

**GAUTENG NORTH MASTERS ATHLETICS****PILDITCH STADIUM, PRETORIA****23-24 MARCH 2018****PROGRAM****37th
TRACK & FIELD
CHAMPIONSHIPS****23 March 2018****WEIGHT PENTATHLON (3 ATTEMPTS)**

ITEM	NO.	TIME WOMAN 60+	NO.	TIME WOMAN 30 - 59
Hammer Throw	1	07:30	11	09:00
Shot Put (Circle A)	2	08:15	12	09:45
Discus Throw (Net A)	3	09:00	13	10:30
Javelin Throw	4	09:45	14	11:15
Weight Throw (Net B)	5	10:30	15	13:00

ITEM	NO.	TIME MEN 60+	NO.	TIME MEN 30 - 59
Hammer Throw	6	08:15	16	09:45
Shot Put (Circle A)	7	09:00	17	10:30
Discus Throw (Net A)	8	09:45	18	11:15
Javelin Throw	9	10:30	19	13:00
Weight Throw (Net B)	10	11:15	20	13:45

TRACK

NO.	TIME	ITEM	
21	07:15	5 000m	Woman 30+
22	08:00	5 000m	Men 30+
23	09:00	200m	Woman 60+
24	09:15	200m	Men 60+
25	10:00	2 000m Steeplechase	Men 60+
LUNCH 12:15 – 13:00			
26	13:00	100m	Woman 60+
27	13:15	100m	Men 60+
28	15:00	400m	Women 30+
29	15:15	400m	Men 30+



GAUTENG NORTH MASTERS ATHLETICS

PILDITCH STADIUM, PRETORIA

23-24 MARCH 2018

PROGRAM

37th
TRACK & FIELD
CHAMPIONSHIPS

24 March 2018

TRACK				FIELD			
NO.	TIME	ITEM		NO.	TIME	ITEM	
1	07:00	5 000m Walk	Woman 30+	39	07:30	Shot put	Women 30 - 49
2	07:45	5 000m Walk	Men 60+	40	07:30	Discus Throw	Woman 50+
3	08:25	5 000m Walk	Men 30 - 59	41	07:30	Weight Throw	Men 30 - 49
				42	07:30	Javelin Throw	Men 50 - 59
4	09:00	200m	Women 30 - 59	43	07:30	Greek Discus	Men 60+
5	09:15	200m	Men 30 - 59	44	07:30	High Jump	Women 30+
				45	08:30	Shot put	Men 30 - 49
7	09:40	2 000m Steeplechase	Woman 30+	46	08:30	Discus Throw	Men 60+
8	10:00	3 000m Steeplechase	Men 30 - 59	47	08:30	Javelin Throw	Woman 30- 49
9	10:30	800m	Women	48	08:30	Greek Discus	Woman 50+
10	10:45	800m	Men	49	08:30	Hammer Throw	Men 50 - 59
				50	08:30	High Jump	Men 30+
11	11:00	110m Hurdles	Men 30 - 49	51	09:30	Shot put	Men 50 - 59
12	11:10	100m Hurdles	Men 50 - 59	52	09:30	Weight Throw	Woman 50+
13	11:20	100m Hurdles	Men 60 - 69	53	09:30	Javelin Throw	Men 60+
14	11:30	100m Hurdles	Women 30 - 39	54	09:30	Greek Discus	Woman 30- 49
15	11:40	80m Hurdles	Women 40 - 49	55	09:30	Hammer Throw	Men 30 - 49
16	11:50	80m Hurdles	Women 50 - 59	56	10:00	Long Jump	Women 30+
17	11:50	80m Hurdles	Men 70 - 79	57	10:30	Shot put	Men 60+
18	12:00	80m Hurdles	Women 60+	58	10:30	Discus Throw	Men 50 - 59
19	12:00	80m Hurdles	Men 80+	59	10:30	Weight Throw	Woman 30- 49
				60	10:30	Javelin Throw	Men 30 - 49
20	12:20	4 X 100m Relay	Women 30+	61	10:30	Hammer Throw	Woman 50+
21	12:20	4 X 100m Relay	Men 30+	62	11:00	Long Jump	Men 30+
LUNCH 12:40 - 13:15							
22	13:15	400m Hurdles	Woman 30 - 49	63	13:15	Discus Throw	Woman 30- 49
23	13:15	400m Hurdles	Men 50 - 59	64	13:15	Weight Throw	Men 50 - 59
24	13:15	400m Hurdles	Men 30 - 49	65	13:15	Javelin Throw	Woman 50+
25	13:30	300m Hurdles	Woman 60 - 69	66	13:15	Greek Discus	Men 30 - 49
26	13:30	300m Hurdles	Woman 50 - 59	67	13:15	Hammer Throw	Men 60+
27	13:30	300m Hurdles	Men 70 - 79				
28	13:30	300m Hurdles	Men 60 - 69	68	13:15	Triple Jump	Woman 30+
29	13:40	200m Hurdles	Woman 70+	69	13:15	Triple Jump	Men 30+
30	13:40	200m Hurdles	Men 80+				
31	13:50	1 500m	Women 30+	70	14:15	Shot put	Woman 50+
32	14:00	1 500m	Men 30+	71	14:15	Discus Throw	Men 30 - 49
33	14:15	100m	Women 30-59	72	14:15	Weight Throw	Men 60+
34	14:30	100m	Men 30 - 59	73	14:15	Greek Discus	Men 50 - 59
35	14:45	3 000m Walk	Woman 30+	74	14:15	Hammer Throw	Woman 30- 49
36	14:45	3 000m Walk	Men 30+				
37	15:15	3 000m	Woman 30+	75	14:45	Pole Vault	Woman 30+
38	15:15	3 000m	Men 30+	76	14:45	Pole Vault	Men 30+