

**CENTRAL GAUTENG ATHLETICS  
SENIOR PROVINCIAL CHAMPIONSHIPS  
GERMISTON STADIUM – SATURDAY, 23 MARCH 2019**

TRACK				FIELD			
Event No.	TIME	EVENT	CATEGORY	Event No.	TIME	EVENT	CATEGORY
1	09h00	10000M Walk	All	23	09h00	High Jump	Women
2	10h00	10000m	All	24		Javelin	Women
3	11h00	400m H	Men	25	10h00	Long Jump	Women
4		400m H	Women	26		Discus	Women
5	11h30	3000m	Men	27	11h00	Long Jump	Men
6		3000m	Women	28		Shot Put	Men
7	12h00	110mH	Men	29	12h00	High Jump	Men
8		100m H	Women	30		Javelin	Men
9	12h15	800m	Men				
10		800m	Women				
11	12h30	5000m	Men				
12		5000m	Women				
13	13h00	100m	Men				
14		100m	Women				
<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>	
15	14h00	3000m SC	Men				
16		3000m SC	Women				
17	14h30	400m	Men	31	14h00	Shot Put	Women
18		400m	Women	32		Triple Jump	Women
19	15h00	1500m	Men				
20		1500m	Women				
21	15h30	200m	Men	33	15h00	Triple Jump	Men
22		200m	Women	34		Discus	Men

CENTRAL GAUTENG  
ATHLETICS

**MEETING TO BE HELD UNDER THE RULES OF IAAF, ASA AND CGA**