

NSW Open, U23 & Para Championships - 2020-03-06 to 2020-03-08
Sydney Olympic Park Athletic Centre
Final Timetable

Track
Day 1 - Friday

	Event	Round
6:00 PM	#1 Women 100 Meter Open	Prelims
6:15 PM	#2 Men 100 Meter Open	Prelims
6:50 PM	#3 Women 800 Meter Open	Prelims
7:05 PM	#4 Men 800 Meter Open	Prelims
7:30 PM	#5 Women 400 Meter Open	Prelims
7:45 PM	#6 Men 400 Meter Open	Prelims
8:15 PM	#7 Women 1500 Meter PARA-amb	Finals
8:15 PM	#8 Men 1500 Meter PARA-amb	Finals
8:25 PM	#9 Women 1500 Meter Open	Prelims
8:40 PM	#10 Men 1500 Meter Open	Prelims

Field
Day 1 - Friday

	Event	Round
6:00 PM	#11 Women High Jump Open	Finals
6:00 PM	#12 Men Discus Throw Open	Finals
6:00 PM	#13 Women Discus Throw seated PARA-wc	Finals
6:30 PM	#14 Women Javelin Throw seated PARA-wc	Finals
6:50 PM	#14A Women Club Throw seated PARA-wc	Finals
7:00 PM	#15 Women Shot Put seated PARA-wc	Finals
7:20 PM	#16 Men High Jump Open	Finals
7:30 PM	#17 Women Discus Throw Open	Finals

Track
Day 2 - Saturday

	Event	Round
5:45 PM	#18 Women 400 Meter Hurdles Open	Prelims
6:05 PM	#19 Men 5000 Meter Race Walk Open	Finals
6:05 PM	#20 Women 5000 Meter Race Walk Open	Finals
6:45 PM	#21 Men 100 Meter Open	Semis
6:55 PM	#22 Women 100 Meter Open	Semis
7:15 PM	#23 Men 400 Meter PARA-wc	Finals
7:15 PM	#24 Women 400 Meter PARA-wc	Finals
7:20 PM	#25 Men 400 Meter PARA-amb	Finals
7:20 PM	#26 Women 400 Meter PARA-amb	Finals

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7:25 PM	#27 Men 400 Meter Open	Semis
7:37 PM	#28 Men 800 Meter Open	Semis
7:52 PM	#29 Women 400 Meter Open	Finals
8:06 PM	#30 Women 100 Meter PARA-wc	Finals
8:06 PM	#31 Men 100 Meter PARA-wc	Finals
8:09 PM	#32 Women 100 Meter PARA-amb	Finals
8:12 PM	#33 Men 100 Meter PARA-amb	Finals
8:17 PM	#34 Women 100 Meter Open	Finals
8:21 PM	#35 Men 100 Meter Open	Finals
8:35 PM	#36 Women 1500 Meter Open	Finals
8:43 PM	#37 Men 1500 Meter Open	Finals
8:58 PM	#38 Women 800 Meter Open	Finals

Field
Day 2 - Saturday

	Event	Round
5:30 PM	#39 Men Triple Jump Open	Finals
5:30 PM	#40 Women Javelin Throw Open	Finals
5:30 PM	#41 Men Shot Put Open	Finals
5:30 PM	#42 Men Discus Throw PARA-amb	Finals
5:30 PM	#43 Women Discus Throw PARA-amb	Finals
7:00 PM	#44 Women Shot Put Open	Finals
7:05 PM	#45 Women Triple Jump Open	Finals
7:10 PM	#46 Men Javelin Throw Open	Finals
8:15 PM	#47 Women Javelin Throw PARA-amb	Finals
8:15 PM	#48 Men Javelin Throw PARA-amb	Finals

Track
Day 3 - Sunday

	Event	Round
4:00 PM	#49 Men 110 Meter Hurdles Open	Prelims
4:10 PM	#50 Women 100 Meter Hurdles Open	Prelims
4:25 PM	#51 Men 200 Meter Open	Prelims
4:50 PM	#52 Women 200 Meter Open	Prelims
5:04 PM	#53 Men 200 Meter PARA-amb	Finals
5:08 PM	#54 Women 200 Meter PARA-amb	Finals
5:12 PM	#55 Men 200 Meter PARA-wc	Finals
5:12 PM	#56 Women 200 Meter PARA-wc	Finals
5:25 PM	#57 Men 3000 Meter Steeplechase Open	Finals

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5:40 PM	#58 Women 3000 Meter Steeplechase Open	Finals
6:05 PM	#59 Women 100 Meter Hurdles Open	Finals
6:15 PM	#60 Men 110 Meter Hurdles Open	Finals
6:30 PM	#61 Men 200 Meter Open	Finals
6:38 PM	#62 Women 200 Meter Open	Finals
7:00 PM	#63 Men 400 Meter Hurdles Open	Finals
7:10 PM	#64 Women 400 Meter Hurdles Open	Finals
7:20 PM	#65 Men 800 Meter PARA-wc	Finals
7:20 PM	#66 Women 800 Meter PARA-wc	Finals
7:25 PM	#67 Men 800 Meter PARA-amb	Finals
7:25 PM	#68 Women 800 Meter PARA-amb	Finals
7:30 PM	#69 Men 400 Meter Open	Finals
7:35 PM	#70 Men 800 Meter Open	Finals

Field
Day 3 - Sunday

	Event	Round
3:00 PM	#71 Women Pole Vault Open	Finals
4:10 PM	#72 Men Long Jump Open	Finals
4:30 PM	#73 Men Hammer Throw Open	Finals
5:00 PM	#74 Women Long Jump PARA-amb	Finals
5:00 PM	#75 Men Long Jump PARA-amb	Finals
5:50 PM	#76 Men Pole Vault Open	Finals
6:00 PM	#77 Women Hammer Throw Open	Finals
6:05 PM	#78 Women Long Jump Open	Finals
6:30 PM	#79 Women Shot Put PARA-amb	Finals
6:30 PM	#80 Men Shot Put PARA-amb	Finals