's Shot Put & Men's Javelin Throw

2:15pm - 100m

3:00pm - Women's Hammer Throw and Men's Long Jump

3:00pm - 400m

3:30pm - Men's Hammer Throw & Women's Long Jump

3:45pm - 3000mWalk

Series 2

12:45 – 1:00pm – General Warm-up

1:00pm - Men's Discus Throw & Women's Shot Put

1:00pm - 1500mWalk

1:30pm - Women's Discus Throw & Men's Shot Put

1:30pm - 800m

2:15pm - 200m

3:00pm - Women's Weight Throw and Men's Triple Jump

3:00pm - 60m

3:30pm - Men's Weight Throw & Women's Triple Jump

3:45pm – 3000m

Competition dates from November 2011 to February 2012

19/11/11 - No competition

26/11/11 - Series 1

3/12/11 - Series 2

10/12/11 - Series 1

Ground closed from 12/12/11 to 6/01/12

7/01/12 - Series 2

14/1/12 - Series 1

21/1/12 - Series 2

28/1/12 - Series 1

4/2/12 - Series 2

11/2/12 -Series 1

18/2/12 -Series 2