

Competition Schedule

SA Inter Club Championships

20 & 21 Oct 2018

Home Of Athletics

Day 1: PM								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				2:00pm	101	Triple Jump	Men Open	Final
					102	High Jump	Women Open	Final
					103	Shot Put (7.26 kg)	Men Open	Final
					104	Javelin (600g)	Women Open	Final
105	100m	Women Open	Heats	3:00pm				
106	100m	Men Open	Heats	3:15pm				
107	1500m	Women Open	Final	3:30pm				
108	1500m	Men Open	Final	3:40pm				
109	400m	Women Open	Heats	3:50pm				
110	400m	Men Open	Heats	4:00pm	111	Triple Jump	Women Open	Final
					112	Shot Put (4kg)	Women Open	Final
					113	Javelin (800g)	Men Open	Final
114	5000m Race Walk	Mix Open	Final	4:10pm				
	1500m	Women Open	VC	4.10pm				
	1500m	Men Open	VC	4.15pm				
	Triple Jump	Men Open	VC	4.20pm				
	High Jump	Women Open	VC	4.25pm				
	Shot Put (7.26 kg)	Men Open	VC	4.30pm				
	Javelin (600g)	Women Open	VC	4.35pm				
				4:30pm	115	High Jump	Men Open	Final
116	100m	Women Open	Final	4:55pm				
117	100m	Men Open	Final	5:05pm				
118	5000m	Men Open	Finals	5:15pm				
	5000m Race Walk	Men Open	VC	5.15pm				
	5000m Race Walk	Women Open	VC	5.20pm				
	100m	Women Open	VC	5.25pm				
	100m	Men Open	VC	5.30pm				
	Triple Jump	Women Open	VC	5.35pm				
119	400m	Women Open	Final	5:45pm				
120	400m	Men Open	Final	5:50pm				
121	10000m	Women Open	Finals	6:00pm				
	Shot Put (4kg)	Women Open	VC	6:00pm				
	Javelin (800g)	Men Open	VC	6:05pm				
	5000m	Men Open	VC	6:10pm				
	400m	Women Open	VC	6:15pm				
	400m	Men Open	VC	6:20pm				
	High Jump	Men Open	VC	6:25pm				
122	4x100m	Women Open	Final	7:00pm				
123	4x100m	Men Open	Final	7:05pm				
	10000m	Women Open	VC	7.10pm				
	4x100m	Women Open	VC	7.15pm				
	4x100m	Men Open	VC	7.25pm				

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Home Of Athletics

Day 2: PM								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				2:00pm	201	Hammer (7.26kg)	Men Open	Finals
					202	Hammer (4kg)	Women Open	Finals
					203	Long Jump	Women Open	Finals
					204	Pole Vault	Men Open	Finals
205	110m Hurdles (1.067m)	Men Open	Heats					
	100m Hurdles (0.838m)	Women Open	Heats	2:15pm				
206	200m	Women Open	Heats	2:30pm				
207	200m	Men Open	Heats	2:45pm				
208	800m	Women Open	Finals	3:00pm				
209	800m	Men Open	Finals	3:10pm				
211	110m Hurdles (1.067m)	Men Open	Finals	3:30pm	210	Discus (1kg)	Women Open	Finals
212	100m Hurdles (0.838m)	Women Open	Finals	3:40pm				
213	200m	Women Open	Finals	3:50pm				
214	200m	Men Open	Finals	3:55pm				
				4:00pm	215	Long Jump	Men Open	Finals
216	5000m	Women Open	Finals	4:15pm				
	Hammer (7.26kg)	Men Open	VC	4:15pm				
	Hammer (4kg)	Women Open	VC	4:20pm				
	Long Jump	Women Open	VC	4:25pm				
	800m	Women Open	VC	4:30pm				
	800m	Men Open	VC	4:35pm				
	110m Hurdles (1.067m)	Men Open	VC	4:40pm				
	100m Hurdles (0.838m)	Women Open	VC	4:45pm				
				4:30pm	217	Discus (2kg)	Men Open	Finals
				4:35pm	218	Pole Vault	Women Open	Finals
219	400m Hurdles (0.914m)	Men Open	Timed Final	4:50pm				
220	400m Hurdles (0.762m)	Women Open	Timed Final	5:00pm				
	200m	Women Open	VC	5:05pm				
	200m	Men Open	VC	5:10pm				
	Pole Vault	Men Open	VC	5:15pm				
	Discus (1kg)	Women Open	VC	5:20pm				
221	3000mSC (0.914m)	Men Open	Final	5:20pm				
222	3000mSC (0.762m)	Women Open	Final	5:40pm				
223	10000m	Men Open	Finals	6:00pm				
	5000m	Women Open	VC	6:00pm				
	400m Hurdles (0.914m)	Men Open	VC	6:05pm				
	400m Hurdles (0.762m)	Women Open	VC	6:10pm				
	3000mSC (0.914m)	Men Open	VC	6:15pm				
	3000mSC (0.762m)	Women Open	VC	6:20pm				
	Long Jump	Men Open	VC	6:30pm				
	Discus (2kg)	Men Open	VC	6:35pm				
	Pole Vault	Women Open	VC	6:40pm				
224	4x400m	Women Open	Finals	6:50pm				
225	4x400m	Men Open	Finals	7:00pm				
	10000m	Men Open	VC	7:10pm				
	4x400m	Women Open	VC	7:20pm				
	4x400m	Men Open	VC	7:30pm				
	Men Champion		VC	7:40pm				
	Women Champion		VC	7:45pm				
	President Challenge		VC	7:50pm				