



**Athletics NSW - 28/09/2013**  
**All Schools Warm Up - One -**  
**SOPAC Warm Up Track**  
**Draft Timetable**

**TRACK**

	<b>Event</b>	<b>Round</b>
1:00 PM	Boys 110 Meter Hurdles 99.1cm All Schools	Finals
1:00 PM	Boys 110 Meter Hurdles 91.4cm All Schools	Finals
1:00 PM	Boys 100 Meter Hurdles 84.0.cm All Schools	Finals
1:00 PM	Girls 100 Meter Hurdles 84.0cm All Schools	Finals
1:00 PM	Girls 100 Meter Hurdles 76.2cm All Schools	Finals
1:00 PM	Boys 90 Meter Hurdles 76.2.cm All Schools	Finals
1:00 PM	Girls 90 Meter Hurdles 76.2cm All Schools	Finals
1:00 PM	Boys 80 Meter Hurdles 76.2.cm All Schools	Finals
1:00 PM	Girls 80 Meter Hurdles 76.2cm All Schools	Finals
1:50 PM	Girls 1500 Meter Run All Schools	Finals
1:50 PM	Boys 1500 Meter Run All Schools	Finals
2:40 PM	Girls 100 Meter Dash All Schools	Finals
2:40 PM	Boys 100 Meter Dash All Schools	Finals
3:40 PM	Girls 400 Meter Dash All Schools	Finals
3:40 PM	Boys 400 Meter Dash All Schools	Finals
4:35 PM	Boys 2000 Meter Steeplechase 91.4cm All Schools	Finals
4:35 PM	Boys 2000 Meter Steeplechase 76.2cm All Schools	Finals
4:35 PM	Girls 2000 Meter Steeplechase 76.2cm All Schools	Finals
5:05 PM	Girls 5000 Meter Race Walk All Schools	Finals
5:05 PM	Boys 5000 Meter Race Walk All Schools	Finals
5:05 PM	Girls 3000 Meter Race Walk All Schools	Finals
5:05 PM	Boys 3000 Meter Race Walk All Schools	Finals

**FIELD**

1:00 PM	Mixed Hammer Throw 3kg All Schools	Finals
1:00 PM	Boys Long Jump All Schools	Finals
1:00 PM	Mixed Shot Put 4kg All Schools	Finals
1:00 PM	Girls High Jump 1.20m Start All Schools	Finals
2:00 PM	Boys Shot Put 5kg & 6kg All Schools	Finals
2:10 PM	Girls Long Jump All Schools	Finals
2:20 PM	Boys High Jump 1.20m Start All Schools	Finals
2:30 PM	Mixed Hammer Throw 4kg All Schools	Finals
3:00 PM	Mixed Shot Put 3kg All Schools	Finals
3:20 PM	Mixed High Jump 1.50m Start All Schools	Finals
3:30 PM	Mixed Long Jump 5.00m > All Schools	Finals
3:40 PM	Boys Hammer Throw 5kg & 6kg All Schools	Finals