

ATHLETICS SOUTH TRACK & FIELD

Name;

Number;

PROGRAM A (MALE)

Round:

Date:

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m			49		
	3000m Walk			51		
	Triple Jump			29		
	Pole Vault (S1)			33		
	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		
1.45	100m			35		
1.55	Javelin	800g	18-49	8		
	Javelin	700g	14-17,50-59	9		
	Javelin	600g	U/14, 60-69	10		
	Javelin	500g	70-79	11		
	High Jump S1			31		
2.00	Pole Vault S2	Start 2.80m		94		
	200m Hurdles	76.2cm	13-15	66		
	400m Hurdles	84cm	16-17	68		
	400m Hurdles	91.4cm	18-39	69		
2.10	800m			41		
2.35	High Jump S2	Start 1.50m		92		
2.45	200m			37		
	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		

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

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m			50		
	3000m Walk			52		
	Pole Vault S1			34		
	Javelin	600g	18-49	12		
	Javelin	500g	14-17,50-74	13		
	Javelin	400g	13 or Under	14		
	Triple Jump			30		

1.30	100m			36		
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1.45	Discus	1Kg	All ages	19		
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1.55	High Jump S1			32		
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2.00	Pole Vault S2	Start 2.80m		93		
	200m Hurdles	76.2cm	13-15	67		
	300m Hurdles	76.2cm	50-59	71		
	400m Hurdles	76.2cm	16-49	70		

2.25	800m			42		
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2.35	High Jump S2	Start 1.50m		91		
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2.45	Shot Put	4Kg	18-49	25		
	Shot Put	3Kg	U/18, 50+	26		

2.55	200m			38		
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