

Competition Schedule (Tentative)

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		Triple Jump	Men Open	Final
						High Jump	Women Open	Final
						Shot Put (7.26 kg)	Men Open	Final
						Javelin (600g)	Women Open	Final
	100m	Women Open	Heats	3:00pm				
	100m	Men Open	Heats	3:15pm				
	1500m	Women Open	Final	3:30pm				
	1500m	Men Open	Final	3:40pm				
	400m	Women Open	Heats	3:50pm				
				4:00pm		Triple Jump	Women Open	Final
						High Jump	Men Open	Final
						Shot Put (4kg)	Women Open	Final
						Javelin (800g)	Men Open	Final
	400m	Men Open	Heats					
	5000m Race Walk	Women Open	Final	4:10pm				
	5000m Race Walk	Men Open	Final	4:50pm				
	100m	Women Open	Final	5:30pm				
	100m	Men Open	Final	5:35pm				
	400m	Women Open	Final	5:40pm				
	400m	Men Open	Final	5:45pm				
	5000m	Men Open	Finals	5:55pm				
	10000m	Women Open	Finals	6:20pm				
	4x100m	Women Open	Final	7:10pm				
	4x100m	Men Open	Final	7:15pm				

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Day 2: PM									
No.	Event	Category	Status	Time	No.	Event	Category	Status	
				2:00pm		Hammer (7.26kg)	Men Open	Finals	
							Hammer (4kg)	Women Open	Finals
							Long Jump	Women Open	Finals
							Pole Vault	Men Open	Finals
	110m Hurdles (1.067m)	Men Open	Heats						
	100m Hurdles (0.838m)	Women Open	Heats	2:15pm					
	200m	Women Open	Heats	2:30pm					
	200m	Men Open	Heats	2:45pm					
	800m	Women Open	Finals	3:00pm					
	800m	Men Open	Finals	3:10pm					
				3:30pm		Discus (1kg)	Women Open	Finals	
	110m Hurdles (1.067m)	Men Open	Finals				Long Jump	Men Open	Finals
	100m Hurdles (0.838m)	Women Open	Finals	3:40pm					
	200m	Women Open	Finals	3:50pm					
	200m	Men Open	Finals	3:55pm					
	5000m	Women Open	Finals	4:15pm					
				4:30pm		Discus (2kg)	Men Open	Finals	
							Pole Vault	Women Open	Finals
	400m Hurdles (0.914m)	Men Open	Timed Final	4:45pm					
	400m Hurdles (0.762m)	Women Open	Timed Final	4:55pm					
	3000mSC (0.914m)	Men Open	Final	5:15pm					
	3000mSC (0.762m)	Women Open	Final	5:35pm					
	4x400m	Women Open	Finals	6:00pm					
	4x400m	Men Open	Finals	6:10pm					
	10000m	Men Open	Finals	6:20pm					
	4x100m	Mixed Open*	Final	7:15pm					

*No points

