

**PROGRAM**

Performance Scores: WorldAth 2017 table, Electronic Time, Height above sea=1400

Seq	Time	Pit	Event	Next	Spec
START OF DAY 1					
1	07:30		Final Men Senior 10000m		
2	08:20		Final Women Senior 5000m		
3	08:30		Final Shotput Mixed PARA Women		
4	09:00		Heat 1 of 3 Women Senior 100m	(Final=68)	
4	09:00		Heat 2 of 3 Women Senior 100m	(Final=68)	
4	09:00		Heat 3 of 3 Women Senior 100m	(Final=68)	
5	09:00		Final Women Senior HighJump		
6	09:20		Heat 1 of 5 Men Senior 100m	(Semi Final=27)	
6	09:20		Heat 2 of 5 Men Senior 100m	(Semi Final=27)	
6	09:20		Heat 3 of 5 Men Senior 100m	(Semi Final=27)	
6	09:20		Heat 4 of 5 Men Senior 100m	(Semi Final=27)	
6	09:20		Heat 5 of 5 Men Senior 100m	(Semi Final=27)	
7	09:30		Final Shotput Mixed PARA Men		
8	09:30		Round 1 of 1 Men Senior LongJump	(Final=107)	
9	09:30		Final Men Senior Javelin		800g
10	10:00		Heat 1 of 2 Men Senior 110m Hurdles	(Final=66)	1.067m
10	10:00		Heat 2 of 2 Men Senior 110m Hurdles	(Final=66)	1.067m
12	10:30		Heat 1 of 2 Men Senior 1500m	(Final=75)	
12	10:30		Heat 2 of 2 Men Senior 1500m	(Final=75)	
13	11:00		Heat 1 of 2 Men Senior 400m Hurdles	(Final=113)	0.914m
13	11:00		Heat 2 of 2 Men Senior 400m Hurdles	(Final=113)	0.914m
14	11:00		Final Men Senior Polevault		
15	11:20		Heat 1 of 2 Women Senior 400m Hurdles	(Final=114)	0.762m
15	11:20		Heat 2 of 2 Women Senior 400m Hurdles	(Final=114)	0.762m
16	11:30		Final Women Senior LongJump		
17	11:30		Final Women Senior Shotput		4.000kg
18	11:30		Final Men Senior Discus		2.000kg
19	12:00		Final 100m T12 PARA Men		
20	12:00		Final Women Senior Javelin		600g
21	12:10		Final 100m Mixed PARA Women		
22	12:20		Final 1 of 2 100m Mixed PARA Men	(No final)	
22	12:20		Final 2 of 2 100m Mixed PARA Men	(No final)	
23	12:40		Heat 1 of 3 Women Senior 400m	(Final=108)	
23	12:40		Heat 2 of 3 Women Senior 400m	(Final=108)	
23	12:40		Heat 3 of 3 Women Senior 400m	(Final=108)	
24	13:00		Heat 1 of 4 Men Senior 400m	(Semi Final=74)	
24	13:00		Heat 2 of 4 Men Senior 400m	(Semi Final=74)	
24	13:00		Heat 3 of 4 Men Senior 400m	(Semi Final=74)	
24	13:00		Heat 4 of 4 Men Senior 400m	(Semi Final=74)	
25	13:20		Heat 1 of 3 Men Senior 800m	(Final=121)	
25	13:20		Heat 2 of 3 Men Senior 800m	(Final=121)	
25	13:20		Heat 3 of 3 Men Senior 800m	(Final=121)	
27	13:50		Semi Final 1 of 3 Men Senior 100m	(Final=70)	
27	13:50		Semi Final 2 of 3 Men Senior 100m	(Final=70)	



Versus Super: Registered to: Manus Hendriks

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**Meeting :SIZWE MEDICAL FUND ASA SENIORS TRACK & FIELD CHAMP
on 2021/04/15 to 2021/04/17 at BESTMED TUKS**



27 13:50

Semi Final 3 of 3 Men Senior 100m

(Final=70)

**START OF DAY 2**

28	08:20	Final Men U18 100m Decathlon		
29	08:30	Final Men U20 100m Decathlon		
30	08:40	Final Men Senior 100m Decathlon		
31	09:00	Final Women U18 100m Hurdles Heptathlon		
32	09:10	Final Women U20 100m Hurdles Heptathlon		
33	09:20	Final Women Senior 100m Hurdles Heptathlon		0.838m
34	09:30	Heat 1 of 2 Women Senior 100m Hurdles	(Final=67)	0.838m
34	09:30	Heat 2 of 2 Women Senior 100m Hurdles	(Final=67)	0.838m
35	09:50	Heat 1 of 3 Women Senior 200m	(Final=118)	
35	09:50	Heat 2 of 3 Women Senior 200m	(Final=118)	
35	09:50	Heat 3 of 3 Women Senior 200m	(Final=118)	
36	10:00	Final Men U18 LongJump Decathlon		
37	10:00	Final Men U20 LongJump Decathlon		
38	10:00	Final Men Senior LongJump Decathlon		
39	10:00	Final Javelin Mixed PARA Women		
40	10:15	Heat 1 of 5 Men Senior 200m	(Semi Final=53)	
40	10:15	Heat 2 of 5 Men Senior 200m	(Semi Final=53)	
40	10:15	Heat 3 of 5 Men Senior 200m	(Semi Final=53)	
40	10:15	Heat 4 of 5 Men Senior 200m	(Semi Final=53)	
40	10:15	Heat 5 of 5 Men Senior 200m	(Semi Final=53)	
41	10:30	Final Women U18 HighJump Heptathlon		
42	10:30	Final Women U20 HighJump Heptathlon		
43	10:30	Final Women Senior HighJump Heptathlon		
44	10:45	Heat 1 of 2 Women Senior 800m	(Final=120)	
44	10:45	Heat 2 of 2 Women Senior 800m	(Final=120)	
45	11:00	Final Women Senior Hammer		4.000kg
46	11:00	Final Women Senior Polevault		
47	11:00	Final Javelin Mixed PARA Men		
49	13:00	Final Men U18 Shotput Decathlon		
50	13:00	Final Men U20 Shotput Decathlon		
51	13:00	Final Men Senior Shotput Decathlon		7.260kg
53	13:40	Semi Final 1 of 3 Men Senior 200m	(Final=119)	
53	13:40	Semi Final 2 of 3 Men Senior 200m	(Final=119)	
53	13:40	Semi Final 3 of 3 Men Senior 200m	(Final=119)	
54	14:00	Final Men Senior TripleJump		
55	15:00	Final Men U18 HighJump Decathlon		
56	15:00	Final Men U20 HighJump Decathlon		
57	15:00	Final Men Senior HighJump Decathlon		
58	15:00	Final Men Senior 3000m SteepleChase		
59	15:20	Final Women Senior 3000m SteepleChase		
60	15:30	Final Women U18 Shotput Heptathlon		
61	15:30	Final Women U20 Shotput Heptathlon		
62	15:30	Final Women Senior Shotput Heptathlon		4.000kg
63	15:40	Final 200m T12 PARA Men		
64	15:50	Final 200m Mixed PARA Men		
65	16:00	Final Men Senior Hammer		7.260kg
66	16:20	Final Men Senior 110m Hurdles		1.067m

**Meeting :SIZWE MEDICAL FUND ASA SENIORS TRACK & FIELD CHAMP
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67	16:30	Final Women Senior 100m Hurdles	0.838m
68	16:50	Final Women Senior 100m	
69	17:00	Final Women Senior TripleJump	
70	17:00	Final Men Senior 100m	
71	17:10	Final Women U18 200m Heptathlon	
72	17:20	Final Women U20 200m Heptathlon	
73	17:30	Final Women Senior 200m Heptathlon	
74	17:45	Semi Final 1 of 2 Men Senior 400m	(Final=109)
74	17:45	Semi Final 2 of 2 Men Senior 400m	(Final=109)
75	18:00	Final Men Senior 1500m	
76	18:10	Final Women Senior 1500m	
77	18:30	Final Men U18 400m Decathlon	
78	18:40	Final Men U20 400m Decathlon	
79	18:50	Final Men Senior 400m Decathlon	

**START OF DAY 3**

80	07:30	Final Women Senior 20km Walk	
81	07:40	Final Men Senior 20km Walk	
82	08:30	Final Men Senior 110m Hurdles Decathlon	1.067m
83	08:40	Final Men U20 110m Hurdles Decathlon	
84	08:50	Final Men U18 110m Hurdles Decathlon	
85	10:00	Final Men Senior Discus Decathlon	2.000kg
86	10:00	Final Men U20 Discus Decathlon	
87	10:00	Final Men U18 Discus Decathlon	
88	10:00	Final Women U18 LongJump Heptathlon	
89	10:00	Final Women U20 LongJump Heptathlon	
90	10:00	Final Women Senior LongJump Heptathlon	
91	12:00	Final Discus Mixed PARA Men	
92	12:00	Final Discus Mixed PARA Women	
93	12:00	Final Men U18 Polevault Decathlon	
94	12:00	Final Men U20 Polevault Decathlon	
95	12:00	Final Men Senior Polevault Decathlon	
96	12:30	Final Women Senior Javelin Heptathlon	600g
97	12:30	Final Women U20 Javelin Heptathlon	
98	12:30	Final Women U18 Javelin Heptathlon	
99	15:40	Final Women U18 800m Heptathlon	
100	15:50	Final Women U20 800m Heptathlon	
101	16:00	Final Women Senior 800m Heptathlon	
102	16:00	Final Men Senior Javelin Decathlon	800g
103	16:00	Final Men U20 Javelin Decathlon	
104	16:00	Final Men U18 Javelin Decathlon	
105	16:00	Final Men Senior HighJump	
106	16:20	Final 1 of 2 400m Mixed PARA Men	(No final)
106	16:20	Final 2 of 2 400m Mixed PARA Men	(No final)
107	16:30	Final Men Senior LongJump	
108	16:30	Final Women Senior 400m	
109	16:40	Final Men Senior 400m	
110	16:45	Final Women Senior Discus	1.000kg
111	16:50	Final Women Senior 10000m	
112	17:00	Final Men Senior Shotput	7.260kg
113	17:40	Final Men Senior 400m Hurdles	0.914m
114	17:50	Final Women Senior 400m Hurdles	0.762m
115	18:00	Final Men U18 1500m Decathlon	
116	18:10	Final Men U20 1500m Decathlon	
117	18:20	Final Men Senior 1500m Decathlon	
118	18:30	Final Women Senior 200m	
119	18:35	Final Men Senior 200m	
120	18:40	Final Women Senior 800m	
121	18:50	Final Men Senior 800m	
122	19:00	Final Men Senior 5000m	
123	19:25	Final Women Senior 4X100m Relay	
124	19:35	Final Men Senior 4X100m Relay	
125	19:45	Final Women Senior 4X400m Relay	



126 19:55

Final Men Senior 4X400m Relay