

Twizza ASA U18 & U20 National Track & Field Championships 2019

28th, 29th & 30th March 2019

Dal Josaphat Stadium (Paarl)



<u>MORNING SESSION</u>				<u>29th March 2019</u>				
<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>	
57	2	07h00	G20	10 000m Walk		FINAL		5
58	2	07h00	G20	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 132	9
59	2	08h00	G18	Shot Put	If more than 12 entries	Qualification	to Final, Event 146	25
60	2	08h00	G18	Long Jump	If more than 12 entries	Qualification	to Final, Event 131	15
61	2	08h30	B20	Discus	1.75kg	FINAL		13
62	2	08h30	G18	400m		2 x Heats	to Final, Event 126	13
63	2	08h50	B18	400m		3 x Heats	to Final, Event 127	23
64	2	09h00	G20	Javelin	400g	FINAL		5
65	2	09h00	B18	Pole Vault		FINAL		6
66	2	09h10	G20	400m		3 x Heats	to Final, Event 128	18
67	2	09h30	B20	400m		5 x Heats	to Semi Final, Event 101	33
68	2	09h30	B18	Long Jump	If more than 12 entries	Qualification	to Final, Event 134	18
69	2	09h55	B20	110m Hurdles	99cm	3 x Heats	to Final, Event 104	21
70	2	10h00	G18	Discus	1kg	FINAL		FQ
71	2	10h00	B18	High Jump		FINAL		FQ
72	2	10h10	B18	110m Hurdles	91.4cm	3 x Heats	to Final, Event 105	22
73	2	10h25	G20	100m Hurdles	84cm	2 x Heats	to Final, Event 106	11
74	2	10h40	G18	100m Hurdles	76cm	3 x Heats	to Final, Event 107	18
75	2	11h00	G18	3 000m		FINAL		17
76	2	11h00	B20	Javelin	800g	FINAL		7
77	2	11h00	B18	Shot Put	If more than 12 entries	Qualification	to Final, Event 133	13
78	2	11h00	G20	Long Jump	If more than 12 entries	Qualification	to Final, Event 125	17
79	2	11h20	B18	3 000m		FINAL		19
80	2	11h30	G18	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 120	20
81	2	11h40	G20	3 000m		FINAL		9
82	2	12h00	G18	200m		3 x Heats	to Final, Event 135	20
83	2	12h20	B18	200m		4 x Heats	to Semi Final, Event 113	28
84	2	12h40	G20	200m		3 x Heats	to Final, Event 137	22
85	2	13h00	B20	200m		4 x Heats	to Semi Final, Event 115	29

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>	
86	2	15h00	G18	Javelin	500g	FINAL		13
87	2	15h00	B20	Long Jump	If more than 12 entries	Qualification	to Final, Event 148	22
88	2	15h00	G18	High Jump		FINAL		FQ
89	2	15h00	B18	Discus	1.5kg	FINAL		14
90	2	15h15	B20	110m Hurdles	99cm	Semi-Finals	to Final, Event 104	
91	2	15h30	B18	110m Hurdles	91.4cm	Semi-Finals	to Final, Event 105	
92	2	15h45	G20	100m Hurdles	84cm	Semi-Finals	to Final, Event 106	
93	2	16h00	G18	100m Hurdles	76cm	Semi-Finals	to Final, Event 107	
94	2	16h00	B20	Shot Put	If more than 12 entries	Qualification	to Final, Event 121	12
95	2	16h15	G18	400m		Semi-Finals	to Final, Event 126	
96	2	16h30	B18	400m		Semi-Finals	to Final, Event 127	
97	2	16h30	G18	Triple Jump	9m Board	FINAL		13
98	2	16h45	G20	400m		Semi-Finals	to Final, Event 128	
99	2	17h00	G20	Discus	1kg	FINAL		11
100	2	17h00	B18	Javelin	700g	FINAL		12
101	2	17h00	B20	400m		3 x Semi-Finals	to Final, Event 129	Q
102	2	17h15	B20	5 000m		FINAL		22
103	2	17h45	G20	Triple Jump	11m Board	FINAL		12
104	2	17h45	B20	110m Hurdles	99cm	FINAL		Q
105	2	17h55	B18	110m Hurdles	91.4cm	FINAL		Q
106	2	18h05	G20	100m Hurdles	84cm	FINAL		Q
107	2	18h15	G18	100m Hurdles	76cm	FINAL		Q