

**ATHLETICS SOUTH TRACK & FIELD**

<b>Name;</b>	<b>Number;</b>
<b>PROGRAM C</b>	
<b>MALE</b>	
<b>Round:</b>	<b>Date;</b>

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m			49		
	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		
	Triple Jump			29		
	Pole Vault S1			33		
1.30	100m			35		
1.45	Javelin	800g	18-49	8		
	Javelin	700g	14-17,50-59	9		
	Javelin	600g	U/14, 60-69	10		
	Javelin	500g	70-79	11		
1.50	3000m Walk			51		
2.00	200m Hurdles	76.2cm	13-15	66		
	400m Hurdles	84cm	16-17, 40+	68		
	400m Hurdles	91.4cm	18-39	69		
	Pole Vault S2	Start 2.80m		94		
	Long Jump (S1)	max 3 jumps		98		
2.10	800m			41		
2.25	Long Jump (S2)			27		
2.35	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		
2.40	200m			37		
3.20	2000m Steeple	76.2cm	14-15,60+	72		
	2000m Steeple	83.8cm	16-17	73		
	3000m Steeple	91.4cm	18-59	74		

ATHLETICS SOUTH TRACK & FIELD	
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PROGRAM C	
FEMALE	
Round:	Date;

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m			50		
	Pole Vault S1			34		
	Triple Jump			30		
	Javelin	600g	18-49	12		
	Javelin	500g	14-17,50-74	13		
	Javelin	400g	13 or Under	14		
1.40	100m			36		
1.45	Discus	1Kg	All ages	19		
1.50	3000m Walk			52		
1.55	200m Hurdles	76.2cm	13-15	67		
	400m Hurdles	76.2cm	16-49	70		
	300m Hurdles	76.2cm	50-59	71		
2.00	Long Jump (S1)	max 3 jumps		97		
	Pole Vault S2	Start 2.80m		93		
2.20	800m			42		
2.25	Long Jump (S2)			28		
2.35	Hammer	4Kg	18-49	6		
	Hammer	3Kg	12-17, 50+	7		
2.50	200m			38		
3.20	2000m Steeple	76.2cm	14-17,30+	75		
	3000m Steeple	76.2cm	18-29	76		