

2023 NSW 5000m Championships - 11/02/2023**Sydney Olympic Park Warm Up****Session Report**

Session: 1 Pre-Session

Day 1 - Saturday 11/02/2023 - Starts at 01:30 PM

Starts at	Event	Round	Entries	Heats
1:45 PM	#1 Men 110 Metre Hurdles 106.7 Open	Finals	5	1u
1:45 PM	#2 Men 110 Metre Hurdles 99.1cm Under 20	Finals	2	1u
1:55 PM	#3 Men 110 Metre Hurdles 91.4cm Under 18	Finals	6	1u
2:06 PM	#4 Men 100 Metre Hurdles 84cm Under 16	Finals	9	2u
2:13 PM	#5 Women 100 Metre Hurdles 84cm Open	Finals	7	1u
2:24 PM	#6 Women 100 Metre Hurdles 76.2cm Under 18	Finals	3	1u
2:35 PM	#7 Men 90 Metre Hurdles 76.2cm Under 14	Finals	1	1u
2:35 PM	#8 Women 90 Metre Hurdles 76.2cm Under 16	Finals	3	1u
2:35 PM	#9 Women 80 Metre Hurdles 76.2cm Under 14	Finals	1	1u
2:00 PM	#10 Women High Jump Open	Finals	17	3
	Section 1: 1.70m Start height at 2:00pm			
	Section 2: 1.50m Start height at 3:30pm			
	Section 3: 1.20m Start height at 5:00pm			
2:00 PM	#11 Men High Jump Open	Finals	17	3
	Section 1: 1.70m Start height at 2:00pm			
	Section 2: 1.50m Start height at 3:30pm			
	Section 3: 1.20m Start height at 5:00pm			
2:00 PM	#12 Women Triple Jump Open	Finals	8	2
	Section 1: 11/13m board at 2:00pm			
	Section 2: 9/7m board at 4:00pm			
2:00 PM	#13 Men Triple Jump Open	Finals	10	2
	Section 1: 11/13m board at 2:00pm			
	Section 2: 9m board at 4:00pm			
2:00 PM	#14 Women Pole Vault Open	Finals	10	2
	Section 1: 3.30m Start height at 2:00pm			
	Section 2: 1.80m Start height at 4:00pm			
2:00 PM	#15 Men Pole Vault Open	Finals	13	2
	Section 1: 3.30m Start height at 2:00pm			
	Section 2: 1.80m Start height at 4:00pm			
2:55 PM	#16 Women 400 Metre Open	Finals	19	3u
3:03 PM	#17 Men 400 Metre Open	Finals	46	6u
3:25 PM	#18 Women 800 Metre Open	Finals	26	3u
3:40 PM	#19 Men 800 Metre Open	Finals	64	6u
4:15 PM	#20 Mixed 5000 Metre Community Open	Finals	41	2u
5:10 PM	#21 Men 5000 Metre F Race Open	Finals	24	2u
5:37 PM	#22 Men 5000 Metre E Race Open	Finals	25	2u
5:57 PM	#23 Men 5000 Metre D Race Open	Finals	24	2u
6:15 PM	#24 Men 5000 Metre C Race Open	Finals	23	2u
	Athlete Count: 373		=====	=====
	Entry / Heat Totals:		404	52

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Session: 2 Main Session

Day 1 - Saturday 11/02/2023 - Starts at 07:00 PM

Starts at	Event	Round	Entries	Heats
7:02 PM	#31 Women 400 Metre A Race Open	Finals	8	1u
7:07 PM	#32 Men 400 Metre A Race Open	Finals	8	1u
7:12 PM	#33 Women 800 Metre A Race Open	Finals	9	2u
7:17 PM	#34 Men 800 Metre A Race Open	Finals	8	1u
7:28 PM	#35 Women 5000 Metre B Race Open	Finals	21	2u
7:53 PM	#36 Men 5000 Metre B Race Open	Finals	22	2u
8:12 PM	#37 Women 5000 Metre A Race Open	Finals	20	1u
8:32 PM	#38 Men 5000 Metre A Race Open	Finals	21	2u
	Athlete Count: 117		=====	=====
	Entry / Heat Totals:		117	12