



**2020 ASA U/16, U/18, U/20 AND S.A. HIGH SCHOOLS & L.S.E.N. (MMH & DEAF) NATIONAL TRACK & FIELD CHAMPIONSHIPS - DALJOSAFAT ATHLETICS STADIUM; PAARL - NOVEMBER 2019 DRAFT -**

**Day 1: Thursday, 25 March 2020**

No	Time	Group	Event	Qualifying, Heats, Semi Finals & Finals	Next Round
1	06:30	Boys 19	10 000m Walk	Final	
2	07:30	Boys 19 (L)	Discus Throw (Circle-A)	Final	
3	07:45	Boys 15	5 000m Walk	Final	
4	08:00	Girls 19 (L)	Javelin	Final	
5	08:00	Boys 17 (L)	Long Jump (Pit-C)	Final	
6	08:00	Girls 15 (L)	Shot Put (Circle-A)	Final	
7	08:10	Boys 15	1500m Steeple Chase	Final	
8	08:20	Girls 15	1500m Steeple Chase	Final	
9	08:30	Girls 15	Hammer Throw (Circle-A)	Final	
10	08:30	Boys 17	Pole Vault	Final	
11	08:30	Girls 17	Triple Jump (Pit-B)	Final	
12	08:30	Girls 15	High Jump (Pit-A&B)	Qualifying Round	F 129 (3)
13	08:30	Girls 17 (L)	Long Jump (Pit-B)	Final	
14	08:30	Girls 19	3000m Steeple Chase	Final	
15	08:45	Boys 19	3000m Steeple Chase	Final	
16	09:00	Girls 15 (L)	1500m	Final	
17	09:00	Girls 19 (L)	Shot Put (Circle-B)	Final	
18	09:00	Girls 19	Discus (Circle-B)	Final	
19	09:10	Boys 15 (L)	1500m	Final	
20	09:20	Girls 17 (L)	1500m	Final	
21	09:30	Boys 17 (L)	1500m	Final	
22	09:40	Girls 19 (L)	1500m	Final	
23	09:50	Boys 19 (L)	1500m	Final	
24	10:00	Girls 15	100m	Heats	SF 87 (2)
<b>10:00</b>		<b>Medal Presentation</b>	<b>Items: 1, 2, 3, 4, 5, 6, 7, 8</b>		
25	10:00	Boys 19	Long Jump (Pit-A)	Final	
26	10:00	Boys 15	Javelin	Qualifying Round	F 126 (3)
27	10:00	Boys 15 (L)	Long Jump (Pit-B)	Final	

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28	10:10		Boys 15	100m	Heats	SF 88 (2)
29	10:20		Girls 17	100m	Heats	SF 89 (2)
30	10:30		Boys 17	100m	Heats	SF 90 (2)
31	10:30		Boys 17 (L)	Shot Put (Circle-A)	<b>Final</b>	
32	10:40		Girls 19	100m	Heats	SF 91 (2)
33	10:50		Boys 19	100m	Heats	SF 93 (2)
34	11:00		Girls 15	400m	Heats	F 111 (3)
35	11:00		Girls 17	Discus Throw (Circle-A)	<b>Final</b>	
36	11:00		Boys 17 (L)	High Jump (Pit-B)	<b>Final</b>	
37	11:00		Girls 19 (L)	High Jump (Pit-A)	<b>Final</b>	
38	11:10		Boys 15	400m	Heats	F 112 (3)
39	11:20		Girls 17	400m	Heats	F 113 (3)
40	11:30		Boys 17	400m	Heats	F 117 (3)
41	11:30		Boys 15	Pole Vault	<b>Final</b>	
42	11:40		Girls 19	400m	Heats	F 118 (3)
43	11:50		Boys 19	400m	Heats	F 119 (3)
44	11:50		Boys 15	Triple Jump (Pit-B)	<b>Final</b>	
45	11:50		Boys 17	Long Jump (Pit-A)	<b>Final</b>	
46	12:00		Boys 15 (L)	400m	Heats	F 120 (3)
47	12:10		Girls 15 (L)	400m	Heats	F 121 (3)
48	12:20		Boys 17 (L)	400m	Heats	F 122 (3)
49	12:30		Girls 17 (L)	400m	Heats	F 123 (3)
<b>12:40</b>			<b>Medal Presentation</b>	<b>Items: 9, 10, 11, 13, 14, 15, 16 17, 18, 19, 20, 21, 22, 23</b>		
50	12:40		Boys 19 (L)	400m	Heats	F 124 (3)
51	12:50		Girls 19 (L)	400m	Heats	F 125 (3)
52	13:00		Girls 15	1500m	Heats	F 132 (3)
53	13:00		Boys 17	Shot Put (Circle-B)	<b>Final</b>	
54	13:00		Boys 15	Hammer Throw (Circle-A)	<b>Final</b>	
55	13:10		Boys 15	1500m	Heats	F 133 (3)
56	13:15		Boys 19	Javelin	Qualifying Round	F 148 (3)
57	13:15		Boys 15	High Jump (Pit-A&B)	Qualifying Round	F 130 (3)
58	13:20		Girls 17	1500m	Heats	F 134 (3)
59	13:30		Girls 15 (L)	100m	Heats	F 157 (3)
60	13:40		Boys 15 (L)	100m	Heats	F 158 (3)
61	13:50		Girls 17 (L)	100m	Heats	F 159 (3)
62	13:55		Girls 19	Pole Vault	<b>Final</b>	
63	14:00		Boys 17 (L)	100m	Heats	F 160 (3)

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64	14:00		Boys 19 (L)	Long Jump (L) (Pit-A)		<b>Final</b>	
65	14:00		Girls 15 (L)	Long Jump (L) (Pit-B)		<b>Final</b>	
66	14:10		Girls 19 (L)	100m	Heats		F 161 (3)
67	14:20		Boys 19 (L)	100m	Heats		F 162 (3)
<b>14:30</b>			<b>Medal Presentation</b>	<b>Items: 25, 27, 31, 35, 36, 37, 41, 44, 45</b>			
68	14:30		Boys 17	1500m	Heats		F 135 (3)
69	14:40		Girls 19	1500m	Heats		F 136 (3)
70	14:45		Girls 17 (L)	Javelin		<b>Final</b>	
71	14:45		Boys 19 (L)	High Jump (Pit-A)		<b>Final</b>	
72	14:50		Boys 19	1500m	Heats		F 137 (3)
73	15:00		Boys 17 (L)	3000m		<b>Final</b>	
74	15:00		Girls 17	Hammer Throw (Circle-A)		<b>Final</b>	
75	15:00		Boys 19	Shot Put (Circle-A)		<b>Final</b>	
76	15:00		Boys 15 (L)	Shot Put (Circle-B)		<b>Final</b>	
77	15:15		Boys 17	2000m Steeple Chase		<b>Final</b>	
78	15:15		Girls 15 (L)	High Jump (Pit-A)		<b>Final</b>	
79	15:30		Girls 15	Discus Throw (Circle-B)		<b>Final</b>	
80	15:30		Girls 15	90m Hurdles	Heats		F 103 (3)
81	15:40		Girls 17	100m Hurdles	Heats		F 104 (3)
82	16:00		Girls 19	Triple Jump (Pit-B)		<b>Final</b>	
83	16:10		Boys 15	100m Hurdles	Heats		F 105 (3)
84	16:20		Girls 19	100m hurdles	Heats		F 108 (3)
85	16:30		Boys 17	110m Hurdles	Heats		F 109 (3)
86	16:40		Boys 19	110m Hurdles	Heats		F 110 (3)
87	16:50		Girls 15	100m	Semi Final		F 138 (3)
88	17:00		Boys 15	100m	Semi Final		F 139 (3)
89	17:10		Girls 17	100m	Semi Final		F 140 (3)
90	17:20		Boys 17	100m	Semi Final		F 141 (3)
91	17:30		Girls 19	100m	Semi Final		F 142 (3)
92	17:40		Boys 15 (L)	Discus (Circle-A)		<b>Final</b>	
93	17:40		Boys 19	100m	Semi Final		F 143 (3)
94	18:00		Boys 17	10000m Walk		<b>Final</b>	
<b>18:00</b>			<b>Medal Presentation</b>	<b>Items: 53, 54, 62, 64, 65, 70, 71, 73, 74, 75, 76, 77, 78, 79, 82</b>			

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## Day 2: Friday, 26 March 2020

95	07:00		Girls 19	10 000m Walk		<b>Final</b>	
96	08:00		Boys 15 (L)	Javelin (L)		<b>Final</b>	
97	08:00		Girls 19	Hammer Throw (Circle-A)		<b>Final</b>	
98	08:00		Girls 17	High Jump (Pit-A&B)	Qualifying Round		F 193 (4)
99	08:30		Girls 15	5 000m Walk		<b>Final</b>	
100	08:30		Boys 19 (L)	Shot Put (L) (Circle-A)		<b>Final</b>	
101	08:30		Girls 15	Triple Jump (Pit-B)		<b>Final</b>	
102	08:30		Girls 17	Pole Vault		<b>Final</b>	
103	09:15		Girls 15	90m Hurdles		<b>Final</b>	
104	09:20		Girls 17	100m Hurdles		<b>Final</b>	
105	09:25		Boys 15	100m Hurdles		<b>Final</b>	
106	09:25		Boys 17 (L)	Discus Throw (L) (Circle-A)		<b>Final</b>	
107	09:25		Girls 17	Javelin		<b>Final</b>	
108	09:30		Girls 19	100m hurdles		<b>Final</b>	
109	09:35		Boys 17	110m Hurdles		<b>Final</b>	
110	09:40		Boys 19	110m Hurdles		<b>Final</b>	
111	09:50		Girls 15	400m		<b>Final</b>	
112	10:00		Boys 15	400m		<b>Final</b>	
113	10:10		Girls 17	400m		<b>Final</b>	
114	10:10		Girls 19	Long Jump (Pit-A)		<b>Final</b>	
115	10:10		Boys 19	High Jump (Pit-A&B)	Qualifying Round		F 237 (4)
116	10:10		Girls 17 (L)	Shot Put (Circle-B)		<b>Final</b>	
117	10:20		Boys 17	400m		<b>Final</b>	
118	10:30		Girls 19	400m		<b>Final</b>	
119	10:40		Boys 19	400m		<b>Final</b>	
120	10:50		Boys 15 (L)	400m		<b>Final</b>	
121	11:00		Girls 15 (L)	400m		<b>Final</b>	
122	11:10		Boys 17 (L)	400m		<b>Final</b>	
123	11:20		Girls 17 (L)	400m		<b>Final</b>	
124	11:30		Boys 19 (L)	400m		<b>Final</b>	
125	11:40		Girls 19 (L)	400m		<b>Final</b>	
126	11:40		Boys 15	Javelin		<b>Final</b>	
127	11:40		Boys 17	Triple Jump (Pit-B)		<b>Final</b>	
128	11:40		Girls 17 (L)	Discus (Circle-A)		<b>Final</b>	
129	11:40		Girls 15	High Jump (Pit-A)		<b>Final</b>	

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130	11:40		Boys 15	High Jump (Pit-B)		Final
131	11:40		Girls 15	Pole Vault		Final
<b>11:20</b>			<b>Medal Presentation</b>	<b>Items: 92, 94, 95, 96, 97, 99, 100, 101, 102, 103, 104, 105, 108, 109, 110</b>		
132	11:45		Girls 15	1500m		Final
133	11:55		Boys 15	1500m		Final
134	12:05		Girls 17	1500m		Final
135	12:15		Boys 17	1500m		Final
136	12:25		Girls 19	1500m		Final
137	12:35		Boys 19	1500m		Final
138	12:45		Girls 15	100m		Final
139	12:50		Boys 15	100m		Final
140	12:55		Girls 17	100m		Final
141	13:00		Boys 17	100m		Final
142	13:05		Girls 19	100m		Final
143	13:10		Boys 19	100m		Final
144	13:15		Girls 15 (L)	100m		Final
145	13:20		Boys 15 (L)	100m		Final
146	13:25		Girls 17 (L)	100m		Final
147	13:30		Boys 17 (L)	100m		Final
148	13:30		Girls 15 (L)	Discus Throw (Circle-B)		Final
149	13:30		Girls 17	Long Jump (Pit-A)		Final
150	13:30		Boys 19	Javelin		Final
151	13:30		Boys 17	High Jump (Pit-A&B)	Qualifying Round	F 207 (4)
152	13:30		Girls 17	Shot Put (Circle-B)		Final
153	13:35		Girls 19 (L)	100m		Final
154	13:40		Boys 19 (L)	100m		Final
155	13:45		Girls 15	800m	Heats	F 231 (4)
156	13:55		Boys 15	800m	Heats	F 232(4)
<b>13:55</b>			<b>Medal Presentation</b>	<b>Items:106, 107, 111, 112, 113, 114, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 128</b>		
157	14:05		Girls 17	800m	Heats	F 246 (4)
158	14:15		Boys 17	800m	Heats	F 247 (4)
159	14:25		Girls 19	800m	Heats	F 254 (4)
160	14:35		Boys 19	800m	Heats	F 255 (4)
161	14:45		Girls 17	3000m		Final
162	15:00		Boys 17	3000m		Final
163	15:00		Girls 15 (L)	Javelin		Final

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164	15:00		Boys 15	Discus Throw (Circle-A)		<b>Final</b>	
165	15:20		Girls 15	200m	Heats		SF 248 (4)
166	15:30		Boys 15	200m	Heats		SF 249 (4)
167	15:40		Girls 17	200m	Heats		SF 250 (4)
168	15:50		Boys 17	200m	Heats		SF 251 (4)
169	16:00		Girls 19	200m	Heats		SF 252 (4)
170	16:10		Boys 19	200m	Heats		SF 253 (4)
171	16:10		Girls 15	Javelin		<b>Final</b>	
172	16:10		Girls 19	High Jump (Pit-A&B)	Qualifying Round		F 210 (4)
173	16:10		Boys 19	Pole Vault		<b>Final</b>	
174	16:20		Girls 15	300m Hurdles	Heats		
175	16:20		Boys 15	300m Hurdles	Heats		
176	16:30		Girls 17	400m Hurdles	Heats		
177	16:40		Girls 19	400m Hurdles	Heats		
178	16:50		Boys 17	400m Hurdles	Heats		
179	17:00		Boys 19	400m Hurdles	Heats		
180	17:10		Boys 17	Discus (Circle-A)		<b>Final</b>	
181	17:10		Boys 17 (L)	Javelin		<b>Final</b>	
<b>17:15</b>			<b>Medal Presentation</b>	<b>Items: 126, 127, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 146, 147, 148, 150</b>			
182	17:10		Boys 19 (L)	5 000m		<b>Final</b>	
183	17:30		Girls 19	5 000m		<b>Final</b>	
184	17:50		Girls 15	Medley Relay		<b>Final</b>	
185	18:00		Boys 15	Medley Relay		<b>Final</b>	
186	18:10		Girls 17	Medley Relay		<b>Final</b>	
187	18:20		Boys 17	Medley Relay		<b>Final</b>	
188	18:30		Girls 19 (L)	4 x 100m Relay		<b>Final</b>	
189	18:35		Boys 19 (L)	4 x 100m Relay		<b>Final</b>	
190	18:40		Girls 19	4 x 100m Relay		<b>Final</b>	
191	18:45		Boys 19	4 x 100m Relay		<b>Final</b>	
<b>Day 3: Saturday, 27 March 2020</b>							
192	07:45		Girls 17	5000m Walk		<b>Final</b>	
193	08:15		Girls 17	High Jump (Pit-B)		<b>Final</b>	
194	08:15		Boys 15	High Jump (L) (Pit-B)		<b>Final</b>	
195	08:30		Girls 15	3000m		<b>Final</b>	
196	08:40		Girls 15	200m	Semi Final		F 248 (4)
197	08:40		Girls 19	Javelin		<b>Final</b>	

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198	08:40		Boys 19	Hammer Throw (Circle-A)	<b>Final</b>	
199	08:40		Girls 15	Long Jump (Pit-A)	<b>Final</b>	
200	08:40		Girls 19	Shot Put (Circle-B)	<b>Final</b>	
201	08:50		Boys 15	200m	Semi Final	F 249 (4)
202	09:00		Girls 17	200m	Semi Final	F 250 (4)
203	09:10		Boys 17	200m	Semi Final	F 251 (4)
204	09:20		Girls 19	200m	Semi Final	F 252 (4)
205	09:30		Boys 19	200m	Semi Final	F 253 (4)
206	09:40		Girls 15 (L)	200m	Heats	F 239 (4)
207	09:45		Boys 17	High Jump (Pit-A)	<b>Final</b>	
208	09:50		Boys 15 (L)	200m	Heats	F 240 (4)
209	10:00		Girls 17 (L)	200m	Heats	F 241 (4)
210	10:00		Girls 19	High Jump (Pit-B)	<b>Final</b>	
211	10:00		Girls 19	Discus Throw (L) (Circle-B)	<b>Final</b>	
212	10:10		Boys 17 (L)	200m	Heats	F 242 (4)
213	10:20		Girls 19 (L)	200m	Heats	F 243 (4)
214	10:30		Boys 19 (L)	200m	Heats	F 244 (4)
215	10:30		Boys 19	Triple Jump (Pit-B)	<b>Final</b>	
216	10:30		Boys 19 (L)	Javelin	<b>Final</b>	
217	10:30		Girls 15	Shot Put (Circle-A)	<b>Final</b>	
<b>10:30</b>			<b>Medal Presentation</b>	<b>Items: 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 171, 173, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191</b>		
218	10:40		Girls 17 (L)	800m	<b>Final</b>	
219	10:45		Boys 17 (L)	800m	<b>Final</b>	
220	10:50		Girls 19 (L)	800m	<b>Final</b>	
221	10:55		Boys 19 (L)	800m	<b>Final</b>	
222	11:00		Boys 19	Discus Throw (Circle-A)	<b>Final</b>	
223	11:00		Girls 15 (L)	800m	<b>Final</b>	
224	11:05		Boys 15 (L)	800m	<b>Final</b>	
225	11:15		Girls 15	300m Hurdles	<b>Final</b>	
226	11:25		Boys 15	300m Hurdles	<b>Final</b>	
227	11:35		Girls 17	400m Hurdles	<b>Final</b>	
228	11:45		Girls 19	400m Hurdles	<b>Final</b>	
229	11:55		Boys 17	400m Hurdles	<b>Final</b>	
230	12:05		Boys 19	400m Hurdles	<b>Final</b>	
231	12:20		Girls 15	800m	<b>Final</b>	

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232	12:25		Boys 15	800m		Final	
233	12:25		Boys 17	Javelin		Final	
234	12:25		Boys 15	Long Jump (Pit-A)		Final	
235	12:25		Girls 19 (L)	Long Jump (Pit-B)		Final	
236	12:25		Boys 15	Shot Put (Pit-B)		Final	
237	12:25		Boys 19	High Jump (Pit-A)		Final	
238	12:25		Girls 17 (L)	High Jump (Pit-B)		Final	
239	12:35		Girls 15 (L)	200m		Final	
240	12:40		Boys 15 (L)	200m		Final	
241	12:45		Girls 17 (L)	200m		Final	
242	12:50		Boys 17 (L)	200m		Final	
243	12:55		Girls 19 (L)	200m		Final	
244	13:00		Boys 19 (L)	200m		Final	
245	13:05		Boys 17	Hammer Throw (Circle-A)		Final	
<b>13:00</b>			<b>Medal Presentation</b>	<b>Items: 192, 193, 194, 195, 197, 198, 199, 200, 207, 210, 211, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230</b>			
246	13:10		Girls 17	800m		Final	
247	13:15		Boys 17	800m		Final	
248	13:20		Girls 15	200m		Final	
249	13:25		Boys 15	200m		Final	
250	13:35		Girls 17	200m		Final	
251	13:40		Boys 17	200m		Final	
252	13:45		Girls 19	200m		Final	
253	13:50		Boys 19	200m		Final	
254	13:55		Girls 19	800m		Final	
<b>14:00</b>			<b>Medal Presentation</b>	<b>Items: 231, 232, , 238, 239, 240, 241, 242, 243, 244</b>			
255	14:00		Boys 19	800m		Final	
	14:10						
256	14:10		Boys 19	5000m		Final	
257	14:40		Boys 15	3000m		Final	
<b>14:50</b>			<b>Medal Presentation</b>	<b>Items: 233, 234, 235, 236, 237, 238, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255</b>			
258	15:15		Girls 19 (L)	Medley Relay (L)		Final	
259	15:30		Boys 19 (L)	Medley Relay (L)		Final	
260	15:40		Girls 17	2000m Steeple Chase		Final	
261	15:50		Girls 17 (L)	4 x 100m Relay (L)		Final	

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262	15:55		Boys 17 (L)	4 x 100m Relay (L)	Final		
263	16:00		Girls 15	4 x 100m Relay	Final		
264	16:05		Boys 15	4 x 100m Relay	Final		
265	16:10		Girls 17	4 x 100m Relay	Final		
266	16:15		Boys 17	4 x 100m Relay	Final		
<b>16:20 – 16:50</b>		<b>Closing Ceremony and Special Awards</b>					
267	16:50		Girls 19	4 x 400m Relay	Final		
268	16:55		Boys 19	4 x 400m Relay	Final		
<b>16:30</b>		<b><u>Medal collection at medal table for the following events: Items: 256 - 269</u></b>					
No presentation of these items because of time constraints – Team managers collect and sign for medals							

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