

**GAUTENG NORTH MASTERS ATHLETICS****PILDITCH STADIUM, PRETORIA****29-30 MARCH 2019****PROGRAM****39th
TRACK & FIELD
CHAMPIONSHIPS****29 March 2019****WEIGHT PENTATHLON (3 ATTEMPTS)**

ITEM	NO.	TIME WOMAN 60+	NO.	TIME WOMAN 30 - 59
Hammer Throw	1	9:00	11	10:30
Shot Put (Circle A)	2	9:45	12	11:15
Discus Throw (Net A)	3	10:30	13	12:45
Javelin Throw	4	11:15	14	13:30
Weight Throw (Net B)	5	12:45	15	14:15

ITEM	NO.	TIME MEN 60+	NO.	TIME MEN 30 - 59
Hammer Throw	6	9:45	16	11:15
Shot Put (Circle A)	7	10:30	17	12:45
Discus Throw (Net A)	8	11:15	18	13:30
Javelin Throw	9	12:45	19	14:15
Weight Throw (Net B)	10	13:30	20	15:00

LUNCH 12:00 – 12:45



GAUTENG NORTH MASTERS ATHLETICS

PILDITCH STADIUM, PRETORIA

29-30 MARCH 2019

PROGRAM

**39th
TRACK & FIELD
CHAMPIONSHIPS**

30 March 2019

TRACK				FIELD			
NO.	TIME	ITEM		NO.	TIME	ITEM	
21	7:00	5 000m Walk	Woman 30+	63	7:30	Shot put	Women 30 - 49
22	7:45	5 000m Walk	Men 60+	64	7:30	Discus Throw	Woman 50+
23	8:25	5 000m Walk	Men 30 - 59	65	7:30	Weight Throw	Men 30 - 49
				66	7:30	Javelin Throw	Men 50 - 59
26	9:00	400m	Women 30+	67	7:30	Greek Discus	Men 60+
27	9:15	400m	Men 30+	68	7:30	High Jump	Women 30+
24	9:30	5 000m	Woman 30+	69	8:30	Shot put	Men 30 - 49
25	9:55	5 000m	Men 30+	70	8:30	Discus Throw	Men 60+
				71	8:30	Javelin Throw	Woman 30- 49
28	10:30	2 000m Steeplechase	Woman 30+	72	8:30	Greek Discus	Woman 50+
29	10:30	2 000m Steeplechase	Men 60+	73	8:30	Hammer Throw	Men 50 - 59
30	10:50	3 000m Steeplechase	Men 30 - 59	74	8:30	High Jump	Men 30+
31	11:10	800m	Women 30+	75	9:30	Shot put	Men 50 - 59
32	11:20	800m	Men 30+	76	9:30	Weight Throw	Woman 50+
				77	9:30	Javelin Throw	Men 60+
33	11:40	110m Hurdles	Men 30 - 49	78	9:30	Greek Discus	Woman 30- 49
34	11:50	100m Hurdles	Men 50 - 59	79	9:30	Hammer Throw	Men 30 - 49
35	12:00	100m Hurdles	Men 60 - 69				
36	12:10	100m Hurdles	Women 30 - 39	80	10:00	Long Jump	Women 30+
37	12:20	80m Hurdles	Women 40 - 49	81	10:30	Shot put	Men 60+
38	12:30	80m Hurdles	Women 50 - 59	82	10:30	Discus Throw	Men 50 - 59
39	12:30	80m Hurdles	Men 70 - 79	83	10:30	Weight Throw	Woman 30- 49
40	12:40	80m Hurdles	Women 60+	84	10:30	Javelin Throw	Men 30 - 49
41	12:40	80m Hurdles	Men 80+	85	10:30	Hammer Throw	Woman 50+
				86	11:00	Long Jump	Men 30+
LUNCH 12:45 - 13:15							
42	13:15	400m Hurdles	Woman 30 - 49	87	13:15	Discus Throw	Woman 30- 49
43	13:15	400m Hurdles	Men 50 - 59	88	13:15	Weight Throw	Men 50 - 59
44	13:15	400m Hurdles	Men 30 - 49	89	13:15	Javelin Throw	Woman 50+
45	13:30	300m Hurdles	Woman 60 - 69	90	13:15	Greek Discus	Men 30 - 49
46	13:30	300m Hurdles	Woman 50 - 59	91	13:15	Hammer Throw	Men 60+
47	13:30	300m Hurdles	Men 70 - 79				
48	13:30	300m Hurdles	Men 60 - 69	92	13:15	Triple Jump	Woman 30+
49	13:40	200m Hurdles	Woman 70+	93	13:15	Triple Jump	Men 30+
50	13:40	200m Hurdles	Men 80+				
51	13:50	1 500m	Women 30+	94	14:15	Shot put	Woman 50+
52	14:00	1 500m	Men 30+	95	14:15	Discus Throw	Men 30 - 49
				96	14:15	Weight Throw	Men 60+
53	14:15	100m	Women 30+	97	14:15	Greek Discus	Men 50 - 59
54	14:30	100m	Men 30+	98	14:15	Hammer Throw	Woman 30- 49
55	14:45	3 000m Walk	Woman 30+	99	14:45	Pole Vault	Woman 30+
56	14:45	3 000m Walk	Men 30+	100	14:45	Pole Vault	Men 30+
57	15:15	200m	Woman 30+				
58	15:30	200m	Men 30+				
59	15:45	3 000m	Woman 30+				
60	15:45	3 000m	Men 30+				
61	16:00	4 X 100m Relay	Women 30+				
62	16:00	4 X 100m Relay	Men 30+				