

# PROGRAMME FOR CGMA ATHLETICS CHAMPIONSHIPS - 2019

## TRACK EVENTS

Item	Start time	Event & Age Group
1	(07h00) 07h30	registration starts for the 5000m 5000m Men & Ladies (All)
2	08h15	5000m Walk Ladies (All)
3	09h00	5000m Walk Men (All)
4	09h45	100m Ladies (All)
5	10h05	100m Men (All)
6	10h30	2000m Steeple Ladies 30+ Men 60+
7	10h45	3000m Steeplechase Men 30-59
8	11h00	800m Ladies (All)
9	11h15	800m Men (All)
10	11h30	110m hurdles Men 30-49
11	11h45	100m hurdles Ladies 30-39
12	12h00	100m hurdles Men 50-59
13	12h15	100m hurdles Men 60-69
14	12h25	80m hurdles Ladies 40+
15	12h35	80m hurdles Men 70+

## FIELD EVENTS

Item	Start time	Event & Age Group
27	07h00	Shotput Ladies 30-49 <b>Circle A</b>
28		Greek Disc Men 30-59 <b>Net A</b>
29		Discus Ladies 50+ <b>Net B</b>
30		Javelin Men 60+
31	08h00	Triple Jump Men (All)
32		Discus Men 30-49 <b>Net A</b>
33		Shotput Ladies 50+ <b>Circle B</b>
34		Greek Disc Men 60+ <b>Net B</b>
35	09h00	High Jump Men 30-49
36		Shotput Men 30-49 <b>Circle A</b>
37		Javelin Ladies 30-49
38		Hammer Men 50+ <b>Net A</b>
39	10h00	Shotput Men 50-59 <b>Circle B</b>
40		Javelin Ladies 50+
41		Discus Men 60+ <b>Net A</b>
42		Weight Throw Men 30-49 <b>Net B</b>
43	11h00	Long Jump Men 50+
44		High Jump Ladies (All)
45		Shotput Men 60+ <b>Circle A</b>
46		Javelin Men 30-59
47	12h00	Weight T Ladies (All) <b>Net A</b>
48		Long Jump Men 30-49
49		Discus Men 50-59 <b>Net A</b>
50		Greek Discus Ladies (All) <b>Net B</b>

### LUNCH 12H45 TO 13H15

	12h45	40m (Grandpa/ma + 1 grandchild)
	12h50	50m Children under 6
	12h55	60m Girls 7+; Boys 7+
16	13h15	400m hurdles Ladies 30-49
17	13h30	400m hurdles Men 30-59
18	13h45	300m hurdles Ladies 50-69 Men 60-79
19	14h00	200m hurdles Men 80+ Ladies 70+
20	14h15	1500m Ladies (All)
21	14h30	1500m Men (All)
22	14h40	200m Ladies (All)
23	15h00	200m Men (All)
24	15h30	1500m Walk (All, Mixed)
25	15h45	400m Ladies (All)
26	16h05	400m Men (All)
	16h30	4x100m relays Men & Ladies (All)

51	13h15	Pole Vault Ladies & Men (All)
52		Long Jump Ladies 30-39
53		Discus Ladies 30-49 <b>Net B</b>
54	14h15	High Jump Men 50+
55		Long Jump Ladies 40+
56		Hammer Men 30-49 <b>Net A</b>
57	15h15	Triple Jump Ladies (All)
58		Hammer Ladies (All) <b>Net A</b>
59		16h15

**Cut off in 5000m at 8h10 after which athletes will be removed from the track**

**Map of main field** showing throwing points:  
Note that some weight throw events are on upper (warm-up) field on the other side of the parking lot

