

PROGRAM B (MALE)

Name; _____ **Number;** _____

Time	Event	Specs	Age	Event	ENTER	TIME
9.00	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		
9.30	High Jump S2	Start 1.50m		92		
	Long Jump (S2)			27		
9.55	100m			35		
10.10	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		
10.15	Triple Jump			29		
	1500m			43		
10.40	High Jump S1			31		
	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		
	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			
10.55	400m			39		
11.30	2000m Steeple	76.2cm	14-15,60+	72		
	2000m Steeple	83.8cm	16-17	73		
	3000m Steeple	91.4cm	18-59	74		

PROGRAM B (FEMALE)

Name;

Number;

Time	Event	Specs	Age	Event	ENTER	TIME
9.00	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		
9.30	High Jump S2	Start 1.50m		91		
	Long Jump (S2)			28		
9.45	100m			36		
	Discus	1Kg	All ages	19		
10.15	Triple Jump			30		
10.25	1500m			44		
10.40	Hammer	4Kg	18-49	6		
	Hammer	3Kg	12-17, 50+	7		
	High Jump S1			32		
	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		
11.05	400m			40		
11.30	2000m Steeple	76.2cm	14-17,30+	75		
	3000m Steeple	76.2cm	18-29	76		