

Competition Schedule (Tentative)

SA Inter Club Championships 29 & 30 Oct 2022 Home Of Athletics

| Day 1 | | | | | | | | |
|-------|-----------------|------------|--------------|------|-----|--------------------|------------|--------|
| No. | Event | Category | Status | Time | No. | Event | Category | Status |
| | | | | | | Long 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 | | | | | |
| | 100m | Men Open | Heats | | | | | |
| | 1500m | Women Open | Timed Finals | | | | | |
| | 1500m | Men Open | Timed Finals | | | | | |
| | 400m | Women Open | Heats | | | | | |
| | | | | | | Long 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 | Timed Finals | | | | | |
| | 5000m Race Walk | Men Open | Timed Finals | | | | | |
| | 100m | Women Open | Final | | | | | |
| | 100m | Men Open | Final | | | | | |
| | 400m | Women Open | Final | | | | | |
| | 400m | Men Open | Final | | | | | |
| | 5000m | Women Open | Timed Finals | | | | | |
| | 5000m | Men Open | Timed Finals | | | | | |
| | 4x100m | Women Open | Timed Finals | | | | | |
| | 4x100m | Men Open | Timed Finals | | | | | |

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| Day 2 | | | | | | | | |
|-------|-----------------------|------------|--------------|------|-----|-----------------|------------|--------|
| No. | Event | Category | Status | Time | No. | Event | Category | Status |
| | | | | | | Hammer (7.26kg) | Men Open | Final |
| | | | | | | Hammer (4kg) | Women Open | Final |
| | | | | | | Triple Jump | Women Open | Final |
| | | | | | | Pole Vault | Men Open | Final |
| | 110m Hurdles (1.067m) | Men Open | Heats | | | | | |
| | 100m Hurdles (0.838m) | Women Open | Heats | | | | | |
| | 200m | Women Open | Heats | | | | | |
| | 200m | Men Open | Heats | | | | | |
| | 800m | Women Open | Timed Finals | | | | | |
| | 800m | Men Open | Timed Finals | | | | | |
| | | | | | | | | |
| | | | | | | Discus (1kg) | Women Open | Final |
| | 100m Hurdles (0.838m) | Women Open | Final | | | Triple Jump | Men Open | Final |
| | 110m Hurdles (1.067m) | Men Open | Final | | | | | |
| | 200m | Women Open | Final | | | | | |
| | 200m | Men Open | Final | | | | | |
| | | | | | | | | |
| | | | | | | Discus (2kg) | Men Open | Final |
| | | | | | | Pole Vault | Women Open | Final |
| | 400m Hurdles (0.914m) | Men Open | Timed Finals | | | | | |
| | 400m Hurdles (0.762m) | Women Open | Timed Finals | | | | | |
| | 3000mSC (0.914m) | Men Open | Timed Finals | | | | | |
| | 3000mSC (0.762m) | Women Open | Timed Finals | | | | | |
| | 4x100m | Mixed Open | Timed Finals | | | | | |
| | 10000m | Women Open | Timed Finals | | | | | |
| | 4x400m | Women Open | Timed Finals | | | | | |
| | 4x400m | Men Open | Timed Finals | | | | | |
| | 10000m | Men Open | Timed Finals | | | | | |