

Illawong High Velocity Meet 4 - 29/10/2022
The Ridge Athletics Track
Session Report

Session: 1 Track Events

Day 1 - Saturday 29/10/2022 - Starts at 03:00 PM

Event	Round
3:00 PM #1 Men 400 m	Finals
3:30 PM #2 Women 400 m	Finals
4:00 PM #3 Men 100 m	Finals
4:50 PM #4 Women 100 m	Finals
5:40 PM #5 Men 200 m	Finals
6:30 PM #6 Women 200 m	Finals

Session: 2 Field events

Day 1 - Saturday 29/10/2022 - Starts at 03:01 PM

Event	Round
3:01 PM #1 Men 14-15 Shot Put 4kg	Finals
3:01 PM #2 Men 13 & Under Shot Put 3kg	Finals
3:01 PM #104 Men High Jump <1.70m	Finals
3:01 PM #103 Women High Jump <1.70m	Finals
3:30 PM #5 Women Triple Jump 11m,13m bd	Finals
3:30 PM #6 Men Triple Jump 11m,13m bd	Finals
4:30 PM #7 Women 18-49 Shot Put 4kg	Finals
4:30 PM #8 Women 50-74 Shot Put 3kg	Finals
4:30 PM #9 Women 17 & Under Shot Put 3kg	Finals
4:30 PM #10 Men 16-17 Shot Put 5kg	Finals
4:30 PM #11 Men 20-49 Shot Put 7.26kg	Finals
5:00 PM #12 Men High Jump >1.70m	Finals
5:00 PM #13 Women Triple Jump 7m,9m board	Finals
5:00 PM #14 Men Triple Jump 7m,9m board	Finals