



PROGRAM
THURSDAY 26 APRIL 2018



THROWS PENTATHLON (3 ATTEMPTS) PELLIES PARK, UFS, BLOEMFONTEIN		
WOMEN	50+	30-49
Hammer Throw	07:30	15:00
Shot Put	08:45	16:00
Discus Throw	10:00	17:00
Javelin Throw	11:15	18:00
Weight Throw	12:30	19:00
MEN	50+	30-49
Hammer Throw	08:45	16:00
Shot Put	10:00	17:00
Discus Throw	11:15	18:00
Javelin Throw	12:30	19:00
Weight Throw	13:45	20:00



PROGRAM
FRIDAY 27 APRIL 2018



MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN					
TRACK EVENTS			FIELD EVENTS		
07H30	80m Hurdles (Heptathlon-1)	W40+	07H30	Javelin Throw	M30-49
07H40	100m Hurdles (Heptathlon-1)	W30-39	07H30	Hammer Throw	M55-69
07H50	100m (Decathlon-1)	Men	07H30	Discus Throw	M70+
08H00	5 000m Race Walk	W65+	07H30	Long Jump	W50+
08H50	5 000m Race Walk	M65+	09H15	Hammer Throw	W30-49
09H45	5 000m Race Walk	W30-64	09H15	Shot Put	W50-59
10H35	5 000m Race Walk	M30-64	09H15	Discus Throw	W60+
11H20	400m Hurdles	W30-49/M30-59	09H45	Long Jump (Decathlon-2)	Men
11H45	300m Hurdles	W50-69/M60-79	10H30	High Jump (Heptathlon-2)	Women
11H55	200m Hurdles	W70+/M80+	11H00	Triple Jump	Men
12H05	800m	Women & Men	11H00	Discus Throw	M30-49
			11H00	Javelin Throw	M50-64
			11H00	Hammer Throw	M70+
			11H40	Shot Put (Decathlon-3)	Men

OPENING CEREMONY / LUNCH: 12H45 – 13H30
Display by the Free State Cheerleaders

TRACK EVENTS			FIELD EVENTS		
13H30	100m	Women & Men	13H30	Shot Put (Heptathlon-3)	Women
14H50	5 000m	M30-59	13H30	Discus Throw	M50-59
15H20	5 000m	Women/M60+	13H30	Javelin Throw	W30-54
16H05	200m (Heptathlon-4)	Women	13H30	Weight Throw	W65+
16H15	400m (Decathlon-5)	Men	14H00	High Jump (Decathlon-4)	Men
			15H30	Weight Throw	M30-54
			15H30	Discus Throw	M60-69
			15H30	Shot Put	M70+
			15H30	Long Jump	W30-49
			15H30	Javelin Throw	W55+

AGM: 18H00 FOR 18H30



PROGRAM
SATURDAY 28 APRIL 2018



MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN					
TRACK EVENTS			FIELD EVENTS		
07H30	10km Road Walk	Women & Men	07H30	Long Jump	M30-49
07H30	20km Road Walk	Women & Men	07H30	High Jump	M50+
08H00	110m Hurdles (Decathlon-6)	M30-49	07H30	Shot Put	W30-49
08H15	100m Hurdles (Decathlon-6)	M50-69	07H30	Discus Throw	W50-59
08H30	80m Hurdles (Decathlon-6)	M70+	07H30	Hammer Throw	W60+
08H45	1 500m	Women & Men	09H15	High Jump	Women
09H50	110m Hurdles	M30-49	09H15	Shot Put	M50-59
10H10	100m Hurdles	M50-69/W30-39	09H15	Javelin Throw	M65+
10H35	80m Hurdles	M70+/W40+	09H45	Discus Throw (Decathlon-7)	Men
10H50	400m	Women & Men	10H00	Long Jump (Heptathlon-5)	Women
11H45	2 000m Steeplechase	Women/M60+	11H00	Pole Vault (Decathlon-8)	Men
12H15	3 000m Steeplechase	M30-59	11H00	Pole Vault	Women & Me
			11H00	Discus Throw	W30-49
			11H00	Weight Throw	W50-64
			11H00	Shot Put	M30-49
			11H30	Javelin Throw (Heptathlon-6)	Women

LUNCH: 12H45 – 13H30

TRACK EVENTS			FIELD EVENTS		
13H30	200M	Men	13H30	Javelin Throw (Decathlon-9)	Men
14H20	200M	Women	13H30	Triple Jump	Women
14H40	10 000m	Women & Men	13H30	Hammer Throw	M30-54
15H50	800m (Heptathlon-7)	Women	13H30	Shot Put	M60-69
16H05	1 500m (Decathlon-10)	Men	13H30	Weight Throw	W30-49
16H20	4 x 100m Relay	Women & Men	15H30	High Jump	M30-49
			15H30	Long Jump	M50+
			15H30	Weight Throw	M55+
			15H30	Hammer Throw	W50-59
			15H30	Shot Put	W60+

DINNER/DANCE and NATIONAL AWARDS CEREMONY: 18H00 FOR 18H30