

Illawong High Velocity Meet 1 - 07/01/2023
The Ridge Athletics Track
Session Report

Session: 1 Track

Day 1 - Saturday 07/01/2023 - Starts at 01:00 PM

Event	Round
1:00 PM #1 Men 110 m H 106.7cm Open	Finals
1:00 PM #2 Men 110 m H 99.1cm Under 20	Finals
1:06 PM #3 Men 110 m H 91.4cm Under 18	Finals
1:14 PM #4 Men 100 m H 84cm Under 16	Finals
1:22 PM #5 Women 100 m H 84cm Open	Finals
1:30 PM #6 Women 100 m H 84cm Under 20	Finals
1:35 PM #7 Women 100 m H 76.2cm Under 18	Finals
1:43 PM #8 Women 90 m H 76.2cm Under 16	Finals
1:51 PM #9 Men 90 m H 76.2cm Under 14	Finals
1:55 PM #10 Women 80 m H 76.2cm Under 14	Finals
1:55 PM #11 Women 50-59 80 m H 76.2cm 50+	Finals
2:00 PM #12 Men 100 m Open	Finals
2:55 PM #13 Women 100 m Open	Finals
3:40 PM #14 Men 200 m Open	Finals
4:35 PM #15 Women 200 m Open	Finals

Session: 2 Field

Day 1 - Saturday 07/01/2023 - Starts at 01:01 PM

Event	Round
1:01 PM #16 Men Under 14 Shot Put 3kg Under 14	Finals
1:01 PM #17 Men Shot Put 4kg Under 16	Finals
1:01 PM #18 Women Shot Put 3kg Under 16	Finals
1:01 PM #19 Men High Jump Start 1.20m Open	Finals
1:01 PM #20 Women High Jump Start 1.20m Open	Finals
1:01 PM #21 Men High Jump Start 1.50m Open	Finals
1:01 PM #22 Women High Jump Start 1.50m Open	Finals
1:15 PM #23 Men Triple Jump 11m,13m bd Open	Finals
1:15 PM #24 Women Triple Jump 11m,13m bd Open	Finals
2:30 PM #25 Men Shot Put 7.26kg Open	Finals
2:30 PM #26 Women Shot Put 4kg Open	Finals
2:30 PM #27 Men 18-19 Shot Put 6kg Under 20	Finals
2:30 PM #28 Women Under 20 Shot Put 4kg Under 20	Finals
2:30 PM #29 Men 15-17 Shot Put 5kg Under 18	Finals
2:30 PM #30 Women Under 18 Shot Put 3kg Under 18	Finals
3:00 PM #31 Men Triple Jump 5m, 7m,9m bd Open	Finals
3:00 PM #32 Women Triple Jump 5m, 7m,9m bd Open	Finals
3:00 PM #33 Men High Jump Start 1.70m Open	Finals
3:00 PM #34 Women High Jump Start 1.70m Open	Finals