

Appendix B - Competition Schedule

SA ALLCOMERS (UNDERDISTANCE) MEET 2020

18-Jan-20

Home of Athletics

Day 1: AM									
No.	Event	Category	Status	Time	No.	Event	Category	Status	
						5	Shot Put (3kg)	Women Novice	Final
				0830hrs		6	Shot Put (4kg)	Women Open	Final
12	600m	Women Novice	Timed Final			8	Long Jump	Women Open	Final
19	600m	Men Novice	Timed Final	0840hrs					
3	600m	Women Open	Timed Final	0855hrs					
7	600m	Men Open	Timed Final	0900hrs					
10	300m	Women Novice	Timed Final	0910hrs					
20	300m	Men Novice	Timed Final	0920hrs					
				0930hrs		8	Long Jump	Men Intermediate	Final
4	300m	Women Intermediate	Timed Final			9	Long Jump	Men Open	Final
41	300m	Men Intermediate	Timed Final	0935hrs					
				0945hrs		3	Shot Put (3kg)	Men Novice	Final
						5	Shot Put (4kg)	Men Intermediate	Final
						9	Shot Put (5kg)	Men Open	Final
6	300m	Women Open	Timed Final	0955hrs					
21	300m	Men Open	Timed Final	1000hrs					
3	60m	Women Novice	Timed Final	1015hrs					
3	60m	Men Novice	Timed Final	1020hrs					
9	60m	Women Intermediate	Timed Final	1025hrs					
45	60m	Men Intermediate	Timed Final	1030hrs					
5	60m	Women Open	Timed Final	1050hrs					
30	60m	Men Open	Timed Final	1055hrs					