

TIMETABLE

NSW State 3km Championships and Supporting Events

SOPAC Saturday November 10, 2012



TRACK EVENTS

Start Time	Event
4.00 PM	MALE AND FEMALE 200m
5:00 PM	MALE AND FEMALE 800m
6:00 PM	NSW 3000m CHAMPIONSHIP RACES

FIELD EVENTS

Start Time	Event
4.00pm	POLE VAULT (2.20m start)
4.00pm	TRIPLE JUMP (11m and 13m)
4.00pm	SHOT PUT (7.26kg)
5.10pm	SHOT PUT (3kg & 4kg)
5.20pm	TRIPLE JUMP (Men's 7m and 9m)
5.30pm	POLE VAULT (3.30m start)
6.25pm	TRIPLE JUMP (Women's 7m and 9m)
6.30pm	SHOT PUT (5kg & 6kg)