

Illawarra Track and Field - 12/01/2019
Incorporating 60m and 1 Mile Championships
Beaton Park, Wollongong

DRAFT TIMETABLE

Track

	Event	Round
4:45 PM	#1 Women 60 Metre Sprint Open	Finals
4:55 PM	#2 Men 60 Metre Sprint Open	Finals
5:09 PM	#7 Women 60 Metre Sprint IBS 30-39	Finals
5:09 PM	#8 Women 60 Metre Sprint IBS 40-49	Finals
5:09 PM	#9 Women 60 Metre Sprint IBS 50-59	Finals
5:09 PM	#10 Women 60 Metre Sprint IBS 60+	Finals
5:11 PM	#11 Men 60 Metre Sprint IBS 30-39	Finals
5:11 PM	#12 Men 60 Metre Sprint IBS 40-49	Finals
5:11 PM	#13 Men 60 Metre Sprint IBS 50-59	Finals
5:11 PM	#14 Men 60 Metre Sprint IBS 60+	Finals
5:20 PM	#15 Women 100 Metre Sprint Open	Finals
5:35 PM	#16 Men 100 Metre Sprint Open	Finals
6:10 PM	#23 Women 3000 Metre Run Open	Finals
6:28 PM	#24 Men 3000 Metre Run Open	Finals
6:45 PM	#21 Women 400 Metre Sprint Open	Finals
7:10 PM	#22 Men 400 Metre Sprint Open	Finals
7:40 PM	#25 Men 1 Mile Run B Race Open	Finals
7:50 PM	#26 Women 1 Mile Run A Race Open	Finals
8:00 PM	#27 Men 1 Mile Run A Race Open	Finals

Field

	Event	Round
5:00 PM	#28 Women Hammer Throw Division 1 Open	Finals
5:00 PM	#29 Men Hammer Throw Division 1 Open	Finals
5:00 PM	#30 Men Shot Put Division 2 Open	Finals
5:00 PM	#31 Women Shot Put Division 2 Open	Finals
5:00 PM	#32 Men + Women Pole Vault Open All Heights	Finals
5:50 PM	#33 Women Long Jump Division 2 Open	Finals
5:50 PM	#34 Men Long Jump Division 2 Open	Finals
6:10 PM	#35 Women Shot Put Division 1 Open	Finals
6:10 PM	#36 Men Shot Put Division 1 Open	Finals
6:45 PM	#37 Women Hammer Throw Division 2 Open	Finals
6:45 PM	#38 Men Hammer Throw Division 2 Open	Finals
7:05 PM	#39 Women Long Jump Division 1 Open	Finals
7:05 PM	#40 Men Long Jump Division 1 Open	Finals