

Twizza ASA U18 & U20 National Track & Field Championships 2019

28th, 29th & 30th March 2019

Dal Josaphat Stadium (Paarl)



Updated 27 March 18h00

<u>MORNING SESSION</u>				<u>28th March 2019</u>		<u>Comment</u>	<u>Entry #'s</u>	
<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>		
1	1	07h00	B18	10 000m Walk		FINAL	14	
2	±	08h00	G20	High Jump	If more than 12 entries	Qualification	to Final, Event 119	8
3	±	08h00	B20	Discus	If more than 12 entries	Qualification	to Final, Event 61	13
4	1	08h00	B18	Triple Jump	If more than 12 entries	Qualification	to Final, Event 112	16
5	1	08h30	B20	10 000m		FINAL	11	
6	1	09h00	G18	Pole Vault		FINAL	8	
7	±	09h00	G20	Javelin	If more than 12 entries	Qualification	to Final, Event 64	5
8	1	09h15	G18	800m		2 x Heats	to Final, Event 53	16
9	1	09h30	G18	Discus	If more than 12 entries	Qualification	to Final, Event 70	24
10	±	09h30	B20	Triple Jump	If more than 12 entries	Qualification	to Final, Event 122	10
11	1	09h30	B18	800m		3 x Heats	to Final, Event 54	23
12	1	09h45	B20	High Jump	If more than 12 entries	Qualification	to Final, Event 130	17
13	±	09h45	G20	800m		2 x Heats	to Final, Event 55	11
14	1	10h00	B20	800m		3 x Heats	to Final, Event 56	31
15	1	10h15	G18	100m		4 x Heats	to Semi Final, Event 30	26
16	±	10h30	B20	Javelin	If more than 12 entries	Qualification	to Final, Event 76	7
17	1	10h35	B18	100m		5 x Heats	to Semi Final, Event 32	40
18	1	11h00	G20	100m		4 x Heats	to Semi Final, Event 33	25
19	±	11h00	B18	Discus	If more than 12 entries	Qualification	to Final, Event 89	14
20	±	11h00	G18	Triple Jump	If more than 12 entries	Qualification	to Final, Event 97	13
21	±	11h00	G20	Shot Put	If more than 12 entries	Qualification	to Final, Event 110	8
22	1	11h20	B20	100m		5 x Heats	to Semi Final, Event 34	38
23	1	11h30	B18	High Jump	If more than 12 entries	Qualification	to Final, Event 71	19
24	1	11h40	B20	400m Hurdles	91.4cm	2 x Heats	to Final, Event 44	15
25	1	11h55	B18	400m Hurdles	84cm	2 x Heats	to Final, Event 45	15
26	1	12h10	G20	400m Hurdles	76cm	2 x Heats	to Final, Event 46	9
27	1	12h25	G18	400m Hurdles	76cm	2 x Heats	to Final, Event 47	10

AFTERNOON / EVENING SESSION

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>	
28	1	14h00	G18	Javelin	If more than 12 entries	Qualification	to Final, Event 86	13
29	1	14h00	G20	Pole Vault		FINAL		3
30	1	14h00	G18	100m		2 x Semi-Finals	to Final, Event 48	Q
31	1	14h00	B18	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 109	10
32	1	14h10	B18	100m		3 x Semi-Finals	to Final, Event 49	Q
33	1	14h20	G20	100m		2 x Semi-Finals	to Final, Event 51	Q
34	1	14h30	B20	100m		3 x Semi-Finals	to Final, Event 52	Q
35	1	14h45	B20	3 000m Steeplechase	91.4cm	FINAL		15
36	1	15h05	B18	2 000m Steeplechase	91.4cm	FINAL		15
37	1	15h20	G18	2 000m Steeplechase	76cm	FINAL		14
38	1	15h30	G20	Triple Jump	If more than 12 entries	Qualification	to Final, Event 103	12
39	1	15h30	G18	High Jump	If more than 12 entries	Qualification	to Final, Event 88	16
40	1	15h30	B18	Javelin	If more than 12 entries	Qualification	to Final, Event 100	12
41	1	15h35	G20	3 000m Steeplechase	76cm	FINAL		11
42	1	16h00	G20	Discus	If more than 12 entries	Qualification	to Final, Event 99	11
43	1	16h00	G18	5 000m Walk		FINAL		12
44	1	16h45	B20	400m Hurdles	91.4cm	FINAL		Q
45	1	16h55	B18	400m Hurdles	84cm	FINAL		Q
46	1	17h05	G20	400m Hurdles	76cm	FINAL		Q
47	1	17h15	G18	400m Hurdles	76cm	FINAL		Q
48	1	17h25	G18	100m		FINAL		Q
49	1	17h30	B18	100m		FINAL		Q
50	1	17h30	B20	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 147	12
51	1	17h35	G20	100m		FINAL		Q
52	1	17h40	B20	100m		FINAL		Q
53	1	17h50	G18	800m		FINAL		Q
54	1	18h00	B18	800m		FINAL		Q
55	1	18h10	G20	800m		FINAL		Q
56	1	18h20	B20	800m		FINAL		Q