

LEAD UP MEETS

The following list of competitions are suitable for school aged athletes looking to prepare for their regional or state (or equivalent) competition, as well as the NSW All Schools competition. Below is a short explanation on each event. For further information, such as entry forms, location and entry fees etc regarding the below dates, please view the NSW calendar by clicking on the relevant meet.

Tuesday 22nd August

[Schools Knockout, SOPAC - conducted by ANSW](#)

Thursday 29th August

[NSW All Schools Relay Championships \(Sydney Olympic Park\) - conducted by ANSW](#)

Saturday 28th September

[NSW All Schools Warm Up \(Sydney Olympic Park\) - conducted by ANSW](#)

Saturday 5th October

[NSW ALL Schools Warm Up \(Sydney Olympic Park\) - conducted by ANSW](#)

MEET EXPLANATIONS

All Schools Warm Up

Taking place on the two Saturdays prior to the NSW All Schools, these events provide the perfect opportunity for final preparation before the NSW All Schools. They are available to any athletes who attend a Secondary School.

Schools Knockout 2013

The schools Knockout is a school vs school competition where athletes score points across a number of individual and relay events. By finishing first or second in this competition, schools have the opportunity to progress to the National final. To compete, athletes must attend a school entered in the competition.

School Relays

The School Relay Championships are a range of relay events for schools. They include traditional track relays, as well as field event relays.