

MID SOUTH COAST ZONE CHAMPIONSHIPS

Hosts: Lake Illawarra **Venue:** Myimbarr Community Park, Wattle Rd, Flinders

Date: Saturday 5th And Sunday 6th December 2026

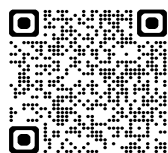
Entries Close: Sunday 22nd November

SATURDAY'S EVENTS

Event	Age Group											
	7	8	9	10	11	12	13	14	15	16	17	20
50m	X											
100m	X	X	X	X	X	X	X	X	X	X	X	X
P/Start	X											
400m		X	X	X	X	X	X	X	X	X	X	X
60m/h		X	X	X								
1500m					X	X	X	X	X	X	X	X
200m/h							X					
300m/h								X	X			
400m/h										X	X	X
3000m							X	X	X	X	X	X
Discus	B	G	B	G	B	B	B	B	G	G	G	G
H/Jump			G	B	G	G	G	B	G	G	G	G
Javelin					B	B	B	G	B	B	B	B
L/Jump		X	B	G	B	B	G	G	B	B	B	B
S/Put	G	B	G	B	G	G	G	G	B	B	B	B
T/Jump					G	G	B	B	G	G	G	G

SUNDAY'S EVENTS

Event	Age Group											
	7	8	9	10	11	12	13	14	15	16	17	20
70m	X	X	X	X								
200m	X	X	X	X	X	X	X	X	X	X	X	X
P/Start		X										
800m			X	X	X	X	X	X	X	X	X	X
80m/h					X	X	G					
90m/h							B	G	G			
100m/h								B	B	G	G	G
110m/h										B	B	B
700m/w			X									
1100m/w				X	X							
1500m/w						X	X	X	X	X	X	
Discus	G	B	G	B	G	G	G	G	B	B	B	B
H/Jump			B	G	B	B	B	G	B	B	B	B
Javelin					G	G	G	B	G	G	G	G
L/Jump	X		G	B	G	G	B	B	G	G	G	G
S/Put	B	G	B	G	B	B	B	B	G	G	G	G
T/Jump					B	B	G	G	B	B	B	B



Scan to register

Legend: X = Boys & Girls
G = Girls
B = Boys