

Central West Met Zone Championships
Warragamba Sportsground
Session Report

Session: 1 Friday Track Events
Day 1 - Friday 5/12/2025 - Starts at 06:45 PM

Event	Round
#1 Girls 3000 Metre Run 13s	Final
#2 Girls 3000 Metre Run 14s	Final
#3 Girls 3000 Metre Run 15s	Final
#4 Girls 3000 Metre Run 16s	Final
#5 Boys 3000 Metre Run 13s	Final
#6 Boys 3000 Metre Run 14s	Final
#7 Boys 3000 Metre Run 15s	Final

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Session: 2 Friday Field Events
Day 1 - Friday 5/12/2025 - Starts at 06:45 PM

Event	Round
#20 Girls Discus (1.0 Kg) 15s	Final
#21 Boys Discus (1.0 Kg) 14s	Final
#22 Boys Triple Jump 13s	Final
#23 Girls Triple Jump 14s	Final
#24 Boys Triple Jump 14s	Final
#25 Girls Long Jump 16s	Final
#26 Girls Long Jump 17s	Final
#27 Boys Javelin (600 Gram) 13s	Final
#28 Boys Javelin (700 Gram) 16s	Final
#29 Boys Javelin (700 Gram) 17s	Final

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Warragamba Sportsground
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Session: 3 Saturday Track Events
Day 2 - Saturday 6/12/2025 - Starts at 08:45 AM

Event	Round
#100 Girls 300 Metre Hurdles (76cm) 16s	Final
#101 Girls 300 Metre Hurdles (76cm) 17s	Final
#102 Boys 300 Metre Hurdles (76cm) 16s	Final
#103 Boys 300 Metre Hurdles (76cm) 17s	Final
#104 Boys 300 Metre Hurdles (76cm) Under 20	Final
#105 Girls 300 Metre Hurdles (76cm) 15s	Final
#106 Boys 300 Metre Hurdles (76cm) 15s	Final
#107 Boys 300 Metre Hurdles (76cm) 14s	Final
#108 Girls 200 Metre Hurdles (76cm) 13s	Final
#109 Boys 200 Metre Hurdles (76cm) 13s	Final
#110 Girls 1500 Metre Run 11s	Final
#111 Boys 1500 Metre Run 11s	Final
#112 Girls 1500 Metre Run 12s	Final
#113 Boys 1500 Metre Run 12s	Final
#114 Girls 60 Metre Hurdles (45cm) 8s	Heats
#115 Boys 60 Metre Hurdles (45cm) 8s	Final
#116 Girls 60 Metre Hurdles (45cm) 9s	Final
#117 Boys 60 Metre Hurdles (45cm) 9s	Final
#118 Girls 60 Metre Hurdles (60cm) 10s	Heats
#119 Boys 60 Metre Hurdles (60cm) 10s	Final
#120 Girls 80 Metre Hurdles (60cm) 11s	Final
#121 Boys 80 Metre Hurdles (60cm) 11s	Heats
#122 Girls 80 Metre Hurdles (68cm) 12s	Final
#123 Boys 80 Metre Hurdles (68cm) 12s	Final
#124 Girls 1500 Metre Run 16s	Final
#125 Girls 1500 Metre Run 15s	Final
#126 Girls 1500 Metre Run 14s	Final
#127 Girls 1500 Metre Run 13s	Final
#128 Boys 1500 Metre Run 16s	Final
#129 Boys 1500 Metre Run 15s	Final
#130 Boys 1500 Metre Run 14s	Final
#131 Boys 1500 Metre Run 13s	Final
#132 Girls 60 Metre Hurdles (45cm) 8s	Final
#133 Girls 60 Metre Hurdles (60cm) 10s	Final
#134 Boys 80 Metre Hurdles (60cm) 11s	Final
#135 Girls 50 Metre Sprint 7s	Final
#136 Boys 50 Metre Sprint 7s	Final
#137 Girls 100 Metre Sprint 16s	Final
#138 Girls 100 Metre Sprint 17s	Final
#139 Girls 100 Metre Sprint Under 20	Final
#140 Boys 100 Metre Sprint 16s	Final
#141 Boys 100 Metre Sprint 17s	Final
#142 Boys 100 Metre Sprint Under 20	Final
#143 Girls 100 Metre Sprint 15s	Final
#144 Boys 100 Metre Sprint 15s	Final
#145 Girls 100 Metre Sprint 14s	Heats
#146 Boys 100 Metre Sprint 14s	Final

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Session: 3 Saturday Track Events
Day 2 - Saturday 6/12/2025 - Starts at 08:45 AM

Event	Round
#147 Girls 100 Metre Sprint 13s	Heats
#148 Boys 100 Metre Sprint 13s	Heats
#149 Girls 100 Metre Sprint 8s	Heats
#150 Boys 100 Metre Sprint 8s	Final
#151 Girls 100 Metre Sprint 9s	Heats
#152 Boys 100 Metre Sprint 9s	Final
#153 Girls 100 Metre Sprint 10s	Final
#154 Boys 100 Metre Sprint 10s	Heats
#155 Girls 100 Metre Sprint 11s	Final
#156 Boys 100 Metre Sprint 11s	Heats
#157 Girls 100 Metre Sprint 12s	Final
#158 Boys 100 Metre Sprint 12s	Heats
#159 Girls 100 Metre Sprint 7s	Final
#160 Boys 100 Metre Sprint 7s	Final
#161 Girls 400 Metre Run 16s	Final
#162 Girls 400 Metre Sprint 17s	Final
#163 Girls 400 Metre Run Under 20	Final
#164 Boys 400 Metre Run 16s	Final
#165 Boys 400 Metre Sprint 17s	Final
#166 Girls 400 Metre Sprint 15s	Final
#167 Boys 400 Metre Sprint 15s	Final
#168 Girls 400 Metre Sprint 14s	Final
#169 Boys 400 Metre Sprint 14s	Final
#170 Girls 400 Metre Sprint 13s	Final
#171 Boys 400 Metre Sprint 13s	Final
#172 Girls 400 Metre Run Pack Start 8s	Final
#173 Boys 400 Metre Run Pack Start 8s	Final
#174 Girls 400 Metre Sprint 9s	Final
#175 Boys 400 Metre Sprint 9s	Final
#176 Girls 400 Metre Sprint 10s	Final
#177 Boys 400 Metre Sprint 10s	Final
#178 Girls 400 Metre Sprint 11s	Final
#179 Boys 400 Metre Sprint 11s	Final
#180 Girls 400 Metre Sprint 12s	Final
#181 Boys 400 Metre Sprint 12s	Final
#182 Girls 100 Metre Sprint 14s	Final
#183 Girls 100 Metre Sprint 13s	Final
#184 Boys 100 Metre Sprint 13s	Final
#185 Girls 100 Metre Sprint 8s	Final
#186 Girls 100 Metre Sprint 9s	Final
#187 Boys 100 Metre Sprint 10s	Final
#188 Boys 100 Metre Sprint 11s	Final
#189 Boys 100 Metre Sprint 12s	Final

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Session: 4 Saturday Field Events
Day 2 - Saturday 6/12/2025 - Starts at 08:45 AM

Event	Round
#200 Girls High Jump (S/H 0.80m) 9s	Final
#201 Boys High Jump (S/H 0.85m) 9s	Final
#202 Girls Long Jump 8s	Final
#203 Boys Long Jump 8s	Final
#204 Boys Long Jump 15s	Final
#205 Girls Triple Jump 16s	Final
#206 Girls Triple Jump 17s	Final
#207 Girls Discus (500 Gram) 8s	Final
#208 Girls Discus (500 Gram) 10s	Final
#209 Girls Shot Put (2.0 Kg) 11s	Final
#210 Boys Shot Put (2.0 Kg) 11s	Final
#211 Boys Shot Put (1.0 Kg) 7s	Final
#212 Girls High Jump (S/H 1.20m) 15s	Final
#213 Girls High Jump (S/H 1.15m) 13s	Final
#214 Boys Long Jump 10s	Final
#215 Girls Long Jump 10s	Final
#216 Girls Triple Jump 11s	Final
#217 Boys Triple Jump 11s	Final
#218 Boys Discus (750 Gram) 12s	Final
#219 Girls Discus (350 Gram) 7s	Final
#220 Boys Shot Put (1.5 Kg) 8s	Final
#221 Girls High Jump (S/H 1.00m) 11s	Final
#222 Girls High Jump (S/H 1.10m) 12s	Final
#223 Boys Shot Put (4.0 Kg) 15s	Final
#224 Girls Shot Put (3.0 Kg) 16s	Final
#225 Girls Shot Put (3.0 Kg) 17s	Final
#226 Girls Shot Put (4.0 Kg) Under 20	Final
#227 Girls Long Jump 13s	Final
#228 Boys Long Jump 13s	Final
#229 Girls Discus (750 Gram) 12s	Final
#230 Boys Discus (750 Gram) 13s	Final
#231 Girls Triple Jump 15s	Final
#232 Boys High Jump (S/H 1.25m) 14s	Final
#233 Boys High Jump (S/H 1.30m) 16s	Final
#234 Boys High Jump (S/H 1.30m) 17s	Final
#235 Girls Shot Put (2.0 Kg) 9s	Final
#236 Boys Shot Put (2.0 Kg) 9s	Final
#237 Boys Discus (500 Gram) 10s	Final
#238 Boys Discus (1.5 Kg) 17s	Final
#239 Girls Long Jump 14s	Final
#240 Boys Long Jump 16s	Final
#241 Boys Long Jump 17s	Final
#242 Boys Long Jump Under 20	Final
#243 Boys Long Jump 12s	Final
#244 Girls Shot Put (3.0 Kg) 13s	Final
#245 Girls Shot Put (3.0 Kg) 14s	Final
#246 Boys Javelin (400 Gram) 11s	Final

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Session: 4 Saturday Field Events
Day 2 - Saturday 6/12/2025 - Starts at 08:45 AM

Event	Round
#247 Boys Javelin (400 Gram) 12s	Final
#248 Girls Javelin (400 Gram) 12s	Final
#249 Girls Javelin (500 Gram) 14s	Final
#250 Girls Javelin (500 Gram) 16s	Final
#251 Girls Javelin (600 Gram) Under 20	Final
#252 Boys Javelin (700 Gram) 15s	Final
#253 Boys Javelin (700 Gram) 14s	Final

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Session: 5 Sunday Track Events
Day 3 - Sunday 7/12/2025 - Starts at 08:45 AM

Event	Round
#300 Girls 80 Metre Hurdles (76cm) 13s	Final
#301 Boys 90 Metre Hurdles (76cm) 13s	Final
#302 Girls 90 Metre Hurdles (76cm) 14s	Final
#303 Girls 90 Metre Hurdles (76cm) 15s	Final
#304 Boys 100 Metre Hurdles (76cm) 14s	Final
#305 Girls 100 Metre Hurdles (76cm) 16s	Final
#306 Girls 100 Metre Hurdles (76cm) 17s	Final
#307 Boys 110 Metre Hurdles (76cm) 16s	Final
#308 Boys 110 Metre Hurdles (76cm) 17s	Final
#309 Boys 110 Metre Hurdles (76cm) Under 20	Final
#310 Girls 500 Metre Run Pack Start 7s	Final
#311 Boys 500 Metre Run Pack Start 7s	Final
#312 Girls 1100 Metre Walk 10s	Final
#313 Boys 1100 Metre Walk 10s	Final
#314 Girls 1100 Metre Walk 11s	Final
#315 Boys 1100 Metre Walk 11s	Final
#316 Girls 700 Metre Walk 9s	Final
#317 Boys 700 Metre Walk 9s	Final
#318 Girls 700 Metre Run Pack Start 8s	Final
#319 Boys 700 Metre Run Pack Start 8s	Final
#320 Boys 1500 Metre Walk 12s	Final
#321 Boys 1500 Metre Walk 13s	Final
#322 Girls 1500 Metre Walk 14s	Final
#323 Boys 1500 Metre Walk 14s	Final
#324 Girls 1500 Metre Walk 15s	Final
#325 Girls 70 Metre Sprint 10s	Final
#326 Boys 70 Metre Sprint 10s	Final
#327 Girls 70 Metre Sprint 9s	Heats
#328 Boys 70 Metre Sprint 9s	Final
#329 Girls 70 Metre Sprint 8s	Final
#330 Boys 70 Metre Sprint 8s	Final
#331 Girls 70 Metre Sprint 7s	Final
#332 Boys 70 Metre Sprint 7s	Final
#333 Girls 200 Metre Sprint 11s	Final
#334 Boys 200 Metre Sprint 11s	Final
#335 Girls 200 Metre Sprint 12s	Final
#336 Boys 200 Metre Sprint 12s	Final
#337 Girls 200 Metre Sprint 13s	Final
#338 Boys 200 Metre Sprint 13s	Final
#339 Girls 200 Metre Sprint 10s	Final
#340 Boys 200 Metre Sprint 10s	Final
#341 Girls 200 Metre Sprint 9s	Final
#342 Boys 200 Metre Sprint 9s	Final
#343 Girls 200 Metre Sprint 8s	Final
#344 Boys 200 Metre Sprint 8s	Final
#345 Girls 200 Metre Sprint 7s	Final
#346 Boys 200 Metre Sprint 7s	Final

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Session: 5 Sunday Track Events
Day 3 - Sunday 7/12/2025 - Starts at 08:45 AM

Event	Round
#347 Girls 200 Metre Sprint 14s	Final
#348 Boys 200 Metre Sprint 14s	Final
#349 Girls 200 Metre Sprint 15s	Final
#350 Boys 200 Metre Sprint 15s	Final
#351 Girls 200 Metre Sprint 16s	Final
#352 Girls 200 Metre Sprint 17s	Final
#353 Girls 200 Metre Sprint Under 20	Final
#354 Boys 200 Metre Sprint 16s	Final
#355 Boys 200 Metre Sprint 17s	Final
#356 Boys 200 Metre Sprint Under 20	Final
#357 Girls 70 Metre Sprint 9s	Final
#358 Girls 800 Metre Run 11s	Final
#359 Boys 800 Metre Run 11s	Final
#360 Girls 800 Metre Run 12s	Final
#361 Boys 800 Metre Run 12s	Final
#362 Girls 800 Metre Run 13s	Final
#363 Boys 800 Metre Run 13s	Final
#364 Girls 800 Metre Run 14s	Final
#365 Boys 800 Metre Run 14s	Final
#366 Girls 800 Metre Run 15s	Final
#367 Boys 800 Metre Run 15s	Final
#368 Girls 800 Metre Run 16s	Final
#369 Girls 800 Metre Run 17s	Final
#370 Girls 800 Metre Run Under 20	Final
#371 Boys 800 Metre Run 16s	Final
#372 Girls 800 Metre Run 10s	Final
#373 Boys 800 Metre Run 10s	Final
#374 Girls 800 Metre Run 9s	Final
#375 Boys 800 Metre Run 9s	Final
#376 Girls 9-12 4x100 Metre Relay (Jnr) Junior	Final
#377 Boys 9-12 4x100 Metre Relay (Jnr) Junior	Final
#378 Girls 12-17 4x100 Metre Relay (Snr) Senior	Final
#379 Boys 12-17 4x100 Metre Relay (Snr) Senior	Final

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Session: 6 Sunday Field Events
Day 3 - Sunday 7/12/2025 - Starts at 08:45 AM

Event	Round
#400 Girls High Jump (S/H 0.90m) 10s	Final
#401 Boys High Jump (S/H 0.95m) 10s	Final
#402 Girls Long Jump 12s	Final
#403 Girls Long Jump 15s	Final
#404 Girls Discus (750 Gram) 13s	Final
#405 Boys Discus (500 Gram) 8s	Final
#406 Boys Shot Put (3.0 Kg) 13s	Final
#407 Boys Shot Put (4.0 Kg) 14s	Final
#408 Girls Long Jump 11s	Final
#409 Girls High Jump (S/H 1.20m) 14s	Final
#410 Boys High Jump (S/H 1.20m) 13s	Final
#411 Boys High Jump (S/H 1.15m) 12s	Final
#412 Girls Long Jump 7s	Final
#413 Boys Long Jump 7s	Final
#414 Girls Triple Jump 12s	Final
#415 Girls Triple Jump 13s	Final
#416 Boys Discus (1.0 Kg) 15s	Final
#417 Girls Discus (1.0 Kg) 14s	Final
#418 Girls Shot Put (1.5 Kg) 8s	Final
#419 Girls Shot Put (1.0 Kg) 7s	Final
#420 Girls High Jump (S/H 1.25m) 16s	Final
#421 Girls High Jump (S/H 1.25m) 17s	Final
#422 Girls High Jump (S/H 1.25m) Under 20	Final
#423 Boys High Jump (S/H 1.25m) 15s	Final
#424 Boys Long Jump 9s	Final
#425 Girls Long Jump 9s	Final
#426 Boys Long Jump 14s	Final
#427 Boys Triple Jump 12s	Final
#428 Boys Triple Jump 15s	Final
#429 Boys Triple Jump 16s	Final
#430 Boys Triple Jump 17s	Final
#431 Boys Triple Jump Under 20	Final
#432 Boys Discus (500 Gram) 9s	Final
#433 Boys Discus (350 Gram) 7s	Final
#434 Girls Shot Put (2.0 Kg) 10s	Final
#435 Boys Shot Put (2.0 Kg) 10s	Final
#436 Boys High Jump (S/H 1.05m) 11s	Final
#437 Boys Long Jump 11s	Final
#438 Boys Discus (500 Gram) 11s	Final
#439 Girls Discus (500 Gram) 9s	Final
#440 Girls Shot Put (2.0 Kg) 12s	Final
#441 Boys Shot Put (2.0 Kg) 12s	Final
#442 Girls Discus (500 Gram) 11s	Final
#443 Girls Shot Put (3.0 Kg) 15s	Final
#444 Boys Shot Put (5.0 Kg) 17s	Final
#445 Girls Discus (1.0 Kg) 16s	Final
#446 Girls Discus (1.0 Kg) 17s	Final

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Session: 6 Sunday Field Events
Day 3 - Sunday 7/12/2025 - Starts at 08:45 AM

Event	Round
#447 Girls Javelin (400 Gram) 13s	Final
#448 Girls Javelin (400 Gram) 11s	Final
#449 Girls Javelin (500 Gram) 15s	Final