

PROGRAM D (MALE)						
Name;				Number;		
Time	Event	Specs	Age	Event	ENTER	TIME
9.00	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		
	Triple Jump			29		
	Pole Vault S1			33		
9.10	800m			41		
9.40	High Jump S1			31		
	100m			35		
10.00	3000m			49		
	Pole Vault S2	Start 2.80m		91		
	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		
10.05	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		
10.20	High Jump S2	Start 1.50m		89		
10.40	200m			37		
10.50	Javelin	800g	18-49	8		
	Javelin	700g	14-17,50-59	9		
	Javelin	600g	U/14, 60-69	10		
	Javelin	500g	70-79	11		
11.10	3000m Walk			51		

**PROGRAM D (FEMALE)**

**Name;**

**Number;**

Time	Event	Specs	Age	Event	ENTER	TIME
9.00	Pole Vault S1			34		
	Triple Jump			30		
	Hammer	4Kg	18-49	6		
	Hammer	3Kg	12-17, 50+	7		
	800m			42		
9.25	100m			36		
9.40	High Jump S1			32		
10.00	3000m			50		
	Javelin	600g	18-49	12		
	Javelin	500g	14-17,50-74	13		
	Javelin	400g	13 or Under	14		
	Pole Vault S2	Start 2.80m		90		
10.05	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		
10.20	High Jump S2	Start 1.50m		88		
10.30	200m			38		
10.40	Shot Put	4Kg	18-49	25		
	Shot Put	3Kg	U/18, 50+	26		
11.10	3000m Walk			52		