

TIMETABLE

NSW 5000m Championships and Allcomers

Sydney Olympic Park Athletic Centre Saturday February 16th



TRACK

Time	Event
3.30pm	100m
4.40pm	200m (Restricted Entry)
5.00pm	400m
5.45pm	800m (Restricted Entry)
6.05pm	5000m Championship Races

FIELD

Time	Event
4.00pm	Men's Javelin Throw 800g
4.00pm	Long Jump (Men > 6.00m, Women > 5.00m)
5.10pm	Long Jump (Men > 5.00m, Women > 4.50m)
5.15pm	Mixed Javelin Throw 600g & 700g
6.30pm	Mixed Long Jump
6.30pm	Mixed Javelin Throw 400g, 500g