

PROGRAM

Performance Scores: ASA_2020 table, Electronic Time, Height above sea=1400

Seq	Time	Pit	Event	Next	Spec
1	07:00		Final Women Senior 5000m (OPEN)		
2	07:20		Final Men Senior 5000m (OPEN)		
3	07:40		Final Girls U16 3km Walk		
ALL ATHLETES MUST WEAR ASA/AGN TEMP LICENCE NUMBERS					
4	07:40		Final Women U18 3km Walk		
ALL ATHLETES MUST REPORT TO THE CALLROOM 30 MINUTES PRIOR TO THE EVENT					
5	07:40		Final Women U20 3km Walk		
AN ATHLETE MUST LEAVE THE STADIUM IMMEDIATELY AFTER COMPLETING OF EVENT					
6	07:40		Final Women Senior 3km Walk		
NO MASK, NO ENTRY, KEEP SOCIAL DISTANCE OF 2M AT ALL TIMES					
7	08:00		Final Men Senior 3km Walk		
8	08:00		Final Men U20 3km Walk		
NO SPECTATORS ALLOWED AT THE EVENT					
9	08:00		Final Men U18 3km Walk		
PLEASE WASH HANDS OR SANITIZE REGULARLY					
10	08:00		Final Boys U16 3km Walk		
PLEASE COMPLETE HEALTHCHECK HIGHERHEALTH APP BEFORE ENTERING THE STADIUM					
11	08:25		Final Men Senior 400m Hurdles		
ONLY PRE-ENTRIES (NO ENTRIES ON THE DAY)					
12	08:30		Final Girls U16 Discus		
13	08:30		Final Women U18 Discus		
14	08:30		Final Men U20 400m Hurdles		
RESULTS AVAILABLE ON WHATSAPP-AGN GROUPS					
15	08:35		Final Men U18 400m Hurdles		
16	08:35		Final Women U20 Javelin		
17	08:35		Final Women Senior Javelin		
18	08:40		Final Boys U16 300m Hurdles		
19	08:40		Final Men U20 Shotput		
20	08:40		Final Men Senior Shotput		
21	08:45		Final Women Senior 400m Hurdles		
22	08:50		Final Women U20 400m Hurdles		
23	08:50		Final Women U20 LongJump		
24	08:50		Final Women Senior LongJump		
25	09:00		Final Women U18 400m Hurdles		
26	09:05		Final Girls U16 300m Hurdles		
27	09:15		Final Men Senior 1500m		
28	09:25		Final Women Senior 1500m		
29	09:35		Final Boys U16 Javelin		
30	09:35		Final Men U18 Javelin		
31	09:35		Final Women U20 Shotput		
32	09:35		Final Men U20 1500m		
33	09:35		Final Men U20 Discus		
34	09:35		Final Women Senior Shotput		

Meeting :2020/11/28: AGN LEAGUE 3 at BESTMED TUKS

35	09:35	Final Men Senior Discus
36	09:45	Final Women U20 1500m
37	09:50	Final Boys U16 HighJump
38	09:50	Final Men U18 HighJump
39	09:55	Final Men U18 1500m
40	10:05	Final Girls U16 LongJump
41	10:05	Final Women U18 1500m
42	10:05	Final Women U18 LongJump
43	10:15	Final Boys U16 1500m
44	10:25	Final Girls U16 1500m
45	10:35	Final Girls U16 200m
46	10:45	Final Boys U16 200m
47	10:55	Final Girls U16 Shotput
48	10:55	Final Boys U16 Discus
49	10:55	Final Women U18 200m
50	10:55	Final Women U18 Shotput
51	10:55	Final Men U18 Discus
52	10:55	Final Men U20 Javelin
53	10:55	Final Men Senior Javelin
54	11:05	Final Men U18 200m
55	11:05	Final Women U20 HighJump
56	11:05	Final Men U20 LongJump
57	11:05	Final Women Senior HighJump
58	11:05	Final Men Senior LongJump
59	11:15	Final Women U20 200m
60	11:25	Final Men U20 200m
61	11:35	Final Women Senior 200m
62	11:45	Final Men Senior 200m
LUNCH INTERVAL		
63	12:35	Final Boys U16 LongJump
64	12:35	Final Men U18 LongJump
65	12:35	Final Men U20 HighJump
66	12:35	Final Men Senior 800m
67	12:35	Final Men Senior HighJump
68	12:40	Final Women Senior 800m
69	12:45	Final Men U20 800m
70	12:50	Final Women U20 800m
71	12:55	Final Men U18 800m
72	13:00	Final Women U18 800m
73	13:05	Final Girls U16 Javelin
74	13:05	Final Boys U16 800m
75	13:05	Final Boys U16 Shotput
76	13:05	Final Women U18 Javelin
77	13:05	Final Men U18 Shotput
78	13:05	Final Women U20 Discus
79	13:05	Final Women Senior Discus
80	13:10	Final Girls U16 800m
81	13:15	Final Men Senior 110m Hurdles
82	13:20	Final Men U20 110m Hurdles
83	13:25	Final Men U18 110m Hurdles
84	13:35	Final Boys U16 100m Hurdles

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85	13:35	Final Men U18 TripleJump
86	13:35	Final Men U20 TripleJump
87	13:35	Final Men Senior TripleJump
88	13:35	Final Boys U16 TripleJump
89	13:40	Final Women Senior 100m Hurdles
90	13:45	Final Women U20 100m Hurdles
91	13:50	Final Women U18 100m Hurdles
92	14:00	Final Girls U16 90m Hurdles
93	14:00	Final Girls U16 HighJump
94	14:00	Final Women U18 HighJump
95	14:05	Final Men Senior 400m
96	14:10	Final Women Senior 400m
97	14:15	Final Men U20 400m
98	14:20	Final Women U20 400m
99	14:25	Final Men U18 400m
100	14:30	Final Women U18 400m
101	14:35	Final Boys U16 400m
102	14:40	Final Girls U16 400m
103	14:50	Final Men Senior 100m
104	15:00	Final Women Senior 100m
105	15:05	Final Women U18 TripleJump
106	15:05	Final Women U20 TripleJump
107	15:05	Final Men U20 100m
108	15:05	Final Women Senior TripleJump
109	15:05	Final Girls U16 TripleJump
110	15:13	Final Women U20 100m
111	15:21	Final Men U18 100m
112	15:29	Final Women U18 100m
113	15:37	Final Boys U16 100m
114	15:45	Final Girls U16 100m
115	15:55	Final Women Senior 600m
116	16:00	Final Men Senior 600m
117	16:05	Final Men Senior 300m
118	16:10	Final Women Senior 300m