

FINAL 2019 ASA U18 & U20 National Championships
DAL JOSAPHAT STADIUM – PAARL: 28 - 30 March2019
Day 1 - MORNING SESSION

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Gender & Age</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
1	1	07h00	B18	10 000m Walk		FINAL	
2	1	08h00	G20	High Jump	If more than 12 entries	Qualification	to Final, Event 119
3	1	08h00	B20	Discus	If more than 12 entries	Qualification	to Final, Event 60
4	1	08h00	B18	Triple Jump	If more than 12 entries	Qualification	to Final, Event 112
5	1	08h30	B20	10 000m		FINAL	
6	1	09h00	G18	Pole Vault		FINAL	
7	1	09h00	G20	Javelin	If more than 12 entries	Qualification	to Final, Event 63
8	1	09h15	G18	800m		Heats	to Final, Event 53
9	1	09h30	G18	Discus	If more than 12 entries	Qualification	to Final, Event 70
10	1	09h30	B20	Triple Jump	If more than 12 entries	Qualification	to Final, Event 122
11	1	09h30	B18	800m		Heats	to Final, Event 54
12	1	09h45	B20	High Jump	If more than 12 entries	Qualification	to Final, Event 130
13	1	09h45	G20	800m		Heats	to Final, Event 55
14	1	10h00	B20	800m		Heats	to Final, Event 56
15	1	10h15	G18	100m		Heats	to Semi Final, Event 30
16	1	10h30	B20	Javelin	If more than 12 entries	Qualification	to Final, Event 76
17	1	10h35	B18	100m		Heats	to Semi Final, Event 32
18	1	11h00	G20	100m		Heats	to Semi Final, Event 33
19	1	11h00	B18	Discus	If more than 12 entries	Qualification	to Final, Event 89
20	1	11h00	G18	Triple Jump	If more than 12 entries	Qualification	to Final, Event 97
21	1	11h00	G20	Shot Put	If more than 12 entries	Qualification	to Final, Event 110
22	1	11h20	B20	100m		Heats	to Semi Final, Event 34
23	1	11h30	B18	High Jump	If more than 12 entries	Qualification	to Final, Event 71
24	1	11h40	B20	400m Hurdles	91.4cm	Heats	to Final, Event 44
25	1	11h55	B18	400m Hurdles	84cm	Heats	to Final, Event 45
26	1	12h10	G20	400m Hurdles	76cm	Heats	to Final, Event 46
27	1	12h25	G18	400m Hurdles	76cm	Heats	to Final, Event 47

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Day 1 - AFTERNOON / EVENING SESSION

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
28	1	14h00	G18	Javelin	If more than 12 entries	Qualification	to Final, Event 86
29	1	14h00	G20	Pole Vault		FINAL	
30	1	14h00	G18	100m		Semi-Finals	to Final, Event 48
31	1	14h00	B18	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 109
32	1	14h10	B18	100m		Semi-Finals	to Final, Event 49
33	1	14h20	G20	100m		Semi-Finals	to Final, Event 51
34	1	14h30	B20	100m		Semi-Finals	to Final, Event 52
35	1	14h45	B20	3 000m Steeplechase	91.4cm	FINAL	
36	1	15h05	B18	2 000m Steeplechase	91.4cm	FINAL	
37	1	15h20	G18	2 000m Steeplechase	76cm	FINAL	
38	1	15h30	G20	Triple Jump	If more than 12 entries	Qualification	to Final, Event 103
39	1	15h30	G18	High Jump	If more than 12 entries	Qualification	to Final, Event 88
40	1	15h30	B18	Javelin	If more than 12 entries	Qualification	to Final, Event 100
41	1	15h35	G20	3 000m Steeplechase	76cm	FINAL	
42	1	16h00	G20	Discus	If more than 12 entries	Qualification	to Final, Event 99
43	1	16h00	G18	5 000m Walk		FINAL	
44	1	16h45	B20	400m Hurdles	91.4cm	FINAL	
45	1	16h55	B18	400m Hurdles	84cm	FINAL	
46	1	17h05	G20	400m Hurdles	76cm	FINAL	
47	1	17h15	G18	400m Hurdles	76cm	FINAL	
48	1	17h25	G18	100m		FINAL	
49	1	17h30	B18	100m		FINAL	
50	1	17h30	B20	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 147
51	1	17h35	G20	100m		FINAL	
52	1	17h40	B20	100m		FINAL	
53	1	17h50	G18	800m		FINAL	
54	1	18h00	B18	800m		FINAL	
55	1	18h10	G20	800m		FINAL	
56	1	18h20	B20	800m		FINAL	

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DAL JOSAPHAT STADIUM – PAARL: 28 - 30 March 2019
Day 2 - MORNING SESSION

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
57	2	07h00	G20	10 000m Walk		FINAL	
58	2	07h00	G20	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 132
59	2	08h00	G18	Long Jump	If more than 12 entries	Qualification	to Final, Event 131
60	2	08h30	B20	Discus	1.75kg	FINAL	
61	2	08h30	G18	400m		Heats	to Semi Final, Event 95
62	2	08h50	B18	400m		Heats	to Semi Final, Event 96
63	2	09h00	G20	Javelin	400g	FINAL	
64	2	09h00	G18	Shot Put	If more than 12 entries	Qualification	to Final, Event 146
65	2	09h00	B18	Pole Vault		FINAL	
66	2	09h10	G20	400m		Heats	to Semi Final, Event 98
67	2	09h30	B20	400m		Heats	to Semi Final, Event 101
68	2	09h30	B18	Long Jump	If more than 12 entries	Qualification	to Final, Event 134
69	2	09h55	B20	110m Hurdles	99cm	Heats	to Semi Final, Event 90
70	2	10h00	G18	Discus	1kg	FINAL	
71	2	10h00	B18	High Jump		FINAL	
72	2	10h10	B18	110m Hurdles	91.4cm	Heats	to Semi Final, Event 91
73	2	10h25	G20	100m Hurdles	84cm	Heats	to Semi Final, Event 92
74	2	10h40	G18	100m Hurdles	76cm	Heats	to Semi Final, Event 93
75	2	11h00	G18	3 000m		FINAL	
76	2	11h00	B20	Javelin	800g	FINAL	
77	2	11h00	B18	Shot Put	If more than 12 entries	Qualification	to Final, Event 133
78	2	11h00	G20	Long Jump	If more than 12 entries	Qualification	to Final, Event 125
79	2	11h20	B18	3 000m		FINAL	
80	2	11h30	G18	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 120
81	2	11h40	G20	3 000m		FINAL	
82	2	12h00	G18	200m		Heats	to Semi Final, Event 111
83	2	12h20	B18	200m		Heats	to Semi Final, Event 113
84	2	12h40	G20	200m		Heats	to Semi Final, Event 114
85	2	13h00	B20	200m		Heats	to Semi Final, Event 115

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Day 2 – AFTERNOON / EVENING SESSION

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86	2	15h00	G18	Javelin	500g	FINAL	
87	2	15h00	B20	Long Jump	If more than 12 entries	Qualification	to Final, Event 148
88	2	15h00	G18	High Jump		FINAL	
89	2	15h00	B18	Discus	1.5kg	FINAL	
90	2	15h15	B20	110m Hurdles	99cm	Semi-Finals	to Final, Event 104
91	2	15h30	B18	110m Hurdles	91.4cm	Semi-Finals	to Final, Event 105
92	2	15h45	G20	100m Hurdles	84cm	Semi-Finals	to Final, Event 106
93	2	16h00	G18	100m Hurdles	76cm	Semi-Finals	to Final, Event 107
94	2	16h00	B20	Shot Put	If more than 12 entries	Qualification	to Final, Event 121
95	2	16h15	G18	400m		Semi-Finals	to Final, Event 126
96	2	16h30	B18	400m		Semi-Finals	to Final, Event 127
97	2	16h30	G18	Triple Jump	9m Board	FINAL	
98	2	16h45	G20	400m		Semi-Finals	to Final, Event 128
99	2	17h00	G20	Discus	1kg	FINAL	
100	2	17h00	B18	Javelin	700g	FINAL	
101	2	17h00	B20	400m		Semi-Finals	to Final, Event 129
102	2	17h15	B20	5 000m		FINAL	
103	2	17h45	G20	Triple Jump	11m Board	FINAL	
104	2	17h45	B20	110m Hurdles	99cm	FINAL	
105	2	17h55	B18	110m Hurdles	91.4cm	FINAL	
106	2	18h05	G20	100m Hurdles	84cm	FINAL	
107	2	18h15	G18	100m Hurdles	76cm	FINAL	

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DAL JOSAPHAT STADIUM – PAARL: 28 - 30 March 2019
Day 3 - MORNING SESSION

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
108	3	07h00	B20	10 000m Walk		FINAL	
109	3	08h00	B18	Hammer Throw	5kg	FINAL	
110	3	08h00	G20	Shot Put	4kg	FINAL	
111	3	08h30	G18	200m		Semi-Finals	to Final, Event 135
112	3	08h30	B18	Triple Jump	11m Board	FINAL	
113	3	08h45	B18	200m		Semi-Finals	to Final, Event 136
114	3	09h00	G20	200m		Semi-Finals	to Final, Event 137
115	3	09h15	B20	200m		Semi-Finals	to Final, Event 138
116	3	09h30	B20	Pole Vault		FINAL	
117	3	09h30	G18	1 500m		Heats	to Final, Event 139
118	3	09h50	B18	1 500m		Heats	to Final, Event 140
119	3	10h00	G20	High Jump		FINAL	
120	3	10h00	G18	Hammer Throw	3kg	FINAL	
121	3	10h00	B20	Shot Put	6kg	FINAL	
122	3	10h00	B20	Triple Jump	13m Board	FINAL	
123	3	10h10	G20	1 500m		Heats	to Final, Event 141
124	3	10h30	B20	1 500m		Heats	to Final, Event 142
125	3	10h30	G20	Long Jump		FINAL	
126	3	10h50	G18	400m		FINAL	
127	3	11h00	B18	400m		FINAL	
128	3	11h10	G20	400m		FINAL	
129	3	11h20	B20	400m		FINAL	

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Day 3 – AFTERNNON / EVENING SESSION

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130	3	15h00	B20	High Jump		FINAL	
131	3	15h00	G18	Long Jump		FINAL	
132	3	15h00	G20	Hammer Throw	4kg	FINAL	
133	3	15h00	B18	Shot Put	5kg	FINAL	
134	3	15h00	B18	Long Jump		FINAL	
135	3	15h00	G18	200m		FINAL	
136	3	15h10	B18	200m		FINAL	
137	3	15h20	G20	200m		FINAL	
138	3	15h30	B20	200m		FINAL	
139	3	15h40	G18	1 500m		FINAL	
140	3	15h50	B18	1 500m		FINAL	
141	3	16h00	G20	1 500m		FINAL	
142	3	16h10	B20	1 500m		FINAL	
143	3	16h20	G18	4 x 100m Relay		Time Placing FINAL	
144	3	16h30	B18	4 x 100m Relay		Time Placing FINAL	
145	3	16h40	G20	4 x 100m Relay		Time Placing FINAL	
146	3	16h45	G18	Shot Put	3kg	FINAL	
147	3	16h45	B20	Hammer Throw	6kg	FINAL	
148	3	16h45	B20	Long Jump		FINAL	
149	3	16h50	B20	4 x 100m Relay		Time Placing FINAL	
150	3	17h00	G20	5 000m		FINAL	
151	3	17h30	G18	4 x 400m Relay		Time Placing FINAL	
153	3	17h45	B18	4 x 400m Relay		Time Placing FINAL	
154	3	18h00	G20	4 x 400m Relay		Time Placing FINAL	
155	3	18h15	B20	4 x 400m Relay		Time Placing FINAL	