

# SOUTH AFRICAN SENIOR TRACK & FIELD, COMBINED EVENTS & RELAYS CHAMPIONSHIPS

Msunduzi Stadium - Pietermaritzburg - 18 - 21 April 2024

## TIME TABLE



Held under Rules of WA and ASA

Version 5

DAY 1 - THURSDAY, 18 April 2024

### MORNING SESSION

Event No	Time	Event	Category	Round	Comments	Next Round
1	08:30	100m Hurdles	Boys U16	Pentathlon	83,8cm	
2	08:40	100m Hurdles	Senior Women	Heptathlon	83,8cm	
3	08:50	100m Hurdles	Women U20	Heptathlon	83,8cm	
4	09:00	100m Hurdles	Girls U18	Heptathlon	76,2cm	
5	09:10	100m	Senior Women	Heats		Semi-Final 21
6	09:40	100m	Senior Men	Heats		Semi-Final 22
7	10:00	High Jump	Boys U16	Pentathlon		
8	10:10	400m	Senior Women	Heats		Semi-Final 56
9	10:30	Long Jump	Senior Women	Qualifiers		Final 96
10	10:40	400m	Senior Men	Heats		Semi-Final 57
11	12:00	High Jump	Girls U18	Heptathlon		
12	12:00	High Jump	Women U20	Heptathlon		
13	12:00	High Jump	Senior Women	Heptathlon		
14	12:10	4*200m Relay	Senior Women	Heats		Final 132
15	12:20	4*200m Relay	Senior Men	Heats		Final 131

### Day 1

### AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round	Comments	Next Round
16	13:00	400m Hurdles	Senior Men	Heats	91,4cm	Final 63
17	13:00	Shot Put	Boys U16	Pentathlon	4kg	
18	13:20	400m Hurdles	Senior Women	Heats	76,2cm	Final 64
19	13:30	Long Jump	Senior Men	Qualifiers		Final 62
20	13:30	Discus Throw	Senior Women	Final	1kg	
21	13:40	100m	Senior Women	Semi-Finals		Final 73
22	13:50	100m	Senior Men	Semi-Finals		Final 74
23	14:00	800m	Senior Women	Heats		Semi-Final 71
24	14:30	Shot Put	Girls U18	Heptathlon	3kg	
25	14:30	Shot Put	Women U20	Heptathlon	4kg	
26	14:30	Shot Put	Senior Women	Heptathlon	4kg	
27	14:30	800m	Senior Men	Heats		Semi-Final 72
28	14:45	Long Jump	Boys U16	Pentathlon		
29	15:00	High Jump	Senior Women	Final		
30	15:30	200m	Girls U18	Heptathlon		
31	15:30	200m	Women U20	Heptathlon		
32	15:30	200m	Senior Women	Heptathlon		
33	15:30	Javelin Throw	Senior Men	Final	800g	
34	15:40	5000m	Senior Women	Final		
35	16:00	Shot Put	Senior Women	Final	4kg	
36	16:10	1000m	Boys U16	Pentathlon		
37	16:20	10000m	Senior Men	Final		

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DAY 2 - FRIDAY, 19 April 2024

### MORNING SESSION

Event No	Time	Event	Category	Round	Comments	Next Round
38	09:00	Long Jump	Girls U18	Heptathlon		
39	09:00	Long Jump	Women U20	Heptathlon		
40	09:00	Long Jump	Senior Women	Heptathlon		
41	09:30	200m	Senior Women	Heats		Semi-Final 80
42	10:00	200m	Senior Men	Heats		Semi-Final 81
43	10:30	1500m	Senior Women	Heats		Final 167
44	10:50	1500m	Senior Men	Heats		Final 168
45	11:00	Javelin Throw	Girls U18	Heptathlon	500g	
46	11:00	Javelin Throw	Women U20	Heptathlon	600g	
47	11:00	Javelin Throw	Senior Women	Heptathlon	600g	
48	11:20	4*200m Relay	Girls U16	Heats		Final 141
49	11:30	4*200m Relay	Boys U16	Heats		Final 140
50	11:40	4*200m Relay	Girls U18	Heats		Final 139
51	11:50	4*200m Relay	Boys U18	Heats		Final 138
52	12:00	4*200m Relay	Women U20	Heats		Final 134
53	12:10	4*200m Relay	Men U20	Heats		Final 133

### Day 2

### AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round	Comments	Next Round
54	13:30	Triple Jump	Senior Women	Final	9m	
55	14:00	Hammer Throw	Senior Women	Final	4kg	
56	14:30	400m	Senior Women	Semi-Finals		Final 121
57	14:40	400m	Senior Men	Semi-Finals		Final 122
58	14:50	800m	Girls U18	Heptathlon		
59	15:00	High Jump	Senior Men	Final		
60	15:00	800m	Women u20	Heptathlon		
61	15:10	800m	Senior Women	Heptathlon		
62	15:30	Long Jump	Senior Men	Final		
63	15:30	400m Hurdles	Senior Men	Final	91,4cm	
64	15:40	400m Hurdles	Senior Women	Final	76,2cm	
65	15:50	3000m Steeple Chase	Senior Men	Final	91,4cm	
66	16:00	Discus Throw	Senior Men	Final	2kg	
67	16:10	3000m Steeple Chase	Senior Women	Final	76,2cm	
68	16:30	4*400m Mixed Relay	Girls/Boys U18	Heats		Final 142
69	16:40	4*400m Mixed Relay	Women/Men U20	Heats		Final 143
70	16:50	4*400m Mixed Relay	Women/Men Senior	Heats		Final 144
71	17:00	800m	Senior Women	Semi-Finals		Final 119
72	17:10	800m	Senior Men	Semi-Finals		Final 120
73	17:20	100m	Senior Women	Final		
74	17:30	100m	Senior Men	Final		

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DAY 3 - SATURDAY, 20 April 2024

### MORNING SESSION

Event No	Time	Event	Category	Round	Comments	Next Round
75	09:00	90m Hurdles	Girls U16	Pentathlon	76,2cm	
76	09:20	100m	Boys U18	Decathlon		
77	09:30	100m	Men U20	Decathlon		
78	09:40	100m	Senior Men	Decathlon		
79	10:00	High Jump	Girls U16	Pentathlon		
80	10:00	200m	Senior Women	Semi-Finals		Final 114
81	10:15	200m	Senior Men	Semi-Finals		Final 115
82	10:30	Long Jump	Men U20	Decathlon		
83	10:30	Long Jump	Senior Men	Decathlon		
84	10:30	Long Jump	Boys U18	Decathlon		
85	10:30	Medley Relay	Girls U16	Heats		Final 148
86	10:40	Medley Relay	Boys U16	Heats		Final 149
87	10:50	4*400m Relay	Girls U18	Heats		Final 150
88	11:00	4*400m Relay	Boys U18	Heats		Final 151
89	11:10	4*400m Relay	Women U20	Heats		Final 152
90	11:20	4*400m Relay	Men U20	Heats		Final 153
91	11:30	4*400m Relay	Senior Women	Heats		Final 154
92	11:40	4*400m Relay	Senior Men	Heats		Final 155

### Day 3

### AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round	Comments	Next Round
93	13:00	Shot Put	Boys U18	Decathlon	5kg	
94	13:00	Shot Put	Men U20	Decathlon	6kg	
95	13:00	Shot Put	Senior Men	Decathlon	7,26kg	
96	13:00	Long Jump	Senior Women	Final		
97	13:40	4*100m Relay	Girls U16	Heats		Final 160
98	13:50	4*100m Relay	Boys U16	Heats		Final 161
99	14:00	Javelin Throw	Senior Women	Final	600g	
100	14:00	4*100m Relay	Girls U18	Heats		Final 162
101	14:10	4*100m Relay	Boys U18	Heats		Final 163
102	14:20	4*100m Relay	Women U20	Heats		Final 165
103	14:30	Shot Put	Girls U16	Pentathlon	3kg	
104	14:30	High Jump	Boys U18	Decathlon		
105	14:30	High Jump	Men U20	Decathlon		
106	14:30	High Jump	Senior Men	Decathlon		
107	14:30	4*100m Relay	Men U20	Heats		Final 166
108	14:40	4*100m Relay	Senior Women	Heats		Final 171
109	14:50	4*100m Relay	Senior Men	Heats		Final 172
110	15:00	10000m	Senior Women	Final		
111	15:00	Triple Jump	Senior Men	Final	13m	

112	15:30	110m Hurdles	Senior Men	Heats	106,7cm	Final 169
113	15:40	100m Hurdles	Senior Women	Heats	83,8cm	Final 170
114	15:50	200m	Senior Women	Final		
115	16:00	200m	Senior Men	Final		
116	16:00	Hammer Throw	Senior Men	Final	7,26kg	
117	16:10	5000m	Senior Men	Final		
118	16:30	Long Jump	Girls U16	Pentathlon		
119	16:30	800m	Senior Women	Final		
120	16:40	800m	Senior Men	Final		
121	16:50	400m	Senior Women	Final		
122	17:00	400m	Senior Men	Final		
123	17:10	400m	Boys U18	Decathlon		
124	17:20	400m	Men U20	Decathlon		
125	17:30	400m	Senior Men	Decathlon		
126	17:40	800m	Girls U16	Pentathlon		

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DAY 4 - SUNDAY, 21 April 2024

### MORNING SESSION

Event No	Time	Event	Category	Round	Comments	Next Round
127	09:00	110m Hurdles	Senior Men	Decathlon	106,7cm	
128	09:00	Pole Vault	Senior Women	Final		
129	09:10	110m Hurdles	Men U20	Decathlon	99,1cm	
130	09:20	110m Hurdles	Boys U18	Decathlon	91,4cm	
131	09:30	4*200m Relay	Senior Men	Final		
132	09:40	4*200m Relay	Senior Women	Final		
133	09:50	4*200m Relay	Men U20	Final		
134	10:00	4*200m Relay	Women U20	Final		
135	10:00	Discus Throw	Boys U18	Decathlon	1,5kg	
136	10:00	Discus Throw	Men U20	Decathlon	1,75kg	
137	10:00	Discus Throw	Senior Men	Decathlon	2kg	
138	10:10	4*200m Relay	Boys U18	Final		
139	10:20	4*200m Relay	Girls U18	Final		
140	10:30	4*200m Relay	Boys U16	Final		
141	10:40	4*200m Relay	Girls U16	Final		
142	11:10	4*400m Mixed Relay	Girls/Boys U18	Final		
143	11:20	4*400m Mixed Relay	Women/Men U20	Final		
144	11:30	4*400m Mixed Relay	Women/Men Senior	Final		
145	11:30	Pole Vault	Boys U18	Decathlon		
146	11:30	Pole Vault	Men U20	Decathlon		
147	11:30	Pole Vault	Senior Men	Decathlon		
148	11:40	Medley Relay	Girls U16	Final		
149	11:50	Medley Relay	Boys U16	Final		

### Day 4

### AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round	Comments	Next Round
150	13:00	4*400m Relay	Girls U18	Final		
151	13:10	4*400m Relay	Boys U18	Final		
152	13:20	4*400m Relay	Women U20	Final		
153	13:30	4*400m Relay	Men U20	Final		
154	13:40	4*400m Relay	Senior Women	Final		
155	13:50	4*400m Relay	Senior Men	Final		
156	14:00	Pole Vault	Senior Men	Final		
157	14:00	Javelin Throw	Boys U18	Decathlon	700g	
158	14:00	Javelin Throw	Men U20	Decathlon	800g	
159	14:00	Javelin Throw	Senior Men	Decathlon	800g	
160	14:00	4*100m Relay	Girls U16	Final		
161	14:10	4*100m Relay	Boys U16	Final		
162	14:20	4*100m Relay	Girls U18	Final		
163	14:30	4*100m Relay	Boys U18	Final		

164	14:30	Shot Put	Senior Men	Final	7,26kg	
165	14:40	4*100m Relay	Women U20	Final		
166	14:50	4*100m Relay	Men U20	Final		
167	15:00	1500m	Senior Women	Final		
168	15:10	1500m	Senior Men	Final		
169	15:20	110m Hurdles	Senior Men	Final	106,7cm	
170	15:30	100m Hurdles	Senior Women	Final	83,8cm	
171	15:40	4*100m Relay	Senior Women	Final		
172	15:50	4*100m Relay	Senior Men	Final		
173	16:00	1500m	Boys U18	Decathlon		
174	16:05	1500m	Men U20	Decathlon		
175	16:10	1500m	Senior Men	Decathlon		