



PROGRAM
THURSDAY 2 May
2019



THROWS PENTATHLON (3 ATTEMPTS) DE JAGERS SPORTS GROUNDS. OUDSTHOORN		
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

WMA THROWING IMPLEMENTS' SPECIFICATIONS					
WOMEN					
Age Group	Hammer	Shot Put	Discus	Javelin	Weight
30-49	4,00kg	4,00kg	1,00kg	600g	9,08kg/20lb
50-59	3,00kg	3,00kg	1,00kg	500g	7,26kg/16lb
60-74	3,00kg	3,00kg	1,00kg	500g	5,45kg/12lb
75+	2,00kg	2,00kg	0,75kg	400g	4,00kg/8,8lb
MEN					
Age Group	Hammer	Shot Put	Discus	Javelin	Weight
30-49	7,26kg	7,26kg	2,00kg	800g	15,88kg/35lb
50-59	6,00kg	6,00kg	1,50kg	700g	11,34kg/25lb
60-69	5,00kg	5,00kg	1,00kg	600g	9,08kg/20lb
70-79	4,00kg	4,00kg	1,00kg	500g	7,26kg/16lb
80+	3,00kg	3,00kg	1,00kg	400g	5,45kg/12lb



PROGRAM
FRIDAY 3 May
2019



DE JAGERS SPORTS GROUNDS, OUDSTHOORN					
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 (Cage A)	M55-69
07H50	100m (Decathlon-1)	Men	07H30	Discus Throw (Cage B)	M70+
08H00	5 000m Race Walk	W65+	07H30	Long Jump	W50+
08H50	5 000m Race Walk	M65+	09H15	Hammer Throw (Cage A)	W30-49
09H45	5 000m Race Walk	W30-64	09H15	Shot Put	W50-59
10H35	5 000m Race Walk	M30-64	09H15	Discus Throw (Cage B)	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	Men & Women	11H00	Discus Throw (Cage B)	M30-49
			11H00	Javelin Throw	M50-64
			11H00	Hammer Throw (Cage A)	M70+
			11H40	Shot Put (Decathlon-3)	Men

OPENING CEREMONY / LUNCH: 12H45 – 13H30

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

AGM: 18H00 FOR 18H30
VENUE:
DCAS Offices



PROGRAM
SATURDAY 4 May
2019



DE JAGERS SPORTS GROUNDS, OUDSTHOORN					
TRACK EVENTS			FIELD EVENTS		
07H30	10km Road Walk	Men & Women	07H30	Long Jump	M30-49
07H30	20km Road Walk	Men & Women	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 (Cage B)	W50-59
08H30	80m Hurdles (Decathlon-6)	M70+	07H30	Hammer Throw (Cage A)	W60+
08H45	1 500m	Men & Women	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) (Cage A)	Men
10H50	400m	Men & Women	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 & Men
			11H00	Discus Throw (Cage A)	W30-49
			11H00	Weight Throw (Cage B)	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	1 500m (Decathlon-10)	Men	13H30	Hammer Throw (Cage A)	M30-54
14h55	10 000m	Men & Women	13H30	Shot Put	M60-69
16h05	800m (Heptathlon-7)	Women	13H30	Weight Throw (Cage B)	W30-49
16H20	4 x 100m Relay	Women & Men	15H30	High Jump	M30-49
			15H30	Long Jump	M50+
			15H30	Weight Throw (Cage B)	M55+
			15H30	Hammer Throw (Cage A)	W50-59
			15H30	Shot Put	W60+

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

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

Age Group	Race (m)	Height (m)	Number	To first (m)	Interval (m)	To finish (m)
30-39	100	0.840	10	13	8.50	10.50
40-49	80	0.762	8	12	8.00	12.00
50-59	80	0.762	8	12	7.00	19.00
60+	80	0.686	8	12	7.00	19.00

Long

30-49	400	0.762	10	45	35.00	40.00
50-59	300	0.762	7	50	35.00	40.00
60-69	300	0.686	7	50	35.00	40.00
70+	200	0.686	5	20	35.00	40.00
30+	2000m steeplechase	0.762	18 barriers and 5 water jumps			

MEN**Short**

Age Group	Race (m)	Height (m)	Number	To first (m)	Interval (m)	To finish (m)
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	0.840	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

30-49	400	0.914	10	45.00	35.00	40.00
50-59	400	0.840	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
30-59	3000m steeplechase	0.914	28 barriers and 7 water jumps			
60+	2000m steeplechase	0.762	18 barriers and 5 water jumps			