

Round:	1A	Date:	10-Oct-20
PROGRAM A (MALE)			
Name;		Number;	

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		
	Discus	0.75Kg	AWD	90		

Round:	1A	Date;	19-Oct-19
PROGRAM A (FEMALE)			
Name;		Number;	

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		
1.45	Discus 1Kg	1Kg	All ages	19		
1.55	High Jump S1			32		
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		
2.35	High Jump S2	Start 1.50m		91		
2.45	Shot Put	4Kg	18-49	25		
	Shot Put	3Kg	U/18, 50+	26		
2.55	200m			38		