

**THROWS MULTI-EVENTS / TALENT IDENTIFICATION  
MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN  
FRIDAY, 9 NOVEMBER 2018**

**THROWS TRIATHLON – Shot Put, Discus, Javelin**

**THROWS TETRATHLON – Hammer, Shot Put, Discus, Javelin**

**THROWS PENTATHLON – Hammer, Shot Put, Discus, Javelin, Weight Throw**

**HEPTATHLON (THROWS – Shot Put, Javelin)**

**DECATHLON (THROWS – Shot Put, Discus, Javelin)**

**WOMEN + OPEN (3 ATTEMPTS PER EVENT)**

**MEN + OPEN (3 ATTEMPTS PER EVENT)**

**14:00** Hammer  
**14:30** Shot Put  
**15:00** Discus  
**15:30** Javelin  
**16:00** Weight Throw

**14:30** Hammer  
**15:00** Shot Put  
**15:30** Discus  
**16:00** Javelin  
**16:30** Weight Throw

**THROWING IMPLEMENTS' SPECIFICATIONS**

**MEN**

Age Group	Hammer	Shot	Discus	Javelin	Heavy Throw	Greek Discus
Under 16	4,00kg	4,00kg	1,00kg	600g	7,26kg	2,5kg
16-17	5,00kg	5,00kg	1,50kg	700g	9,08kg	3,75kg
18-19	6,00kg	6,00kg	1,75kg	800g	11,34kg	3,75kg
20-49	7,26kg	7,26kg	2,00kg	800g	15,88kg/35lb	5,0kg
50-59	6,00kg	6,00kg	1,50kg	700g	11,34kg/25lb	3,75kg
60-69	5,00kg	5,00kg	1,00kg	600g	9,08kg/20lb	3,75kg
70-79	4,00kg	4,00kg	1,00kg	500g	7,26kg/16lb	2,5kg
80+	3,00kg	3,00kg	1,00kg	400g	5,45kg/12lb	2,5kg

**WOMEN**

Age Group	Hammer	Shot	Discus	Javelin	Heavy Throw	Greek Discus
Under 16	3,00kg	3,00kg	1,00kg	500g	5,45kg	2,5kg
16-17	3,00kg	3,00kg	1,00kg	500g	7,26kg	2,5kg
18-49	4,00kg	4,00kg	1,00kg	600g	9,08kg/20lb	3,75kg
50-59	3,00kg	3,00kg	1,00kg	500g	7,26kg/16lb	2,5kg
60-74	3,00kg	3,00kg	1,00kg	500g	5,45kg/12lb	2,5kg
75+	2,00kg	2,00kg	0,75kg	400g	4,00kg/8,82lb	2,0kg

**Sponsored by:**



**KONICA MINOLTA**



**46<sup>TH</sup> FREE STATE MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIP**  
**MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN**  
**SATURDAY, 10 NOVEMBER 2018**

**PROGRAM:  
TRACK**

**PROGRAM:  
FIELD**

<b>07:30</b>	10 000m	Open, Men & Women
<b>08:30</b>	5 000m Walk	Open, Men & Women
<b>09:30</b>	200m	Open, Men & Women
<b>10:30</b>	3 000m Steeplechase	Open + Men
<b>10:50</b>	2 000m Steeplechase	Open, Men & Women
<b>11:05</b>	1 500m	Open, Men & Women
<b>11:45</b>	110m Hurdles	Open & Men
<b>12:00</b>	100m/90/80m Hurdles	Open, Men & Women

<b>08:00</b>	Hammer Weight Throw Shot Put Long Jump	Men Open – 49 Men 50+ Women + Open Men Open – 49
<b>09:30</b>	Shot Put Greek Discus Hammer Pole Vault	Men Open – 49 Men 50+ Women + Open Open, Men & Women
<b>11:00</b>	Greek Discus Hammer Javelin Triple Jump High Jump	Men Open – 49 Men 50+ Women + Open Men + Open Women + Open

**LUNCH: 12:30 - 13:15**

**Fun 50m for grandmothers/grandpa's and granddaughters/grandsons**  
**Performance by Free State Cheerleaders**

<b>13:15</b>	800m	Open, Men & Women
<b>13:45</b>	400/300/200m Hurdles	Open, Men & Women
<b>14:15</b>	100m	Open, Men & Women
<b>15:10</b>	1500m Walk	Open, Men & Women
<b>15:30</b>	400m	Open, Men & Women
<b>16:00</b>	5 000m	Open, Men & Women
<b>16:45</b>	4 x 400m Relay Women ( <b>No age restriction</b> )	
	4 x 400m Relay Men ( <b>No age restriction</b> )	
	4 x 100m Mixed Relay for families ( <b>2 men, 2 women – No age restriction</b> )	
	4 x 100m Relay Women ( <b>No age restriction</b> )	
	4 x 100m Relay Men ( <b>No age restriction</b> )	

<b>13:15</b>	Weight Throw Javelin Discus Long Jump	Men Open – 49 Men 50+ Women + Open Men 50+
<b>14:45</b>	Javelin Discus Weight Throw High Jump Long Jump	Men Open – 49 Men 50+ Women + Open Men + Open Women + Open
<b>16:15</b>	Discus Shot Put Greek Discus Triple Jump	Men Open – 49 Men 50+ Women + Open Women + Open

**Sponsored by:**

**Kloppers**  
expert  
BLOEMFONTEIN



KONICA MINOLTA



**HURDLES' SPECIFICATIONS****WOMEN****Short**

Age Group	Race (m)	Height (m)	Number	To first (m)	Interval (m)	To finish (m)
14-15	90	0.762	9	13.00	8.00	13.00
16-17	100	0.762	10	13.00	8.50	10.50
18-39	100	0.838	10	13.00	8.50	10.50
40-49	80	0.762	8	12.00	8.00	12.00
50-59	80	0.762	8	12.00	7.00	19.00
60+	80	0.686	8	12.00	7.00	19.00

**Long**

Under 14	200	0.686	10	16.00	19.00	13.00
14-15	300	0.762	7	50.00	35.00	40.00
16-49	400	0.762	10	45.00	35.00	40.00
50-59	300	0.762	7	50.00	35.00	40.00
60-69	300	0.686	7	50.00	35.00	40.00
70+	200	0.686	5	20.00	35.00	40.00
16-17	2000m steeplechase	0.762	18 hurdle jumps and 5 water jumps			
18-29	3000m steeplechase	0.762	28 hurdle jumps and 7 water jumps			
30+	2000m steeplechase	0.762	18 hurdle jumps and 5 water jumps			

**MEN****Short**

Age Group	Race (m)	Height (m)	Number	To first (m)	Interval (m)	To finish (m)
Under 14	80	0.762	8	12.00	8.00	12.00
14-15	100	0.838	10	13.00	8.50	10.50
16-17	110	0.914	10	13.72	9.14	14.02
18-19	110	0.991	10	13.72	9.14	14.02
20-29	110	1.067	10	13.72	9.14	14.02
30-49	110	0.991	10	13.72	9.14	14.02
50-59	100	0.914	10	13.00	8.50	10.50
60-69	100	0.838	10	12.00	8.00	16.00
70-79	80	0.762	8	12.00	7.00	19.00
80+	80	0.686	8	12.00	7.00	19.00

**Long**

Under 14	200	0.686	10	16.00	19.00	13.00
14-15	300	0.838	7	50.00	35.00	40.00
16-17	400	0.838	10	45.00	35.00	40.00
18-49	400	0.914	10	45.00	35.00	40.00
50-59	400	0.838	10	45.00	35.00	40.00
60-69	300	0.762	7	50.00	35.00	40.00
70-79	300	0.686	7	50.00	35.00	40.00
80+	200	0.686	5	20.00	35.00	40.00
16-17	2000m steeplechase	0.914	18 hurdle jumps and 5 water jumps			
18-59	3000m steeplechase	0.914	28 hurdle jumps and 7 water jumps			
60+	2000m steeplechase	0.762	18 hurdle jumps and 5 water jumps			