

ATHLETICS SOUTH TRACK & FIELD	
Name;	Number;
PROGRAM B (MALE)	
Round:	Date;

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	5000m			53		
	5000m Walk			55		
	Hammer	7.26Kg	20-49	1		
	Hammer	6Kg	18,19,50-59	2		
	Hammer	5Kg	16,17,60-69	3		
	Hammer	4Kg	14,15,70-79	4		
	Hammer	3Kg	13 or Under	5		
	Long Jump (S1)	max 3 jumps		98		
1.30	High Jump S2	Start 1.50m		92		
	Long Jump (S2)			27		
1.55	Shot Put	7.26Kg	20-49	20		
	Shot Put	6Kg	18,19,50-59	21		
	Shot Put	5Kg	16,17,60-69	22		
	Shot Put	4Kg	14,15,70-79	23		
	Shot Put	3Kg	13 or Under	24		
	400m			39		
2.15	Triple Jump			29		
	90m Hurdles	76.2cm	U/14	57		
	100m Hurdles	84cm	14-15	58		
	110m Hurdles	91.4cm	16-17	59		
	110m Hurdles	99.1cm	18-19,30-49	60		
	110m Hurdles	106.7cm	20-29	61		
2.30	1500m			43		
2.40	High Jump S1			31		
2.45	Discus	2Kg	20-49	15		
	Discus	1.75Kg	18,19	16		
	Discus	1.5Kg	16,17,50-59	17		
	Discus	1Kg	15 or Under	18		
	Discus	0.75Kg	AWD	90		
2.55	100m			35		

ATHLETICS SOUTH TRACK & FIELD	
Name;	Number;
PROGRAM B (FEMALE)	
Round:	Date;

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	5000m			54		
	5000m Walk			56		
	Long Jump (S1)	max 3 jumps		97		
	Shot Put	4Kg	18-49	25		
	Shot Put	3Kg	U/18, 50+	26		
1.30	High Jump S2	Start 1.50m		91		
	Long Jump (S2)			28		
1.45	400m			40		
	Discus	1Kg	All ages	19		
2.15	80m Hurdles	76.2cm	U/14 ,40-59	62		
	90m Hurdles	76.2cm	14-15	63		
	100m Hurdles	76.2cm	16-17	64		
	100m Hurdles	84cm	18-39	65		
	Triple Jump			30		
2.40	1500m			44		
	High Jump S1			32		
2.45	Hammer	4Kg	18-49	6		
	Hammer	3Kg	12-17, 50+	7		
3.05	100m			36		