

**2019 SIZWE MEDICAL FUND & 3SIXTYLIFE
ASA SENIOR TRACK & FIELD AND COMBINED EVENTS
CHAMPIONSHIP**

Germiston Stadium - Ekurhuleni - 25 to 27 April 2019

PROVISIONAL TIME TABLE



THE RULES OF IAAF and ASA

Vesion 9

Senior Track & Field and Combined Events Championships

DAY ONE - THURSDAY, 25 APRIL 2019

MORNING SESSION

Event No	Time	Event	Category	Round	Comments
1	09h00	110m Hurdles	Senior Men	Heats	106.7cm - Final Item 83
2	09h15	100m	Boys U/18	Decathlon	
3	09h30	Shot Put	Mixed PARA Women	Final	
4	09h30	100m	Men U/20	Decathlon	
5	09h45	100m	Senior Men	Decathlon	
6	10h00	100m	Senior Women	Heats	Semi-Finals Item 24
7	10h00	Pole Vault	Senior Women	Final	
8	10h30	100m	Senior Men	Heats	Semi-Finals Item 25
9	10h30	Javelin Throw	Senior Men	Final	800g
10	10h30	High Jump	Senior Women	Final	
11	10h30	Hammer Throw	Senior Women	Final	4kg
12	10h30	Shot Put	Mixed PARA Men	Final	
13	11h00	1500m	Senior Women (<i>incorp PARA</i>)	Heats	Final Item 97
14	11h00	Long Jump	Boys U/18	Decathlon	
15	11h00	Long Jump	Men U/20	Decathlon	
16	11h00	Long Jump	Senior Men	Decathlon	
17	11h20	1500m	Senior Men (<i>incorp PARA</i>)	Heats	Final Item 96
18	11h45	400m Hurdles	Senior Men	Heats	91.4cm - Final Item 120
19	12h00	400m Hurdles	Senior Women	Heats	76.2cm - Final Item 121

Day 1

AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round	Comments
20	14h20	100m	Mixed age MASTERS Men	Final	
21	14h30	Shot Put	Boys U/18	Decathlon	5kg
22	14h30	Shot Put	Men U/20	Decathlon	6kg
23	14h30	Shot Put	Senior Men	Decathlon	7.26kg
24	14h30	100m	Senior Women	Semi-Finals	Final Item 36
25	14h45	100m	Senior Men	Semi-Finals	Final Item 37
26	15h00	100m	T12 PARA Men	Final	
27	15h00	Long Jump	Senior Men (<i>incorp PARA</i>)	Qualifiers	Final Item 114

28	15h15	100m	Mixed PARA Women	Final	
29	15h30	Pole Vault	Senior Men	Final	
30	15h30	100m	Mixed PARA Men	Final	
31	15h45	400m	Senior Women (incorp PARA)	Heats	Final Item 111
32	16h10	400m	Senior Men	Heats	Semi-Finals Item 95
33	16h30	High Jump	Boys U/18	Decathlon	
34	16h30	High Jump	Men U/20	Decathlon	
35	16h30	High Jump	Senior Men	Decathlon	
36	16h45	100m	Senior Women	Final	
37	16h55	100m	Senior Men	Final	
38	17h10	5000m	Senior Women (incorp PARA)	Final	
39	17h30	Long Jump	Senior Women (incorp PARA)	Final	
40	17h30	Shot Put	Senior Women	Final	4kg
41	17h30	Discus Throw	Senior Men	Final	2kg
42	17h40	10000m	Senior Men	Final	
43	18h30	800m	Senior Men (incorp PARA)	Heats	Semi-Finals Item 65
44	19h00	400m	Boys U/18	Decathlon	
45	19h15	400m	Men U/20	Decathlon	
46	19h30	400m	Senior Men	Decathlon	

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MORNING SESSION

Event No	Time	Event	Category	Round	Comments
47	08h30	110m Hurdles	Senior Men	Decathlon	106.7cm
48	08h40	110m Hurdles	Men U/20	Decathlon	99.1cm
49	08h50	110m Hurdles	Boys U/18	Decathlon	91.4cm
50	09h00	100m Hurdles	Senior Women	Heptathlon	83.8cm
51	09h10	100m Hurdles	Women U/20	Heptathlon	83.8cm
52	09h20	100m Hurdles	Girls U/18	Heptathlon	76.2cm
53	09h30	100m Hurdles	Senior Women	Heats	83.8cm - Final Item 84
54	09h45	200m	Senior Women (incorp PARA)	Heats	Semi-Finals Item 75
55	10h00	Discus Throw	Boys U/18	Decathlon	1.5kg
56	10h00	Discus Throw	Men U/20	Decathlon	1.75kg
57	10h00	Discus Throw	Senior Men	Decathlon	2kg
58	10h00	Javelin	Mixed PARA Women	Final	
59	10h15	200m	Senior Men	Heats	Semi-Finals Item 77
60	10h30	High Jump	Girls U/18	Heptathlon	
61	10h30	High Jump	Women U/20	Heptathlon	
62	10h30	High Jump	Senior Women	Heptathlon	

63	10h45	800m	Senior Women (<i>incorp PARA</i>)	Heats	Final Item 124
64	11h00	Javelin	Mixed PARA Men	Final	
65	11h15	800m	Senior Men	Semi-Finals	Final Item 125
66	11h30	Pole Vault	Boys U/18	Decathlon	
67	11h30	Pole Vault	Men U/20	Decathlon	
68	11h30	Pole Vault	Senior Men	Decathlon	
69	11h30	400m	Mixed Age MASTERS Women	Final	

Day 2

AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round	Comments
70	15h30	1500m	Mixed Age MASTERS Men	Final	
71	15h30	Triple Jump	Senior Men	Final	13m
72	15h30	Shot Put	Girls U/18	Heptathlon	3kg
73	15h30	Shot Put	Women U/20	Heptathlon	4kg
74	15h30	Shot Put	Senior Women	Heptathlon	4kg
75	15h45	200m	Senior Women	Semi-Finals	Final Item 122
76	16h00	Hammer Throw	Senior Men	Final	7.26kg
77	16h00	200m	Senior Men	Semi-Finals	Final Item 123
78	16h00	Javelin Throw	Boys U/18	Decathlon	700g
79	16h00	Javelin Throw	Men U/20	Decathlon	800g
80	16h00	Javelin Throw	Senior Men	Decathlon	800g
81	16h20	200m	T12 PARA Men	Final	
82	16h30	200m	Mixed PARA Men	Final	
83	16h50	110m Hurdles	Senior Men	Final	106.7cm
84	17h00	100m Hurdles	Senior Women	Final	83.8cm
85	17h00	High Jump	Senior Men (<i>incorp PARA</i>)	Final	
86	17h15	Triple Jump	Senior Women	Final	11m
87	17h10	200m	Girls U/18	Heptathlon	
88	17h20	200m	Women U/20	Heptathlon	
89	17h30	200m	Senior Women	Heptathlon	
90	17h45	1500m	Boys U/18	Decathlon	
91	18h00	1500m	Men U/20	Decathlon	
92	18h15	1500m	Senior Men	Decathlon	
93	18h30	300m Steeple Ch	Senior Men	Final	91,4cm
94	18h50	300m Steeple Ch	Senior Women	Final	76,2cm
95	19h10	400m	Senior Men	Semi-Finals	Final Item 116
96	19h30	1500m	Senior Men	Final	
97	19h45	1500m	Senior Women	Final	

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Senior Track & Field and Combined Events Championships

DAY THREE - SATURDAY, 27 APRIL 2019

MORNING SESSION

Event No	Time	Event	Category	Round	Comments
98	07:30	20km Walk	Senior Women	Final	
99	07:40	20km Walk	Senior Men	Final	
100	09h30	Discus	Mixed PARA Women	Final	
101	10h00	Long Jump	Girls U/18	Heptathlon	
102	10h00	Long Jump	Women U/20	Heptathlon	
103	10h00	Long Jump	Senior Women	Heptathlon	
104	11h00	Discus	Mixed PARA Men	Final	
105	12h00	Javelin Throw	Girls U/18	Heptathlon	500g
106	12h00	Javelin Throw	Women U/20	Heptathlon	600g
107	12h00	Javelin Throw	Senior Women	Heptathlon	600g

Day 3

AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round	Comments
108	15h00	5000m Walk	Mixed Age MASTERS Women	Final	
109	15h50	800m	Girls U/18	Heptathlon	
110	16h00	800m	Women U/20	Heptathlon	
111	16h10	800m	Senior Women	Heptathlon	
112	16h15	Javelin Throw	Senior Women	Final	600g
113	16h20	400m	Mixed PARA Men	Final	
114	16h30	Long Jump	Senior Men	Final	
115	16h30	400m	Senior Women	Final	
116	16h40	400m	Senior Men	Final	
117	16h45	Discus Throw	Senior Women	Final	1kg
118	16h50	10000m	Senior Women	Final	
119	17h00	Shot Put	Senior Men	Final	7.26kg
120	17h40	400m Hurdles	Senior Men	Final	91.4cm
121	17h50	400m Hurdles	Senior Women	Final	76.2cm
122	18h05	200m	Senior Women	Final	
123	18h15	200m	Senior Men	Final	
124	18h25	800m	Senior Women	Final	

125	18h35	800m	Senior Men	Final	
126	18h50	4 x 100m Relay	Senior Women	Final	<i>Time Placing if required</i>
127	19h00	4 x 100m Relay	Senior Men	Final	<i>Time Placing if required</i>
128	19h10	5000m	Senior Men (incorp PARA)	Final	
129	19h40	4 x 400m Relay	Senior Women	Final	<i>Time Placing if required</i>
130	19h50	4 x 400m Relay	Senior Men	Final	<i>Time Placing if required</i>