

Illawong All-Comers - 16/02/2019**Barden Ridge Athletic Track****Session Report**

Session: 1 Field

Day 1 - Saturday 16/02/2019 - Starts at 04:00 PM

Event	Round
4:00 PM #1 Women Hammer Throw Over 40m	Finals
4:00 PM #2 Men Hammer Throw Over 40m	Finals
4:00 PM #3 Women High Jump 1.5m Start	Finals
4:00 PM #4 Men High Jump 1.5m Start	Finals
4:00 PM #5 Women Long Jump Under 5m	Finals
4:00 PM #6 Men Long Jump Under 5m	Finals
5:05 PM #7 Women Hammer Throw Under 40m	Finals
5:05 PM #8 Men Hammer Throw Under 40m	Finals
5:30 PM #9 Women High Jump 1.2m Start	Finals
5:30 PM #10 Men High Jump 1.2m Start	Finals
5:30 PM #11 Women Long Jump Over 5m	Finals
5:30 PM #12 Men Long Jump Over 5m	Finals
6:10 PM #13 Women Shot Put 3kg	Finals
6:10 PM #14 Women Shot Put 4kg	Finals
6:50 PM #15 Men Shot Put 3kg	Finals
6:50 PM #16 Men Shot Put 4kg	Finals
6:50 PM #17 Men Shot Put 5kg	Finals
6:50 PM #18 Men Shot Put 6kg	Finals
6:50 PM #19 Men Shot Put 7.26kg	Finals

Session: 2 Track

Day 1 - Saturday 16/02/2019 - Starts at 04:30 PM

Event	Round
4:30 PM #20 Men 400 Metre Hurdles 91.4cm	Finals
4:40 PM #21 Men 400 Metre Hurdles 84.0cm	Finals
4:40 PM #22 Women 400 Metre Hurdles 76.2cm	Finals
4:50 PM #23 Men 200 Metre Hurdles 76.2cm	Finals
4:50 PM #24 Women 200 Metre Hurdles 76.2cm	Finals
5:00 PM #25 Women 100 Metre Sprint Open	Prelims
5:15 PM #26 Men 100 Metre Sprint Open	Prelims
5:45 PM #27 Women 3000 Metre Run B Race Open	Finals
5:45 PM #28 Men 3000 Metre Run B Race Open	Finals
6:00 PM #29 Women 3000 Metre Run A Race Open	Finals
6:00 PM #30 Men 3000 Metre Run A Race Open	Finals
6:17 PM #31 Women 100 Metre Sprint Open	Finals
6:20 PM #32 Men 100 Metre Sprint Open	Finals
6:30 PM #33 Women 800 Metre Run Open	Finals
6:40 PM #34 Men 800 Metre Run Open	Finals
7:20 PM #35 Women 200 Metre Sprint Open	Finals
7:35 PM #36 Men 200 Metre Sprint Open	Finals