

P.S.S.A. ZONE ATHLETICS TRIALS

Thursday 14th August, 2025

Narrabri High Oval

All competitors should be made aware that 100m finalists will be determined by the fastest times run in the heats. 200m are timed finals, i.e. heats only, winner determined by fastest time in heats.

ORDER OF EVENTS

8:30	1500m- Finals	8/9/10 Years Boys/Girls 11 Years Boys/ Girls 12/13 Years Boys/Girls	
9:15	200m- Finals	8/9/10 Years Boys/Girls 11 Years Boys/ Girls 12/13 Years Boys/Girls	
9:45	Field Events A	8/9/10 Years Long Jump 11 Years Shot Put 12/13 Years Discus	
10:30	100m- Heats	8 Years Boys/Girls 10 Years Boys/Girls 12 Years Boys/Girls	9 Years Boys/Girls 11 Years Boys/Girls 13 Years Boys/Girls
11:15	Field Events B	8/9/10 Years High Jump 11 Years Long Jump 12/13 Years Shot Put	
12:00	Field Events C	8/9/10 Years Discus 11 Years High Jump 12/13 Years Long Jump	
12.45	Lunch		
1:15	100m - Finals	Order- as for heats	
2.00	Relays- Finals	PP6 PP5 Junior Boys/Girls Senior Boys/Girls	
2:45	Field Events D	8/9/10 Years Shot Put 11 Years Discus 12/13 Years High Jump	
3.30	800m- Finals	8/9/10 Years Boys/Girls 11 Years Boys/Girls 12/13 Years Boys/Girls	

- Please note the times listed above are approximate only and the Trials are not obliged to adhere to those times. The time for and length of the lunch break will depend on the progress of the trials.
- The order of events may change at the discretion of the Convener. It is important that competitors are available at all times throughout the day.
- The 200m & 800m will be run as timed finals.