

Twizza ASA U18 & U20 National Track & Field Championships 2019

28th, 29th & 30th March 2019

Dal Josaphat Stadium (Paarl)



				MORNING SESSION	29th March 2019	Call Room Program				
Seq	Day	Time	Age Grp	Event	Round	Comment	Report CR	First Call	Final Call	Leave CR
57	2	7:00	G20	10 000m Walk	FINAL		Report to track at 06:45			
58	2	7:00	G20	Hammer Throw	Qualification	to Final, Event 132				
59	2	8:00	G18	Shot Put	Qualification	to Final, Event 146	7:00	7:05	7:15	7:30
60	2	8:00	G18	Long Jump	Qualification	to Final, Event 131	7:00	7:05	7:15	7:30
61	2	8:30	B20	Discus	FINAL		7:30	7:35	7:45	8:00
62	2	8:30	G18	400m	2 x Heats	to Final, Event 126	7:45	7:55	8:10	8:25
63	2	8:50	B18	400m	3 x Heats	to Final, Event 127	8:05	8:15	8:30	8:45
64	2	9:00	G20	Javelin	FINAL		8:00	8:05	8:15	8:30
65	2	9:00	B18	Pole Vault	FINAL		7:30	7:35	7:45	8:00
66	2	9:10	G20	400m	3 x Heats	to Final, Event 128	8:25	8:35	8:50	9:05
67	2	9:30	B20	400m	4 x Heats	to Semi Final, Event 101	8:45	8:55	9:10	9:25
68	2	9:30	B18	Long Jump	Qualification	to Final, Event 134	8:30	8:35	8:45	9:00
69	2	9:55	B20	110m Hurdles	3 x Heats	to Final, Event 104	9:10	9:15	9:30	9:45
70	2	10:00	G18	Discus	FINAL		9:00	9:05	9:15	9:30
71	2	10:00	B18	High Jump	FINAL		9:00	9:05	9:15	9:30
72	2	10:10	B18	110m Hurdles	4 X Heats	to Semi Final, Event 91	9:25	9:30	9:45	10:00
73	2	10:25	G20	100m Hurdles	2 X Heats	to Final, Event 106	9:40	9:45	10:00	10:15
74	2	10:40	G18	100m Hurdles	3 X Heats	to Final, Event 107	9:55	10:00	10:15	10:30
75	2	11:00	G18	3 000m	FINAL		10:15	10:25	10:40	10:55
76	2	11:00	B20	Javelin	FINAL		10:00	10:05	10:15	10:30
77	2	11:00	B18	Shot Put	Qualification	to Final, Event 133				
78	2	11:00	G20	Long Jump	Qualification	to Final, Event 125	10:00	10:05	10:15	10:30
79	2	11:20	B18	3 000m	FINAL		10:35	10:45	11:00	11:15
80	2	11:30	G18	Hammer Throw	Qualification	to Final, Event 120	10:30	10:35	10:45	11:00
81	2	11:40	G20	3 000m	FINAL		10:55	11:05	11:20	11:35
82	2	12:00	G18	200m	3 X Heats	to Final, Event 135	11:15	11:25	11:40	11:55
83	2	12:20	B18	200m	5 X Heats	to Semi Final, Event 113	11:35	11:45	12:00	12:15
84	2	12:40	G20	200m	3 x Heats	to Final, Event 137	11:55	12:05	12:20	12:35

