

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
2022 - 9/12/2022 to 11/12/2022
The Ridge Athletics Track
Session Report

Session: 1 Friday Track Events
Day 1 - Friday 9/12/2022 - Starts at 06:30 PM

Not Before	Event	Round	Entries	Heats
6:30 PM	#1 Girls 9 Year Olds 400 Meter Dash	Finals	14	2
6:30 PM	#2 Boys 9 Year Olds 400 Meter Dash	Finals	21	3
6:30 PM	#3 Girls 8 Year Olds 400 Meter Run Pack Start	Finals	15	1
6:30 PM	#4 Boys 8 Year Olds 400 Meter Run Pack Start	Finals	16	1
7:30 PM	#5 Mixed 17 & Under 3000 Meter Run	Finals	20	1

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS
2022 - 9/12/2022 to 11/12/2022
The Ridge Athletics Track
Session Report

Session: 2 Friday Field Events
Day 1 - Friday 9/12/2022 - Starts at 06:30 PM

Not Before	Event	Round	Entries	Heats
6:30 PM	#1 Boys 10 Year Olds Long Jump North	Finals	15	1
6:30 PM	#2 Girls 12 Year Olds Triple Jump South	Finals	12	1
6:30 PM	#3 Girls 9 Year Olds Discus Throw (500 Gram) South	Finals	13	1
6:30 PM	#4 Boys 9 Year Olds Discus Throw (500 Gram) North	Finals	17	1
6:30 PM	#5 Boys 11 Year Olds Javelin Throw(400 Gram) South	Finals	10	1
7:30 PM	#6 Boys 12 Year Olds Triple Jump South	Finals	11	1
7:30 PM	#7 Girls 10 Year Olds Long Jump North	Finals	13	1
7:30 PM	#8 Girls 11 Year Olds Javelin Throw(400 Gram) North	Finals	14	1

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**2022 - 9/12/2022 to 11/12/2022****The Ridge Athletics Track****Session Report**

Session: 3 Saturday Track Events

Day 2 - Saturday 10/12/2022 - Starts at 08:00 AM

Not Before	Event	Round	Entries	Heats
8:00 AM	#6 Girls 7 Year Olds 500 Meter Run Pack Start	Finals	10	1
8:00 AM	#7 Boys 7 Year Olds 500 Meter Run Pack Start	Finals	15	1
8:00 AM	#8 Girls 11-12 1500 Meter Run	Finals	23	1
8:00 AM	#9 Boys 11-12 1500 Meter Run	Finals	25	1
8:30 AM	#10 Girls 13 Year Olds 200 Meter Hurdles (68cm)	Finals	8	1
8:30 AM	#11 Boys 13 Year Olds 200 Meter Hurdles (68cm)	Finals	7	1
8:30 AM	#12 Girls 14 Year Olds 200 Meter Hurdles (76cm)	Finals	5	1
8:30 AM	#13 Boys 14 Year Olds 200 Meter Hurdles (76cm)	Finals	2	1
8:30 AM	#14 Girls 15 Year Olds 300 Meter Hurdles (76cm)	Finals	1	1
8:30 AM	#15 Boys 15 Year Olds 300 Meter Hurdles (76cm)	Finals	2	1
8:30 AM	#16 Girls 17 Year Olds 300 Meter Hurdles (76cm)	Finals	3	1
8:30 AM	#17 Boys 17 Year Olds 300 Meter Hurdles (76cm)	Finals	2	1
9:00 AM	#18 Girls 8 Year Olds 60 Meter Hurdles (45cm)	Heats	22	3
9:00 AM	#19 Boys 8 Year Olds 60 Meter Hurdles (45cm)	Heats	15	2
9:00 AM	#20 Girls 9 Year Olds 60 Meter Hurdles (45cm)	Heats	16	2
9:00 AM	#21 Boys 9 Year Olds 60 Meter Hurdles (45cm)	Heats	20	3
9:00 AM	#22 Girls 10 Year Olds 60 Meter Hurdles (60cm)	Heats	17	2
9:00 AM	#23 Boys 10 Year Olds 60 Meter Hurdles (60cm)	Heats	14	2
9:45 AM	#24 Girls 13-17 1500 Meter Run	Finals	22	1
9:45 AM	#25 Boys 13-17 1500 Meter Run	Finals	17	1
10:00 AM	#26 Girls 8 Year Olds 60 Meter Hurdles (45cm)	Finals	0	1 u
10:00 AM	#27 Boys 8 Year Olds 60 Meter Hurdles (45cm)	Finals	0	1 u
10:00 AM	#28 Girls 9 Year Olds 60 Meter Hurdles (45cm)	Finals	0	1 u
10:00 AM	#29 Boys 9 Year Olds 60 Meter Hurdles (45cm)	Finals	0	1 u
10:00 AM	#30 Girls 10 Year Olds 60 Meter Hurdles (60cm)	Finals	0	1 u
10:00 AM	#31 Boys 10 Year Olds 60 Meter Hurdles (60cm)	Finals	0	1 u
10:30 AM	#32 Girls 7 Year Olds 100 Meter Dash	Heats	14	2
10:30 AM	#33 Boys 7 Year Olds 100 Meter Dash	Heats	20	2
10:30 AM	#34 Girls 13 Year Olds 100 Meter Dash	Heats	18	2
10:30 AM	#35 Boys 13 Year Olds 100 Meter Dash	Heats	12	2
10:30 AM	#36 Girls 14 Year Olds 100 Meter Dash	Heats	14	2
11:00 PM	#37 Boys 14 Year Olds 100 Meter Dash	Finals	6	1
11:00 PM	#38 Girls 15 Year Olds 100 Meter Dash	Finals	5	1
11:00 PM	#39 Boys 15 Year Olds 100 Meter Dash	Finals	5	1
11:00 AM	#40 Girls 17 Year Olds 100 Meter Dash	Heats	11	2
11:00 AM	#41 Boys 17 Year Olds 100 Meter Dash	Heats	13	2
11:00 AM	#42 Girls 8 Year Olds 100 Meter Dash	Heats	18	2
11:00 AM	#43 Boys 8 Year Olds 100 Meter Dash	Heats	21	3
11:30 AM	#44 Girls 9 Year Olds 100 Meter Dash	Heats	16	2
11:30 AM	#45 Boys 9 Year Olds 100 Meter Dash	Heats	26	3
11:30 AM	#46 Girls 10 Year Olds 100 Meter Dash	Heats	20	2
11:30 AM	#47 Boys 10 Year Olds 100 Meter Dash	Heats	24	3
12:00 PM	#48 Girls 11 Year Olds 100 Meter Dash	Heats	21	3
12:00 PM	#49 Boys 11 Year Olds 100 Meter Dash	Heats	21	3
12:00 PM	#50 Girls 12 Year Olds 100 Meter Dash	Heats	21	3
12:00 PM	#51 Boys 12 Year Olds 100 Meter Dash	Heats	19	2
12:00 PM	#52 Girls 7 Year Olds 100 Meter Dash	Finals	0	1 u
12:00 PM	#53 Boys 7 Year Olds 100 Meter Dash	Finals	0	1 u
12:30 PM	#54 Girls 13 Year Olds 400 Meter Dash	Finals	11	2
12:30 PM	#55 Boys 13 Year Olds 400 Meter Dash	Finals	9	2
12:30 PM	#56 Girls 14 Year Olds 400 Meter Dash	Finals	6	1
12:30 PM	#57 Boys 14 Year Olds 400 Meter Dash	Finals	2	1
12:30 PM	#58 Mixed 15 Year Olds 400 Meter Dash	Finals	7	1

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS

2022 - 9/12/2022 to 11/12/2022

The Ridge Athletics Track

Session Report

1:00 PM	#59 Girls 17 Year Olds 400 Meter Dash	Finals	14	2
1:00 PM	#60 Boys 17 Year Olds 400 Meter Dash	Finals	5	1
1:00 PM	#61 Girls 10 Year Olds 400 Meter Dash	Finals	15	3
1:00 PM	#62 Boys 10 Year Olds 400 Meter Dash	Finals	21	3
1:30 PM	#63 Girls 11 Year Olds 400 Meter Dash	Finals	12	2
1:30 PM	#64 Boys 11 Year Olds 400 Meter Dash	Finals	15	2
1:30 PM	#65 Girls 12 Year Olds 400 Meter Dash	Finals	14	2
1:30 PM	#66 Boys 12 Year Olds 400 Meter Dash	Finals	16	2
2:00 PM	#67 Girls 7 Year Olds 50 Meter Dash —	Finals	10	1
2:00 PM	#68 Boys 7 Year Olds 50 Meter Dash —	Heats	15	2
2:15 PM	#69 Girls 13 Year Olds 100 Meter Dash	Finals	0	1u
2:15 PM	#70 Boys 13 Year Olds 100 Meter Dash	Finals	0	1u
2:15 PM	#71 Girls 14 Year Olds 100 Meter Dash	Finals	0	1u
2:15 PM	#72 Girls 17 Year Olds 100 Meter Dash	Finals	0	1u
2:15 PM	#73 Boys 17 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#74 Girls 8 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#75 Boys 8 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#76 Girls 9 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#77 Boys 9 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#78 Girls 10 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#79 Boys 10 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#80 Girls 11 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#81 Boys 11 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#82 Girls 12 Year Olds 100 Meter Dash	Finals	0	1u
2:30 PM	#83 Boys 12 Year Olds 100 Meter Dash	Finals	0	1u
3:00 PM	#84 Boys 7 Year Olds 50 Meter Dash —	Finals	0	1u

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**2022 - 9/12/2022 to 11/12/2022****The Ridge Athletics Track****Session Report**

Session: 4 Saturday Field Events

Day 2 - Saturday 10/12/2022 - Starts at 08:00 AM

Not Before	Event	Round	Entries	Heats
8:00 AM	#9 Girls 9 Year Olds High Jump (S/H 0.80m) HJ3	Finals	11	1
8:00 AM	#10 Girls 12 Year Olds High Jump (S/H 1.10m) HJ2	Finals	9	1
8:00 AM	#11 Girls 8 Year Olds Long Jump North	Finals	20	1
8:00 AM	#12 Boys 8 Year Olds Long Jump South	Finals	14	1
8:00 AM	#13 Girls 15 Year Olds Triple Jump South	Finals	5	1
8:00 AM	#14 Girls 10 Year Olds Discus Throw (500 Gram) South	Finals	15	1
8:00 AM	#15 Boys 14 Year Olds Discus Throw (1.0 Kg) North	Finals	5	1
8:00 AM	#16 Girls 11 Year Olds Shot Put (2.0 Kg) SP1	Finals	7	1
8:00 AM	#17 Girls 13 Year Olds Shot Put (3.0 Kg) SP2	Finals	12	1
8:30 AM	#18 Girls 17 Year Olds Triple Jump HJ2	Finals	6	1
9:00 AM	#19 Boys 14 Year Olds High Jump (S/H 1.25m) HJ2	Finals	2	1
9:00 AM	#20 Girls 15 Year Olds Discus Throw (1.0 Kg) North	Finals	5	1
9:00 AM	#21 Girls 7 Year Olds Shot Put (1.0 Kg) SP1	Finals	6	1
9:00 AM	#22 Boys 15 Year Olds Shot Put (4.0 Kg) SP2	Finals	2	1
9:30 AM	#23 Boys 10 Year Olds High Jump (S/H 0.95m)HJ3	Finals	13	1
9:30 AM	#24 Girls 15 Year Olds High Jump (S/H 1.20m) HJ2	Finals	4	1
9:30 AM	#25 Girls 13 Year Olds Long Jump North	Finals	11	1
9:30 AM	#26 Boys 17 Year Olds Long Jump South	Finals	9	1
9:30 AM	#27 Boys 12 Year Olds Discus Throw (750 Gram) North	Finals	13	1
9:30 AM	#28 Boys 7 Year Olds Discus Throw (350 Gram) South	Finals	13	1
9:30 AM	#29 Girls 9 Year Olds Shot Put (2.0 Kg) SP1	Finals	11	1
10:00 AM	#30 Boys 17 Year Olds Shot Put (5.0 Kg) SP2	Finals	8	1
10:00 AM	#31 Girls 17 Year Olds High Jump (S/H 1.25m) HJ2	Finals	5	1
10:00 AM	#32 Girls 11 Year Olds Triple Jump South	Finals	11	1
10:30 AM	#33 Girls 14 Year Olds Long Jump	Finals	10	1
10:30 AM	#34 Boys 13 Year Olds Javelin Throw (600 Gram)	Finals	11	1
11:00 AM	#35 Boys 9 Year Olds Long Jump North	Finals	19	1
11:00 AM	#36 Girls 8 Year Olds Discus Throw (500 Gram)South	Finals	14	1
11:00 AM	#37 Girls 17 Year Olds Discus Throw (1.0 Kg)North	Finals	8	1
11:00 AM	#38 Girls 11 Year Olds High Jump (S/H 1.00m) HJ1	Finals	15	1
11:00 AM	#39 Girls 13 Year Olds High Jump (S/H 1.15m) HJ2	Finals	9	1
11:30 AM	#40 Boys 13 Year Olds Triple Jump	Finals	10	1
11:30 AM	#41 Boys 8 Year Olds Shot Put (1.5 Kg) SP1	Finals	10	1
11:30 AM	#42 Girls 12 Year Olds Shot Put (2.0 Kg) SP2	Finals	14	1
11:45 AM	#43 Girls 14 Year Olds Javelin Throw (400 Gram)	Finals	7	1
12:00 PM	#44 Boys 15 Year Olds Long Jump South	Finals	5	1
12:00 PM	#45 Boys 11 Year Olds Discus Throw 500 Gram) South	Finals	10	1
12:30 PM	#46 Boys 12 Year Olds Long Jump North	Finals	16	1
12:30 PM	#46 Boys 14 Year Olds Triple Jump	Finals	5	1
12:30 PM	#48 Boys 13 Year Olds Discus Throw (750 Gram) North	Finals	11	1
12:30 PM	#49 Boys 10 Year Olds Shot Put (2.0 Kg) SP1	Finals	11	1
12:45 PM	#50 Boys 17 Year Olds Javelin Throw (700 Gram)	Finals	7	1
1:00 PM	#51 Boys 11 Year Olds Long Jump South	Finals	21	1
1:00 PM	#52 Girls 14 Year Olds Shot Put (3.0 Kg) SP2	Finals	6	1
1:45 PM	#53 Boys 12 Year Olds Javelin Throw (400 Gram)	Finals	11	1
2:45 PM	#54 Boys 15 Year Olds Javelin Throw (700 Gram)	Finals	2	1

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**2022 - 9/12/2022 to 11/12/2022****The Ridge Athletics Track****Session Report**

Session: 5 Sunday Track Events

Day 3 - Sunday 11/12/2022 - Starts at 08:00 AM

Not Before	Event	Round	Entries	Heats
8:00 AM	#85 Girls 11 Year Olds 80 Meter Hurdles (60cm)	Heats	17	2
8:00 AM	#86 Boys 11 Year Olds 80 Meter Hurdles (60cm)	Heats	14	2
8:00 AM	#87 Girls 12 Year Olds 80 Meter Hurdles (68cm)	Finals	6	1
8:00 AM	#88 Boys 12 Year Olds 80 Meter Hurdles (68cm)	Heats	13	2
8:00 AM	#89 Girls 13 Year Olds 80 Meter Hurdles (76cm)	Heats	11	2
8:30 AM	#90 Boys 13 Year Olds 80 Meter Hurdles (76cm)	Finals	7	1
8:30 AM	#91 Girls 14 Year Olds 80 Meter Hurdles (76cm)	Finals	5	1
8:30 AM	#92 Boys 14 Year Olds 90 Meter Hurdles (76cm)	Finals	5	1
8:30 AM	#93 Girls 15 Year Olds 90 Meter Hurdles (76cm)	Finals	2	1
8:30 AM	#94 Boys 15 Year Olds 100 Meter Hurdles (76cm)	Finals	2	1
8:30 AM	#95 Girls 17 Year Olds 100 Meter Hurdles (76cm)	Finals	3	1
8:30 AM	#96 Boys 17 Year Olds 110 Meter Hurdles (76cm)	Finals	3	1
8:45 AM	#97 Girls 8 Year Olds 700 Meter Run Pack Start	Finals	9	1
8:45 AM	#98 Boys 8 Year Olds 700 Meter Run Pack Start	Finals	15	1
9:00 AM	#99 Mixed 10-11 1100 Meter Race Walk	Finals	13	1
9:00 AM	#100 Mixed 9 Year Olds 700 Meter Race Walk	Finals	8	1
9:30 AM	#101 Mixed 12-17 1500 Meter Race Walk	Finals	12	1
10:00 AM	#102 Girls 11 Year Olds 80 Meter Hurdles (60cm)	Finals	0	1u
10:00 AM	#103 Boys 11 Year Olds 80 Meter Hurdles (60cm)	Finals	0	1u
10:00 AM	#104 Boys 12 Year Olds 80 Meter Hurdles (68cm)	Finals	0	1u
10:00 AM	#105 Girls 13 Year Olds 80 Meter Hurdles (76cm)	Finals	0	1u
10:15 AM	#106 Girls 10 Year Olds 70 Meter Dash	Heats	19	2
10:15 AM	#107 Boys 10 Year Olds 70 Meter Dash	Heats	17	2
10:15 AM	#108 Girls 9 Year Olds 70 Meter Dash	Heats	14	2
10:15 AM	#109 Boys 9 Year Olds 70 Meter Dash	Heats	23	3
10:45 AM	#110 Girls 8 Year Olds 70 Meter Dash	Heats	16	2
10:45 AM	#111 Boys 8 Year Olds 70 Meter Dash	Heats	15	2
10:45 AM	#112 Girls 7 Year Olds 70 Meter Dash	Heats	12	2
10:45 AM	#113 Boys 7 Year Olds 70 Meter Dash	Heats	18	2
11:30 AM	#114 Girls 11 Year Olds 200 Meter Dash	Heats	15	2
11:30 AM	#115 Boys 11 Year Olds 200 Meter Dash	Heats	22	3
11:30 AM	#116 Girls 12 Year Olds 200 Meter Dash	Heats	23	3
11:30 AM	#117 Boys 12 Year Olds 200 Meter Dash	Heats	17	3
12:00 PM	#118 Girls 13 Year Olds 200 Meter Dash	Heats	19	3
12:00 PM	#119 Boys 13 Year Olds 200 Meter Dash	Heats	13	2
12:00 PM	#120 Girls 10 Year Olds 200 Meter Dash	Heats	19	3
12:00 PM	#121 Boys 10 Year Olds 200 Meter Dash	Heats	18	3
12:30 PM	#122 Girls 9 Year Olds 200 Meter Dash	Heats	16	2
12:30 PM	#123 Boys 9 Year Olds 200 Meter Dash	Heats	22	3
12:30 PM	#124 Girls 8 Year Olds 200 Meter Dash	Heats	14	2
12:30 PM	#125 Boys 8 Year Olds 200 Meter Dash	Heats	15	2
12:30 PM	#126 Girls 7 Year Olds 200 Meter Dash	Heats	11	2
12:30 PM	#127 Boys 7 Year Olds 200 Meter Dash	Heats	21	3
1:00 PM	#128 Girls 14 Year Olds 200 Meter Dash	Heats	14	2
1:00 PM	#129 Boys 14 Year Olds 200 Meter Dash	Finals	3	1
1:00 PM	#130 Girls 15 Year Olds 200 Meter Dash	Finals	7	1
1:00 PM	#131 Boys 15 Year Olds 200 Meter Dash	Finals	4	1
1:00 PM	#132 Girls 17 Year Olds 200 Meter Dash	Heats	12	2
1:00 PM	#133 Boys 17 Year Olds 200 Meter Dash	Heats	11	2
1:30 PM	#134 Girls 10 Year Olds 70 Meter Dash	Finals	0	1u
1:30 PM	#135 Boys 10 Year Olds 70 Meter Dash	Finals	0	1u
1:30 PM	#136 Girls 9 Year Olds 70 Meter Dash	Finals	0	1u
1:30 PM	#137 Boys 9 Year Olds 70 Meter Dash	Finals	0	1u

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS**2022 - 9/12/2022 to 11/12/2022****The Ridge Athletics Track****Session Report**

1:30 PM	#138	Girls 8 Year Olds 70 Meter Dash	Finals	0	1 u
1:30 PM	#139	Boys 8 Year Olds 70 Meter Dash	Finals	0	1 u
1:30 PM	#140	Girls 7 Year Olds 70 Meter Dash	Finals	0	1 u
1:30 PM	#141	Boys 7 Year Olds 70 Meter Dash	Finals	0	1 u
2:00 PM	#142	Girls 11 Year Olds 800 Meter Run	Finals	10	1
2:00 PM	#143	Boys 11 Year Olds 800 Meter Run	Finals	17	2
2:00 PM	#144	Girls 12 Year Olds 800 Meter Run	Finals	14	1
2:00 PM	#145	Boys 12 Year Olds 800 Meter Run	Finals	18	2
2:30 PM	#146	Girls 13 Year Olds 800 Meter Run	Finals	13	1
2:30 PM	#147	Boys 13 Year Olds 800 Meter Run	Finals	10	1
2:30 PM	#148	Mixed 14 Year Olds 800 Meter Run	Finals	7	1
2:30 PM	#149	Mixed 15 Year Olds 800 Meter Run	Finals	11	1
2:30 PM	#150	Mixed 17 Year Olds 800 Meter Run	Finals	9	1
2:30 PM	#151	Girls 10 Year Olds 800 Meter Run	Finals	15	1
2:30 PM	#152	Boys 10 Year Olds 800 Meter Run	Finals	14	1
2:30 PM	#153	Girls 9 Year Olds 800 Meter Run	Finals	12	1
2:30 PM	#154	Boys 9 Year Olds 800 Meter Run	Finals	20	2
3:00 PM	#155	Girls 8 Year Olds 200 Meter Dash	Finals	0	1 u
3:00 PM	#156	Boys 8 Year Olds 200 Meter Dash	Finals	0	1 u
3:00 PM	#157	Girls 7 Year Olds 200 Meter Dash	Finals	0	1 u
3:00 PM	#158	Boys 7 Year Olds 200 Meter Dash	Finals	0	1 u
3:00 PM	#159	Girls 11 Year Olds 200 Meter Dash	Finals	0	1 u
3:00 PM	#160	Boys 11 Year Olds 200 Meter Dash	Finals	0	1 u
3:00 PM	#161	Girls 12 Year Olds 200 Meter Dash	Finals	0	1 u
3:00 PM	#162	Boys 12 Year Olds 200 Meter Dash	Finals	0	1 u
3:00 PM	#163	Girls 13 Year Olds 200 Meter Dash	Finals	0	1 u
3:00 PM	#164	Boys 13 Year Olds 200 Meter Dash	Finals	0	1 u
3:30 PM	#165	Girls 10 Year Olds 200 Meter Dash	Finals	0	1 u
3:30 PM	#166	Boys 10 Year Olds 200 Meter Dash	Finals	0	1 u
3:30 PM	#167	Girls 9 Year Olds 200 Meter Dash	Finals	0	1 u
3:30 PM	#168	Boys 9 Year Olds 200 Meter Dash	Finals	0	1 u
3:30 PM	#169	Girls 14 Year Olds 200 Meter Dash	Finals	0	1 u
3:30 PM	#170	Girls 17 Year Olds 200 Meter Dash	Finals	0	1 u
3:30 PM	#171	Boys 17 Year Olds 200 Meter Dash	Finals	0	1 u
4:00 PM	#172	Girls 12-17 4x100 Meter Relay (Snr)	Finals	0	0
4:00 PM	#173	Boys 12-17 4x100 Meter Relay (Snr)	Finals	0	0
4:00 PM	#174	Girls 9-12 4x100 Meter Relay (Jnr)	Finals	0	0
4:00 AM	#175	Boys 9-12 4x100 Meter Relay (Jnr)	Finals	0	0

SOUTHERN MET ZONE TRACK & FIELD CHAMPIONSHIPS

2022 - 9/12/2022 to 11/12/2022

The Ridge Athletics Track**Session Report**

Session: 6 Sunday Field Events

Day 3 - Sunday 11/12/2022 - Starts at 08:00 AM

Not Before	Event	Round		
8:00 AM	#55 Boys 9 Year Olds High Jump (S/H 0.85m) HJ3	Finals	15	1
8:00 AM	#56 Girls 14 Year Olds High Jump (S/H 1.20m) HJ2	Finals	7	1
8:00 AM	#57 Boys 13 Year Olds Long Jump North	Finals	12	1
8:00 AM	#58 Girls 15 Year Olds Long Jump South	Finals	7	1
8:00 AM	#59 Boys 17 Year Olds Triple Jump	Finals	7	1
8:00 AM	#60 Girls 7 Year Olds Discus Throw (350 Gram) North	Finals	2	1
8:00 AM	#61 Boys 8 Year Olds Discus Throw (500 Gram) South	Finals	12	1
8:00 AM	#62 Girls 17 Year Olds Shot Put (3.0 Kg) SP1	Finals	9	1
8:00 AM	#63 Girls 8 Year Olds Shot Put (1.5 Kg) SP2	Finals	8	1
8:30 AM	#64 Boys 17 Year Olds Discus Throw (1.5 Kg) North	Finals	3	1
9:00 AM	#65 Boys 14 Year Olds Long Jump South	Finals	4	1
9:00 AM	#66 Girls 15 Year Olds Shot Put (3.0 Kg) SP1	Finals	6	1
9:00 AM	#67 Boys 11 Year Olds Shot Put (2.0 Kg) SP2	Finals	15	1
9:00 AM	#68 Girls 13 Year Olds Discus Throw (750 Gram) North	Finals	11	1
9:30 AM	#69 Girls 10 Year Olds High Jump (S/H 0.90m)HJ3	Finals	10	1
9:30 AM	#70 Boys 13 Year Olds High Jump (S/H 1.20m) HJ2	Finals	13	1
9:30 AM	#71 Girls 11 Year Olds Long Jump North	Finals	14	1
9:30 AM	#72 Girls 17 Year Olds Long Jump South	Finals	9	1
9:30 AM	#73 Boys 15 Year Olds Triple Jump	Finals	3	1
9:30 AM	#74 Girls 14 Year Olds Discus Throw (1.0 Kg) South	Finals	5	1
10:00 AM	#75 Boys 10 Year Olds Discus Throw (500 Gram) South	Finals	12	1
10:30 AM	#76 Girls 12 Year Olds Discus Throw (750 Gram) North	Finals	13	1
10:30 AM	#77 Boys 11 Year Olds High Jump (S/H 1.05m) HJ1	Finals	17	1
10:30 AM	#78 Girls 14 Year Olds Triple Jump HJ2	Finals	9	1
11:00 AM	#79 Boys 15 Year Olds High Jump (S/H 1.25m)	Finals	2	1
11:00 AM	#80 Girls 12 Year Olds Long Jump North	Finals	18	1
11:00 AM	#81 Girls 9 Year Olds Long Jump South	Finals	14	1
11:00 AM	#82 Girls 10 Year Olds Shot Put (2.0 Kg) SP1	Finals	13	1
11:00 AM	#83 Boys 13 Year Olds Shot Put (3.0 Kg) SP2	Finals	8	1
11:00 AM	#84 Boys 14 Year Olds Javelin Throw (600 Gram)	Finals	4	1
11:30 AM	#85 Boys 17 Year Olds High Jump (S/H 1.30m)HJ2	Finals	5	1
11:30 AM	#86 Girls 13 Year Olds Triple Jump	Finals	12	1
11:30 AM	#87 Girls 15 Year Olds Javelin Throw (500 Gram)	Finals	7	1
12:00 PM	#88 Boys 12 Year Olds High Jump (S/H 1.15m) HJ1	Finals	15	1
12:00 PM	#89 Boys 15 Year Olds Discus Throw (1.0 Kg)North	Finals	2	1
12:00 PM	#90 Girls 17 Year Olds Javelin Throw (500 Gram)	Finals	12	1
12:30 PM	#91 Boys 7 Year Olds Shot Put (1.0 Kg) SP1	Finals	13	1
12:30 PM	#92 Boys 9 Year Olds Shot Put (2.0 Kg) SP2	Finals	17	1
12:30 PM	#93 Girls 11 Year Olds Discus Throw (500 Gram)North	Finals	12	1
12:45 PM	#94 Girls 7 Year Olds Long Jump North	Finals	11	1
1:00 PM	#95 Boys 7 Year Olds Long Jump South	Finals	18	1
1:00 PM	#96 Girls 13 Year Olds Javelin Throw (400 Gram)	Finals	9	1
1:30 PM	#97 Boys 11 Year Olds Triple Jump	Finals	12	1
1:30 PM	#98 Boys 12 Year Olds Shot Put (2.0 Kg) SP1	Finals	12	1
2:00 PM	#99 Boys 14 Year Olds Shot Put (3.0 Kg)SP2	Finals	5	1
2:00 PM	#100 Girls 12 Year Olds Javelin Throw (400 Gram)	Finals	8	1