

Twizza ASA U18 & U20 National Track & Field Championships 2019

28th, 29th & 30th March 2019

Dal Josaphat Stadium (Paarl)



				MORNING SESSION	28th March 2019	Call Room Program				
Seq	Day	Time	Age Grp	Event	Round	Comment	Report CR	First Call	Final Call	Leave CR
1	1	7:00	B18	10 000m Walk	FINAL		Report to track at 06:45			
2	4	8:00	G20	High Jump	Qualification	to Final, Event 119				
3	4	8:00	B20	Discus	Qualification	to Final, Event 61				
4	1	8:00	B18	Triple Jump	Qualification	to Final, Event 112	7:00	7:05	7:15	7:30
5	1	8:30	B20	10 000m	FINAL		7:45	7:55	8:10	8:25
6	1	9:00	G18	Pole Vault	FINAL		7:30	7:35	7:45	8:00
7	4	9:00	G20	Javelin	Qualification	to Final, Event 64				
8	1	9:15	G18	800m	2 xHeats	to Final, Event 53	8:30	8:40	8:55	9:10
9	1	9:30	G18	Discus	Qualification	to Final, Event 70	8:30	8:35	8:45	9:00
10	4	9:30	B20	Triple Jump	Qualification	to Final, Event 122				
11	1	9:30	B18	800m	3 x Heats	to Final, Event 54	8:45	8:55	9:10	9:25
12	1	9:45	B20	High Jump	Qualification	to Final, Event 130	8:45	8:50	9:00	9:15
13	4	9:45	G20	800m	2 x Heats	to Final, Event 55	9:00	9:10	9:25	9:40
14	1	10:00	B20	800m	3 x Heats	to Final, Event 56	9:15	9:25	9:40	9:55
15	1	10:15	G18	100m	4 x Heats	to Semi Final, Event 30	9:30	9:40	9:55	10:10
16	4	10:30	B20	Javelin	Qualification	to Final, Event 76				
17	1	10:35	B18	100m	6 x Heats	to Semi Final, Event 32	9:50	10:00	10:15	10:30
18	1	11:00	G20	100m	4 x Heats	to Semi Final, Event 33	10:15	10:25	10:40	10:55
19	4	11:00	B18	Discus	Qualification	to Final, Event 89				
20	4	11:00	G18	Triple Jump	Qualification	to Final, Event 97				
21	4	11:00	G20	Shot Put	Qualification	to Final, Event 110				
22	1	11:20	B20	100m	5 x Heats	to Semi Final, Event 34	10:35	10:45	11:00	11:15
23	1	11:30	B18	High Jump	Qualification	to Final, Event 71	10:30	10:35	10:45	11:00
24	1	11:40	B20	400m Hurdles	2 x Heats	to Final, Event 44	10:55	11:00	11:15	11:30
25	1	11:55	B18	400m Hurdles	3 x Heats	to Final, Event 45	11:10	11:15	11:30	11:45
26	1	12:10	G20	400m Hurdles	2 x Heats	to Final, Event 46	11:25	11:30	11:45	12:00

27	1	12:25	G18	400m Hurdles	2 x Heats	to Final, Event 47	11:40	11:45	12:00	12:15
				AFTERNOON / EVENING SESSION			Call Room Program			
Seq	Day	Time	Age Grp	Event	Round	Comment	Report CR	First Call	Final Call	Leave CR
28	4	14:00	G18	Javelin	Qualification	to Final, Event 86				
29	1	14:00	G20	Pole Vault	FINAL		12:30	12:35	12:45	13:00
30	1	14:00	G18	100m	2 x Semi-Finals	to Final, Event 48	13:15	13:25	13:40	13:55
34	4	14:00	B18	Hammer Throw	Qualification	to Final, Event 109				
32	1	14:10	B18	100m	3 x Semi-Finals	to Final, Event 49	13:25	13:35	13:50	14:05
33	1	14:20	G20	100m	2 x Semi-Finals	to Final, Event 51	13:35	13:45	14:00	14:15
34	1	14:30	B20	100m	3 x Semi-Finals	to Final, Event 52	13:45	13:55	14:10	14:25
35	1	14:45	B20	3 000m Steeplechase	FINAL		14:00	14:10	14:25	14:40
36	1	15:05	B18	2 000m Steeplechase	FINAL		14:20	14:30	14:45	15:00
37	1	15:20	G18	2 000m Steeplechase	FINAL		14:35	14:45	15:00	15:15
38	4	15:30	G20	Triple Jump	Qualification	to Final, Event 103				
39	1	15:30	G18	High Jump	Qualification	to Final, Event 88	14:30	14:35	14:45	15:00
40	4	15:30	B18	Javelin	Qualification	to Final, Event 100				
41	1	15:35	G20	3 000m Steeplechase	FINAL		14:50	15:00	15:15	15:30
42	4	16:00	G20	Discus	Qualification	to Final, Event 99				
43	1	16:00	G18	5 000m Walk	FINAL		15:15	15:25	15:40	15:55
44	1	16:45	B20	400m Hurdles	FINAL		16:00	16:05	16:20	16:35
45	1	16:55	B18	400m Hurdles	FINAL		16:10	16:15	16:30	16:45
46	1	17:05	G20	400m Hurdles	FINAL		16:20	16:25	16:40	16:55
47	1	17:15	G18	400m Hurdles	FINAL		16:30	16:35	16:50	17:05
48	1	17:25	G18	100m	FINAL		16:40	16:50	17:05	17:20
49	1	17:30	B18	100m	FINAL		16:45	16:55	17:10	17:25
50	4	17:30	B20	Hammer Throw	Qualification	to Final, Event 147				
51	1	17:35	G20	100m	FINAL		16:50	17:00	17:15	17:30
52	1	17:40	B20	100m	FINAL		16:55	17:05	17:20	17:35
53	1	17:50	G18	800m	FINAL		17:05	17:15	17:30	17:45
54	1	18:00	B18	800m	FINAL		17:15	17:25	17:40	17:55
55	1	18:10	G20	800m	FINAL		17:25	17:35	17:50	18:05
56	1	18:20	B20	800m	FINAL		17:35	17:45	18:00	18:15
				MORNING SESSION	29th March 2019		Call Room Program			

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Round</u>	<u>Comment</u>	<u>Report CR</u>	<u>First Call</u>	<u>Final Call</u>	<u>Leave CR</u>	
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	
85	2	13:00	B20	200m	4 X Heats	to Semi Final, Event 115	12:15	12:25	12:40	12:55	
				AFTERNOON / EVENING SESSION			Call Room Program				
<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Round</u>	<u>Comment</u>	<u>Report CR</u>	<u>First Call</u>	<u>Final Call</u>	<u>Leave CR</u>	
86	2	15:00	G18	Javelin	FINAL		14:00	14:05	14:15	14:30	

87	2	15:00	B20	Long Jump	Qualification	to Final, Event 148	14:00	14:05	14:15	14:30	
88	2	15:00	G18	High Jump	FINAL		14:00	14:05	14:15	14:30	
89	2	15:00	B18	Discus	FINAL		14:00	14:05	14:15	14:30	
90	2	15:15	B20	110m Hurdles	Semi-Finals	to Final, Event 104					
91	2	15:30	B18	110m Hurdles	2 X Semi-Finals	to Final, Event 105	14:45	14:50	15:05	15:20	
92	2	15:45	G20	100m Hurdles	Semi-Finals	to Final, Event 106					
93	2	16:00	G18	100m Hurdles	Semi-Finals	to Final, Event 107					
94	2	16:00	B20	Shot Put	Qualification	to Final, Event 121					
95	2	16:15	G18	400m	Semi-Finals	to Final, Event 126					
96	2	16:30	B18	400m	Semi-Finals	to Final, Event 127	15:45	15:55	16:10	16:25	
97	2	16:30	G18	Triple Jump	FINAL		15:30	15:35	15:45	16:00	
98	2	16:45	G20	400m	Semi-Finals	to Final, Event 128					
99	2	17:00	G20	Discus	FINAL		16:00	16:05	16:15	16:30	
100	2	17:00	B18	Javelin	FINAL		16:00	16:05	16:15	16:30	
101	2	17:00	B20	400m	2 x Semi-Finals	to Final, Event 129	16:15	16:25	16:40	16:55	
102	2	17:15	B20	5 000m	FINAL		16:30	16:40	16:55	17:10	
103	2	17:45	G20	Triple Jump	FINAL		16:45	16:50	17:00	17:15	
104	2	17:45	B20	110m Hurdles	FINAL		17:00	17:05	17:20	17:35	
105	2	17:55	B18	110m Hurdles	FINAL		17:10	17:15	17:30	17:45	
106	2	18:05	G20	100m Hurdles	FINAL		17:20	17:25	17:40	17:55	
107	2	18:15	G18	100m Hurdles	FINAL		17:30	17:35	17:50	18:05	
				MORNING SESSION	30th March 2019			Call Room Program			
Seq	Day	Time	Age Grp	Event	Round	Comment	Report CR	First Call	Final Call	Leave CR	
108	3	7:00	B20	10 000m Walk	FINAL		Report to track at 06:45				
109	3	8:00	B18	Hammer Throw	FINAL		7:00	7:05	7:15	7:30	
110	3	8:00	G20	Shot Put	FINAL		7:00	7:05	7:15	7:30	
111	3	8:30	G18	200m	Semi-Finals	to Final, Event 135					
112	3	8:30	B18	Triple Jump	FINAL		7:30	7:35	7:45	8:00	
113	3	8:45	B18	200m	3 X Semi-Finals	to Final, Event 136	8:00	8:10	8:25	8:40	
114	3	9:00	G20	200m	Semi-Finals	to Final, Event 137					
115	3	9:15	B20	200m	2 X Semi-Finals	to Final, Event 138	8:30	8:40	8:55	9:10	
116	3	9:30	B20	Pole Vault	FINAL		8:00	8:05	8:15	8:30	
117	3	9:30	G18	1 500m	Heats	to Final, Event 139					

118	3	9:50	B18	1 500m	2 X Heats	to Final, Event 140	9:05	9:15	9:30	9:45	
119	3	10:00	G20	High Jump	FINAL		9:00	9:05	9:15	9:30	
120	3	10:00	G18	Hammer Throw	FINAL		9:00	9:05	9:15	9:30	
121	3	10:00	B20	Shot Put	FINAL		9:00	9:05	9:15	9:30	
122	3	10:00	B20	Triple Jump	FINAL		9:00	9:05	9:15	9:30	
123	3	10:10	G20	1 500m	Heats	to Final, Event 141					
124	3	10:30	B20	1 500m	2 X Heats	to Final, Event 142	9:45	9:55	10:10	10:25	
125	3	10:30	G20	Long Jump	FINAL		9:30	9:35	9:45	10:00	
126	3	10:50	G18	400m	FINAL		10:05	10:15	10:30	10:45	
127	3	11:00	B18	400m	FINAL		10:15	10:25	10:40	10:55	
128	3	11:10	G20	400m	FINAL		10:25	10:35	10:50	11:05	
129	3	11:20	B20	400m	FINAL		10:35	10:45	11:00	11:15	
				AFTERNOON / EVENING SESSION				Call Room Program			
Seq	Day	Time	Age Grp	Event	Round	Comment	Report CR	First Call	Final Call	Leave CR	
130	3	15:00	B20	High Jump	FINAL		14:00	14:05	14:15	14:30	
131	3	15:00	G18	Long Jump	FINAL		14:00	14:05	14:15	14:30	
132	3	15:00	G20	Hammer Throw	FINAL		14:00	14:05	14:15	14:30	
133	3	15:00	B18	Shot Put	FINAL		14:00	14:05	14:15	14:30	
134	3	15:00	B18	Long Jump	FINAL		14:00	14:05	14:15	14:30	
135	3	15:00	G18	200m	FINAL		14:15	14:25	14:40	14:55	
136	3	15:10	B18	200m	FINAL		14:25	14:35	14:50	15:05	
137	3	15:20	G20	200m	FINAL		14:35	14:45	15:00	15:15	
138	3	15:30	B20	200m	FINAL		14:45	14:55	15:10	15:25	
139	3	15:40	G18	1 500m	FINAL		14:55	15:05	15:20	15:35	
140	3	15:50	B18	1 500m	FINAL		15:05	15:15	15:30	15:45	
141	3	16:00	G20	1 500m	FINAL		15:15	15:25	15:40	15:55	
142	3	16:10	B20	1 500m	FINAL		15:25	15:35	15:50	16:05	
143	3	16:20	G18	4 x 100m Relay	Time Placing FINAL		15:30	15:40	15:55	16:10	
144	3	16:30	B18	4 x 100m Relay	Time Placing FINAL		15:40	15:50	16:05	16:20	
145	3	16:40	G20	4 x 100m Relay	Time Placing FINAL		15:50	16:00	16:15	16:30	
146	3	16:45	G18	Shot Put	FINAL		15:45	15:50	16:00	16:15	
147	3	16:45	B20	Hammer Throw	FINAL		15:45	15:50	16:00	16:15	
148	3	16:45	B20	Long Jump	FINAL		15:45	15:50	16:00	16:15	

149	3	16:50	B20	4 x 100m Relay	Time Placing FINAL		16:00	16:10	16:25	16:40
150	3	17:00	G20	5 000m	FINAL		16:15	16:25	16:40	16:55
151	3	17:30	G18	4 x 400m Relay	Time Placing FINAL		16:40	16:50	17:05	17:20
152	3	17:45	B18	4 x 400m Relay	Time Placing FINAL		16:55	17:05	17:20	17:35
153	3	18:00	G20	4 x 400m Relay	Time Placing FINAL		17:10	17:20	17:35	17:50
154	3	18:15	B20	4 x 400m Relay	Time Placing FINAL		17:25	17:35	17:50	18:05

