

Competition Schedule

SA Inter Club Championships 29 & 30 Jun 2019 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 | Shot Put (4kg) | Women Open | Final |
| | | | | | 105 | Javelin (600g) | Women Open | Final |
| 106 | 100m | Women Open | Heats | 3:00pm | | | | |
| 107 | 100m | Men Open | Heats | 3:15pm | | | | |
| 108 | 1500m | Women Open | Final | 3:30pm | | | | |
| 109 | 1500m | Men Open | Final | 3:40pm | | | | |
| 110 | 400m | Women Open | Heats | 3:50pm | | | | |
| | | | | 4:00pm | 111 | Triple Jump | Women Open | Final |
| | | | | | 112 | High Jump | Men Open | Final |
| | | | | | 113 | Javelin (800g) | Men Open | Final |
| 114 | 400m | Men Open | Heats | | | | | |
| 115 | 5000m Race Walk | Mixed Open | Final | 4:10pm | | | | |
| 116 | 100m | Women Open | Final | 4:55pm | | | | |
| 117 | 100m | Men Open | Final | 5:00pm | | | | |
| 118 | 400m | Women Open | Final | 5:10pm | | | | |
| 119 | 400m | Men Open | Final | 5:15pm | | | | |
| 120 | 5000m | Men Open (Flight 1) | Timed Final | 5:20pm | | | | |
| | 5000m | Men Open (Flight 2) | Timed Final | 5:50pm | | | | |
| 121 | 10000m | Women Open | Finals | 6:20pm | | | | |
| 122 | 4x100m | Women Open | Final | 7:10pm | | | | |
| 123 | 4x100m | Men Open | Final | 7:15pm | | | | |

Competition Schedule

SA Inter Club Championships 29 & 30 Jun 2019 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 | | | | | |
| 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 | | | | |
| | | | | 3:30pm | 210 | Discus (1kg) | Women Open | Finals |
| 211 | 110m Hurdles (1.067m) | Men Open | Finals | | | | | |
| 212 | 100m Hurdles (0.838m) | Women Open | Final | 3:40pm | | | | |
| 213 | 200m | Women Open | Finals | 3:50pm | | | | |
| 214 | 200m | Men Open | Finals | 3:55pm | | | | |
| 215 | 5000m | Women Open | Finals | 4:05pm | | | | |
| | | | | 4:15pm | 216 | Long Jump | Men Open | Finals |
| | | | | 4:30pm | 217 | Discus (2kg) | Men Open | Finals |
| | | | | | 218 | Pole Vault | Women Open | Finals |
| 219 | 400m Hurdles (0.914m) | Men Open | Final | 4:45pm | | | | |
| 220 | 400m Hurdles (0.762m) | Women Open | Final | 4:55pm | | | | |
| 221 | 3000mSC (0.914m) | Men Open | Final | 5:15pm | | | | |
| 222 | 3000mSC (0.762m) | Women Open | Final | 5:35pm | | | | |
| 223 | 4x400m | Women Open | Finals | 6:00pm | | | | |
| 224 | 4x400m | Men Open | Finals | 6:10pm | | | | |
| 225 | 10000m | Men Open | Finals | 6:20pm | | | | |
| 226 | 4x100m | Mixed Open* | Final | 7:15pm | | | | |
| | *No points | | | | | | | |