

SOUTH AFRICAN SENIOR & COMBINED EVENTS CHAMPIONSHIPS					
GERMISTON STADIUM - CENTRAL GAUTENG - 25 TO 27 APRIL 2019					
PROVISIONAL TIME TABLE					
HELD UNDER THE RULES OF IAAF AND ASA - <i>VESION 7</i> - 23RD JAN 2019					
DAY ONE - THURSDAY, 25 APRIL 2019					
		<u>MORNING</u> <u>SESSION</u>			
Event No	Time	Event	Category	Round	Comments
1	09h00	110m Hurdles	Senior Men	Heats	106.7cm - Final Item 81
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 31
7	10h00	Pole Vault	Senior Women	Final	
8	10h30	100m	Senior Men	Heats	Semi-Finals Item 32
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 94
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 93
18	11h45	400m Hurdles	Senior Men	Heats	91.4cm - Final Item 116
19	12h00	400m Hurdles	Senior Women	Heats	76.2cm - Final Item 117
		<u>AFTERNOON /</u> <u>EVENING</u> <u>SESSION</u>			
Event No	Time	Event	Category	Round	Comments
20	14h30	Shot Put	Boys U/18	Decathlon	5kg
21	14h30	Shot Put	Men U/20	Decathlon	6kg
22	14h30	Shot Put	Senior Men	Decathlon	7.26kg

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23	14h30	100m	Senior Women	Semi-Finals	Final Item 35
24	14h45	100m	Senior Men	Semi-Finals	Final Item 36
25	15h00	100m	T12 PARA Men	Final	
26	15h00	Long Jump	Senior Men <i>(incorp PARA)</i>	Qualifiers	Final Item 110
27	15h15	100m	Mixed PARA Women	Final	
28	15h30	Pole Vault	Senior Men	Final	
29	15h30	100m	Mixed PARA Men	Final	
30	15h45	400m	Senior Women <i>(incorp PARA)</i>	Heats	Final Item 111
31	16h10	400m	Senior Men	Heats	Semi-Finals Item 92
32	16h30	High Jump	Boys U/18	Decathlon	
33	16h30	High Jump	Men U/20	Decathlon	
34	16h30	High Jump	Senior Men	Decathlon	
35	16h45	100m	Senior Women	Final	
36	16h55	100m	Senior Men	Final	
37	17h10	5000m	Senior Women (incorp PARA)	Final	
38	17h30	Long Jump	Senior Women (incorp PARA)	Final	
39	17h30	Shot Put	Senior Women	Final	4kg
40	17h30	Discus Throw	Senior Men	Final	2kg
41	17h40	10000m	Senior Men	Final	
42	18h30	800m	Senior Men <i>(incorp PARA)</i>	Heats	Semi-Finals Item 65
43	19h00	400m	Boys U/18	Decathlon	
44	19h15	400m	Men U/20	Decathlon	
45	19h30	400m	Senior Men	Decathlon	

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GERMISTON STADIUM - CENTRAL GAUTENG - 25 TO 27 APRIL 2019					
PROVISIONAL TIME TABLE					
HELD UNDER THE RULES OF IAAF AND ASA					
DAY TWO - FRIDAY, 26 April 2019					
		MORNING SESSION			
Event No	Time	Event	Category	Round	Comments
46	08h30	110m Hurdles	Senior Men	Decathlon	106.7cm
47	08h40	110m Hurdles	Men U/20	Decathlon	99.1cm
48	08h50	110m Hurdles	Boys U/18	Decathlon	91.4cm
49	09h00	100m Hurdles	Senior Women	Heptathlon	83.8cm
50	09h10	100m Hurdles	Women U/20	Heptathlon	83.8cm
51	09h20	100m Hurdles	Girls U/18	Heptathlon	76.2cm
52	09h30	100m Hurdles	Senior Women	Heats	83.8cm - Final Item 82
53	09h45	200m	Senior Women <i>(incorp PARA)</i>	Heats	Semi-Finals Item 72
54	10h00	Discus Throw	Boys U/18	Decathlon	1.5kg
55	10h00	Discus Throw	Men U/20	Decathlon	1.75kg
56	10h00	Discus Throw	Senior Men	Decathlon	2kg
57	10h00	Javelin	Mixed PARA Women	Final	
58	10h15	200m	Senior Men	Heats	Semi-Finals Item 74
59	10h30	High Jump	Girls U/18	Heptathlon	
60	10h30	High Jump	Women U/20	Heptathlon	
61	10h30	High Jump	Senior Women	Heptathlon	
62	10h30	Triple Jump	Senior Men	Final	13m
63	10h45	800m	Senior Women <i>(incorp PARA)</i>	Heats	Final Item 120
64	11h00	Javelin	Mixed PARA Men	Final	
65	11h15	800m	Senior Men	Semi-Finals	Final Item 121
66	11h30	Pole Vault	Boys U/18	Decathlon	
67	11h30	Pole Vault	Men U/20	Decathlon	
68	11h30	Pole Vault	Senior Men	Decathlon	
		AFTERNOON /			

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		<u>EVENING SESSION</u>			
Event No	Time	Event	Category	Round	Comments
69	15h30	Shot Put	Girls U/18	Heptathlon	3kg
70	15h30	Shot Put	Women U/20	Heptathlon	4kg
71	15h30	Shot Put	Senior Women	Heptathlon	4kg
72	15h45	200m	Senior Women	Semi-Finals	Final Item 118
73	16h00	Hammer Throw	Senior Men	Final	7.26kg
74	16h00	200m	Senior Men	Semi-Finals	Final Item 119
75	16h00	Javelin Throw	Boys U/18	Decathlon	700g
76	16h00	Javelin Throw	Men U/20	Decathlon	800g
77	16h00	Javelin Throw	Senior Men	Decathlon	800g
78	16h20	200m	T12 PARA Men	Final	
79	16h30	Triple Jump	Senior Women	Final	11m
80	16h30	200m	Mixed PARA Men	Final	
81	16h50	110m Hurdles	Senior Men	Final	106.7cm
82	17h00	100m Hurdles	Senior Women	Final	83.8cm
83	17h00	High Jump	Senior Men (incorp PARA)	Final	
84	17h10	200m	Girls U/18	Heptathlon	
85	17h20	200m	Women U/20	Heptathlon	
86	17h30	200m	Senior Women	Heptathlon	
87	17h45	1500m	Boys U/18	Decathlon	
88	18h00	1500m	Men U/20	Decathlon	
89	18h15	1500m	Senior Men	Decathlon	
90	18h30	3000m Steeple Chase	Senior Men	Final	91,4cm
91	18h50	3000m Steeple Chase	Senior Women	Final	76,2cm
92	19h10	400m	Senior Men	Semi-Finals	Final Item 112
93	19h30	1500m	Senior Men	Final	
94	19h45	1500m	Senior Women	Final	

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DAY THREE - SATURDAY, 27 APRIL 2019					
MORNING SESSION					
Event No	Time	Event	Category	Round	Comments
95	07:30	20km Walk	Senior Women	Final	
96	07:40	20km Walk	Senior Men	Final	
97	09h30	Discus	Mixed PARA Women	Final	
98	10h00	Long Jump	Girls U/18	Heptathlon	
99	10h00	Long Jump	Women U/20	Heptathlon	
100	10h00	Long Jump	Senior Women	Heptathlon	
101	11h00	Discus	Mixed PARA Men	Final	
102	12h00	Javelin Throw	Girls U/18	Heptathlon	500g
103	12h00	Javelin Throw	Women U/20	Heptathlon	600g
104	12h00	Javelin Throw	Senior Women	Heptathlon	600g
AFTERNOON / EVENING SESSION					
Event No	Time	Event	Category	Round	Comments
105	15h50	800m	Girls U/18	Heptathlon	
106	16h00	800m	Women U/20	Heptathlon	
107	16h10	800m	Senior Women	Heptathlon	
108	16h15	Javelin Throw	Senior Women	Final	600g
109	16h20	400m	Mixed PARA Men	Final	
110	16h30	Long Jump	Senior Men	Final	
111	16h30	400m	Senior Women	Final	
112	16h40	400m	Senior Men	Final	
113	16h45	Discus Throw	Senior Women	Final	1kg
114	16h50	10000m	Senior Women	Final	

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115	17h00	Shot Put	Senior Men	Final	7.26kg
116	17h40	400m Hurdles	Senior Men	Final	91.4cm
117	17h50	400m Hurdles	Senior Women	Final	76.2cm
118	18h05	200m	Senior Women	Final	
119	18h15	200m	Senior Men	Final	
120	18h25	800m	Senior Women	Final	
121	18h35	800m	Senior Men	Final	
122	18h50	4 x 100m Relay	Senior Women	Final	<i>Time Placing if required</i>
123	19h00	4 x 100m Relay	Senior Men	Final	<i>Time Placing if required</i>
124	19h10	5000m	Senior Men (<i>incorp PARA</i>)	Final	
125	19h40	4 x 400m Relay	Senior Women	Final	<i>Time Placing if required</i>
126	19h50	4 x 400m Relay	Senior Men	Final	<i>Time Placing if required</i>

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