

ATHLETICS SOUTH TRACK & FIELD

Name;

Number;

PROGRAM D (MALE)

Round:

Date;

Time	Event	Specs	Age	Event	ENTER	TIME
10.00	5000m			53		
	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		
	Pole Vault (S1)			33		
10.35	High Jump S1			31		
10.45	400m			39		
	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		
11.00	1500m Walk			45		
	Pole Vault S2	Start 2.80m		94		
	Long Jump S2			27		
11.15	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		
11.25	High Jump S2	Start 1.50m		92		
11.35	1500m			43		
11.45	Javelin	800g	18-49	8		
	Javelin	700g	14-17,50-59	9		
	Javelin	600g	U/14, 60-69	10		
	Javelin	500g	70-79	11		
11.55	200m			37		
12.20	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	
Name;	Number;
PROGRAM D (FEMALE)	
Round:	Date;

Time	Event	Specs	Age	Event	ENTER	TIME
10.00	5000m			54		
	Shot Put	4Kg	18-49	25		
	Shot Put	3Kg	U/18, 50+	26		
	Long Jump (S1)	max 3 jumps		97		
	Pole Vault S1			34		

10.35	High Jump S1			32		
	400m			40		

10.45	Javelin	600g	18-49	12		
	Javelin	500g	14-17,50-74	13		
	Javelin	400g	13 or Under	14		

11.00	1500m Walk			46		
	Pole Vault S2	Start 2.80m		93		
	Long Jump (S2)			28		

11.15	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		

11.25	High Jump S2	Start 1.50m		91		
	1500m			44		

11.45	200m			38		
	Hammer	4Kg	18-49	6		
	Hammer	3Kg	12-17, 50+	7		

12.20	2000m Steeple	76.2cm	14-17,30+	75		
	3000m Steeple	76.2cm	18-29	76		