

# Twizza ASA U18 & U20 National Track & Field Championships 2019

28th, 29th & 30th March 2019

Dal Josaphat Stadium (Paarl)



<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>MORNING SESSION</u> <u>Event</u>	<u>30th March 2019</u> <u>Specs</u>	<u>Round</u>	<u>Comment</u>	
108	3	07h00	B20	10 000m Walk		FINAL		9
109	3	08h00	B18	Hammer Throw	5kg	FINAL		10
110	3	08h00	G20	Shot Put	4kg	FINAL		7
111	3	08h30	G18	200m		Semi-Finals	to Final, Event 135	
112	3	08h30	B18	Triple Jump	11m Board	FINAL		FQ
113	3	08h45	B18	200m		2 x Semi-Finals	to Final, Event 136	Q
114	3	09h00	G20	200m		Semi-Finals	to Final, Event 137	
115	3	09h15	B20	200m		2 x Semi-Finals	to Final, Event 138	Q
116	3	09h30	B20	Pole Vault		FINAL		2
117	3	09h30	G18	1 500m		Heats	to Final, Event 139	16
118	3	09h50	B18	1 500m		2 xHeats	to Final, Event 140	20
119	3	10h00	G20	High Jump		FINAL		8
120	3	10h00	G18	Hammer Throw	3kg	FINAL		FQ
121	3	10h00	B20	Shot Put	6kg	FINAL		11
122	3	10h00	B20	Triple Jump	13m Board	FINAL		11
123	3	10h10	G20	1 500m		Heats	to Final, Event 141	9
124	3	10h30	B20	1 500m		2 x Heats	to Final, Event 142	27
125	3	10h30	G20	Long Jump		FINAL		FQ
126	3	10h50	G18	400m		FINAL		Q
127	3	11h00	B18	400m		FINAL		Q
128	3	11h10	G20	400m		FINAL		Q
129	3	11h20	B20	400m		FINAL		Q

**AFTERNOON / EVENING SESSION**

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130	3	15h00	B20	High Jump		FINAL		FQ
131	3	15h00	G18	Long Jump		FINAL	Pit A	FQ
132	3	15h00	G20	Hammer Throw	4kg	FINAL		9
133	3	15h00	B18	Shot Put	5kg	FINAL		13
134	3	15h00	B18	Long Jump		FINAL	Pit B	FQ
135	3	15h00	G18	200m		FINAL		Q
136	3	15h10	B18	200m		FINAL		Q
137	3	15h20	G20	200m		FINAL		Q
138	3	15h30	B20	200m		FINAL		Q
139	3	15h40	G18	1 500m		FINAL		16
140	3	15h50	B18	1 500m		FINAL		Q
141	3	16h00	G20	1 500m		FINAL		12
142	3	16h10	B20	1 500m		FINAL		Q
143	3	16h20	G18	4 x 100m Relay		Time Placing FINAL		
144	3	16h30	B18	4 x 100m Relay		Time Placing FINAL		
145	3	16h40	G20	4 x 100m Relay		Time Placing FINAL		
146	3	16h45	G18	Shot Put	3kg	FINAL		FQ
147	3	16h45	B20	Hammer Throw	6kg	FINAL		12
148	3	16h45	B20	Long Jump		FINAL		FQ
149	3	16h50	B20	4 x 100m Relay		Time Placing FINAL		
150	3	17h00	G20	5 000m		FINAL		16
151	3	17h30	G18	4 x 400m Relay		Time Placing FINAL		
152	3	17h45	B18	4 x 400m Relay		Time Placing FINAL		
153	3	18h00	G20	4 x 400m Relay		Time Placing FINAL		
154	3	18h15	B20	4 x 400m Relay		Time Placing FINAL		

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111	3	08h30	G18	200m		Semi-Finals	to Final, Event 135	
112	3	08h30	B18	Triple Jump	11m Board	FINAL		FQ
113	3	08h45	B18	200m		2 x Semi-Finals	to Final, Event 136	Q
114	3	09h00	G20	200m		Semi-Finals	to Final, Event 137	
115	3	09h15	B20	200m		2 x Semi-Finals	to Final, Event 138	Q
116	3	09h30	B20	Pole Vault		FINAL		2
117	3	09h30	G18	1 500m		Heats	to Final, Event 139	16
118	3	09h50	B18	1 500m		2 xHeats	to Final, Event 140	20
119	3	10h00	G20	High Jump		FINAL		8
120	3	10h00	G18	Hammer Throw	3kg	FINAL		FQ
121	3	10h00	B20	Shot Put	6kg	FINAL		11
122	3	10h00	B20	Triple Jump	13m Board	FINAL		11
123	3	10h10	G20	1 500m		Heats	to Final, Event 141	9
124	3	10h30	B20	1 500m		2 x Heats	to Final, Event 142	27
125	3	10h30	G20	Long Jump		FINAL		FQ
126	3	10h50	G18	400m		FINAL		Q
127	3	11h00	B18	400m		FINAL		Q
128	3	11h10	G20	400m		FINAL		Q
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135	3	15h00	G18	200m		FINAL		Q
136	3	15h10	B18	200m		FINAL		Q
137	3	15h20	G20	200m		FINAL		Q
138	3	15h30	B20	200m		FINAL		Q
139	3	15h40	G18	1 500m		FINAL		16
140	3	15h50	B18	1 500m		FINAL		Q
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142	3	16h10	B20	1 500m		FINAL		Q
143	3	16h20	G18	4 x 100m Relay		Time Placing FINAL		
144	3	16h30	B18	4 x 100m Relay		Time Placing FINAL		
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150	3	17h00	G20	5 000m		FINAL		16
151	3	17h30	G18	4 x 400m Relay		Time Placing FINAL		
152	3	17h45	B18	4 x 400m Relay		Time Placing FINAL		
153	3	18h00	G20	4 x 400m Relay		Time Placing FINAL		
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