



## DRAFT TIMETABLE

### Treloar Shield #6 - SOPAC

Sydney Olympic Park Athletic Centre - Saturday, 5th January, 2019

#### TRACK

Time	Event
3:00pm	Long Hurdles
4:00pm	60m
4:20pm	Para-Athlete 60m
5:00pm	200m
5:30pm	Para-Athlete 200m
6:00pm	800m
6:25pm	Para-Athlete 800m
7:00pm	3000m Walk
7:20pm	Steeplechase

#### FIELD

Time	Event
3:00pm	Men's + Women's 50m+ Javelin
3:00pm	Women's Discus 1kg
3:00pm	Women's Triple Jump 7+9m Board
4:00pm	Women's 400g + 500g Javelin
4:20pm	Men's Discus 1kg + 1.5kg + 1.75kg + 2kg
4:50pm	Men's + Women's Triple Jump 11+13m Board
5:20pm	Women's 600g + Men's 600g Javelin
5:25pm	Men's + Women's High Jump 1.5m Start
5:45pm	Men's Triple Jump 7+9m Board
6:05pm	Men's + Women's 40m+ Discus
6:15pm	Men's 700g + 800g Javelin Throw
7:10pm	Men's + Women's High Jump 1.2m Start