

PROGRAM

Performance Scores: ASA_2016 table, Electronic Time, Height above sea=10

Seq	Time	Pit	Event	Next	Spec
START OF DAY 1					
1	17:00		Heat 1 of 2 Women 25 200m (Seniors)	(Final=22)	
2	17:00		Heat 2 of 2 Women 25 200m (Seniors)	(Final=22)	
3	17:10		Heat 1 of 3 Men 25 200m (Seniors)	(Final=23)	
4	17:10		Heat 2 of 3 Men 25 200m (Seniors)	(Final=23)	
5	17:10		Heat 3 of 3 Men 25 200m (Seniors)	(Final=23)	
6	17:25		Heat 1 of 2 Men 25 800m (Seniors)	(Final=67)	
7	17:25		Heat 2 of 2 Men 25 800m (Seniors)	(Final=67)	
8	17:30		Final Men MixAge Discus (Seniors & Masters)		
9	17:30		Final Women MixAge Discus (Seniors & Masters)		
10	17:30		Final Men MixAge TripleJump (Seniors & Masters)		
11	17:35		Final Men MixAge 5km Walk (Seniors & Masters)		
12	17:35		Final Women MixAge 5km Walk (Seniors & Masters)		
13	18:30		Final Women MixAge Hammer (Seniors & Masters)		
14	18:30		Final Men MixAge Hammer (Seniors & Masters)		
15	18:40		Final Women MixAge 300m Hurdles (Masters 50-69)		
16	18:50		Final Men MixAge 300m Hurdles (Masters 50+)		
17	19:00		Final Women MixAge 10000m (Seniors & Masters)		
18	19:00		Final Men MixAge 10000m (Seniors & Masters)		
19	19:50		Final Women 25 800m (Senior Women ONLY)		
20	20:00		Final Women MixAge 200m (Senior & Masters)		
21	20:05		Final Men MixAge 200m (Senior & Masters)		
22	20:10		Final Women 25 200m (Seniors)		
23	20:15		Final Men 25 200m (Seniors)		
START OF DAY 2					
24	04:00		Final Women MixAge 50km Walk (Masters)		
25	04:00		Final Men MixAge 20km Walk (Senior & Masters)		
26	04:00		Final Women MixAge 20km Walk (Seniors & Masters)		
27	04:00		Final Women MixAge 10km Walk (Masters)		
28	04:00		Final Men MixAge 10km Walk (Masters)		
29	04:00		Final Women MixAge 30km Walk		
30	04:00		Final Men MixAge 30km Walk		
31	04:00		Final Men MixAge 50km Walk (Masters)		
32	08:00		Final Men MixAge Weight (Masters)		
33	08:30		Final Women MixAge 3000m SteepleChase (Snr & Mas 30-59)		
34	09:00		Final Women MixAge 1500m (Senior & Masters)		
35	09:10		Final Men MixAge 1500m (Masters)		
36	09:20		Final Men 25 1500m (Seniors)		
37	09:25		Final Women MixAge 200m Hurdles (Masters 70+)		
38	09:30		Final Women MixAge HighJump (Senior & Masters)		
39	09:30		Final Men MixAge 200m Hurdles (Masters 80+)		
40	09:40		Final Women MixAge 400m Hurdles (Senior & Masters)		
41	09:55		Final Men MixAge 400m Hurdles (Senior & Masters)		
42	10:00		Final Men MixAge Shotput (Seniors & Masters)		
43	10:00		Final Women MixAge Weight (Masters)		
44	11:00		Final Women MixAge LongJump (Senior & Masters)		
45	11:00		Final Women MixAge Shotput (Senior & Masters)		

ing :KZNA CHAMPS SENIORS, MASTERS_22 - 23 MARCH 2019 at KINGS PARK ATHLETIC STADIUM from 2019/03/11 to 2019/03/12

46	11:40	Heat 1 of 2 Women 25 100m (Seniors)	(Final=48)
47	11:40	Heat 2 of 2 Women 25 100m (Seniors)	(Final=48)
48	11:40	Final Women 25 100m (Seniors)	
49	11:50	Heat 1 of 3 Men 25 100m (Seniors)	(Final=68)
50	11:50	Heat 2 of 3 Men 25 100m (Seniors)	(Final=68)
51	11:50	Heat 3 of 3 Men 25 100m (Seniors)	(Final=68)
Lunch Break			
52	13:05	Final Men MixAge 100m Hurdles (Masters 50+)	
53	13:15	Final Men MixAge 110m Hurdles (Senior & Masters - 49)	
54	13:20	Heat 1 of 3 Men 25 400m (Senior)	(Final=74)
55	13:20	Heat 2 of 3 Men 25 400m (Senior)	(Final=74)
56	13:20	Heat 3 of 3 Men 25 400m (Senior)	(Final=74)
57	13:20	Final Men MixAge Javelin (Senior & Masters)	
58	13:20	Final Men MixAge LongJump (Senior & Masters)	
59	13:20	Final Men MixAge HighJump (Seniors & Masters)	
60	13:20	Final Men MixAge 3000m SteepleChase (Senior)	
61	13:35	Final Women MixAge 2000m SteepleChase (Masters 30+)	
62	13:45	Final Men MixAge 2000m SteepleChase (Masters 60+)	
63	13:55	Final Women MixAge 100m (Masters)	
64	14:00	Final Men MixAge 100m (Masters)	
65	14:10	Final Women MixAge 800m (Masters)	
66	14:15	Final Men MixAge 800m (Masters)	
67	14:20	Final Men 25 800m (Seniors)	
68	14:20	Final Men 25 100m (Seniors)	
69	15:10	Final Women MixAge 5000m (Senior & Masters)	
70	15:40	Final Men MixAge 5000m (Senior & Masters)	
71	16:05	Final Men MixAge 400m (Masters)	
72	16:10	Final Women 25 400m (Senior)	
73	16:15	Final Women MixAge 400m (Masters)	
74	16:20	Final Men 25 400m (Senior)	
75	16:30	Final Women 25 4X100m Relay (Seniors)	
76	16:35	Final Men 25 4X100m Relay (Seniors)	
77	16:40	Final Women MixAge 4X100m Relay (Seniors & Masters)	
78	16:45	Final Men MixAge 4X100m Relay (Seniors & Masters)	