

2019 NSW Open, U23 & Para Championships - 8/03/2019 to 10/03/2019

Sydney Olympic Park Athletic Centre

Final Timetable

Field

Day 1 - Friday

	Event	Round
6:00 PM	#1 Women High Jump Open	Finals
6:00 PM	#2 Men Discus Throw Open	Finals
6:00 PM	#3 Women Discus Throw PARA-amb	Finals
6:00 PM	#4 Men Discus Throw PARA-amb	Finals
7:20 PM	#5 Women Discus Throw Open	Finals
7:20 PM	#6 Men High Jump Open	Finals
7:30 PM	#7 Women Discus Throw seated PARA-wc	Finals

Track

Day 1 - Friday

	Event	Round
6:00 PM	#8 Women 100 Metre Sprint Open	Prelims
6:15 PM	#9 Men 100 Metre Sprint Open	Prelims
6:50 PM	#10 Women 800 Metre Run Open	Prelims
7:00 PM	#11 Men 800 Metre Run Open	Prelims
7:25 PM	#12 Women 400 Metre Sprint Open	Prelims
7:40 PM	#13 Men 400 Metre Sprint Open	Prelims
8:15 PM	#14 Women 1500 Metre Run PARA-amb	Finals
8:15 PM	#15 Men 1500 Metre Run PARA-amb	Finals
8:25 PM	#16 Women 1500 Metre Run Open	Prelims
8:40 PM	#17 Men 1500 Metre Run Open	Prelims

Field

Day 2 - Saturday

	Event	Round
5:30 PM	#18 Men Triple Jump Open	Finals
5:30 PM	#19 Women Javelin Throw Open	Finals
5:30 PM	#20 Men Shot Put Open	Finals
5:30 PM	#21 Women Long Jump PARA-amb	Finals
5:30 PM	#22 Men Long Jump PARA-amb	Finals
6:40 PM	#24 Women Javelin Throw seated PARA-wc	Finals
6:55 PM	#23 Women Triple Jump Open	Finals
6:55 PM	#25 Men Javelin Throw Open	Finals
7:00 PM	#26 Women Shot Put Open	Finals
8:05 PM	#27 Women Javelin Throw PARA-amb	Finals
8:05 PM	#28 Men Javelin Throw PARA-amb	Finals

Track

Day 2 - Saturday

	Event	Round
5:30 PM	#29 Men 400 Metre Hurdles Open	Prelims
5:45 PM	#30 Women 400 Metre Hurdles Open	Prelims
6:05 PM	#31 Men 5000 Metre Race Walk Open	Finals

6:05 PM	#32	Women 5000 Metre Race Walk Open	Finals
6:45 PM	#33	Men 100 Metre Sprint Open	Semis
6:55 PM	#34	Women 100 Metre Sprint Open	Semis
7:05 PM	#35	Women 100 Metre Sprint PARA-amb	Prelims
7:20 PM	#36	Men 400 Metre Sprint Open	Semis
7:30 PM	#37	Women 400 Metre Sprint Open	Finals
7:35 PM	#38	Men 400 Metre Sprint PARA-wc	Finals
7:35 PM	#39	Women 400 Metre Sprint PARA-wc	Finals
7:40 PM	#40	Men 400 Metre Sprint PARA-amb	Finals
7:45 PM	#41	Women 400 Metre Sprint PARA-amb	Finals
7:55 PM	#42	Men 800 Metre Run Open	Semis
8:15 PM	#43	Men 100 Metre Sprint PARA-wc	Finals
8:15 PM	#44	Women 100 Metre Sprint PARA-wc	Finals
8:20 PM	#45	Men 100 Metre Sprint PARA-amb	Finals
8:24 PM	#46	Women 100 Metre Sprint PARA-amb	Finals
8:28 PM	#47	Men 100 Metre Sprint Open	Finals
8:32 PM	#48	Women 100 Metre Sprint Open	Finals
8:45 PM	#49	Women 1500 Metre Run Open	Finals
8:55 PM	#50	Men 1500 Metre Run Open	Finals
9:05 PM	#51	Women 800 Metre Run Open	Finals

Field
Day 3 - Sunday

	Event	Round
3:30 PM	#52 Women Pole Vault Open	Finals
4:20 PM	#53 Men Long Jump Open	Finals
4:30 PM	#54 Men Hammer Throw Open	Finals
5:20 PM	#55 Women Shot Put seated PARA-wc	Finals
6:00 PM	#56 Women Long Jump Open	Finals
6:00 PM	#57 Men Pole Vault Open	Finals
6:00 PM	#58 Women Hammer Throw Open	Finals
6:30 PM	#59 Women Shot Put PARA-amb	Finals
6:30 PM	#60 Men Shot Put PARA-amb	Finals

Track
Day 3 - Sunday

	Event	Round
4:00 PM	#61 Men 110 Metre Hurdles Open	Prelims
4:15 PM	#62 Women 100 Metre Hurdles Open	Prelims
4:30 PM	#63 Men 200 Metre Sprint Open	Prelims
4:45 PM	#64 Women 200 Metre Sprint Open	Prelims
5:00 PM	#65 Women 200 Metre Sprint PARA-amb	Prelims
5:05 PM	#66 Men 200 Metre Sprint PARA-amb	Finals
5:10 PM	#67 Men 200 Metre Sprint PARA-wc	Finals
5:10 PM	#68 Women 200 Metre Sprint PARA-wc	Finals
5:20 PM	#69 Men 3000 Metre Steeplechase Open	Finals
5:35 PM	#70 Women 3000 Metre Steeplechase Open	Finals
6:00 PM	#71 Women 100 Metre Hurdles Open	Finals
6:10 PM	#72 Men 110 Metre Hurdles 91.4cm PARA-amb	Finals
6:15 PM	#73 Men 110 Metre Hurdles Open	Finals
6:30 PM	#74 Women 200 Metre Sprint PARA-amb	Finals

6:34 PM	#75	Men 200 Metre Sprint Open	Finals
6:42 PM	#76	Women 200 Metre Sprint Open	Finals
7:00 PM	#77	Men 400 Metre Hurdles Open	Finals
7:10 PM	#78	Women 400 Metre Hurdles Open	Finals
7:20 PM	#79	Men 800 Metre Run PARA-wc	Finals
7:20 PM	#80	Women 800 Metre Run PARA-wc	Finals
7:25 PM	#81	Men 800 Metre Run PARA-amb	Finals
7:25 PM	#82	Women 800 Metre Run PARA-amb	Finals
7:30 PM	#83	Men 400 Metre Sprint Open	Finals
7:35 PM	#84	Men 800 Metre Run Open	Finals