

ATHLETICS SOUTH TRACK & FIELD	
Name;	Number;
PROGRAM A (MALE)	

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m			49		
	Long Jump S1	max 3 jumps		93		
	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		
1.40	400m			39		
	Long Jump S2			27		
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		
	1500m Walk			45		
	High Jump S1			31		
2.00	Pole Vault S2	Start 2.80m		91		
	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		
2.15	100m			35		
2.35	High Jump S2	Start 1.50m		89		
2.40	800m			41		
2.45	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)	

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m			50		
	Pole Vault S1			34		
	Javelin	600g	18-49	12		
	Javelin	500g	14-17,50-74	13		
	Javelin	400g	13 or Under	14		
	Long Jump S1	max 3 jumps		92		

1.30	400m			40		
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1.40	Discus			19		
	Long Jump S2			28		

1.55	High Jump S1			32		
	1500m Walk			46		

2.00	Pole Vault S2	Start 2.80m		90		
	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		

2.25	100m			36		
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2.35	High Jump S2	Start 1.50m		88		
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2.45	Shot Put	4Kg	18-49	25		
	Shot Put	3Kg	U/18, 50+	26		

2.50	800m			42		
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