ASWD

TALENT ID & MASTERS

ATHLETICS MEETING

3 SEPTEMBER 2016



DE JAGER

ATLETICS STADIUM

OUDSTHOORN

**MEETING HELD ACCORDING TO ASA RULES & REGULATIONS**

|  |  |  |
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|  |  | **EVENT** |
| **1a** | 7:00 | M Masters | 10 000m RACE WALK |
| **1b** |  | B u/18 | 10 000m RACE WALK |
| **1c** |  | M u/20 | 10 000m RACE WALK |
| **1d** |  | M u/30 | 10 000m RACE WALK |
| **1e** |  | W Masters | 10 000m RACE WALK |
| **1f** |  | W u/20 | 10 000m RACE WALK |
| **1g** |  | W u/30 | 10 000m RACE WALK |
| **2a** | 7:30 | B u/16 | DISCUSS (1.5KG) |
| **2b** |  | M u/20 | DISCUSS (1.75KG) |
| **2c** |  | M u/30 | DISCUSS (2KG) |
| **3** |  | M Masters | GREEK DISCUSS – B |
| **4a** |  | B u/18 | LONG JUMP |
| **4b** |  | M u/20 | LONG JUMP |
| **4c** |  | M u/30 | LONG JUMP |
| **5a** |  | M Masters | HIGH JUMP |
| **5b** |  | B u/18 | HIGH JUMP |
| **6a** |  | W Masters | SHOT PUT -A |
| **6b** |  | W u/20  | SHOT PUT (4KG) - A |
| **6c** |  | W u/30 | SHOT PUT (4KG) - A |
| **12a** | 8:00 | W Masters | 5 000m RACE WALK |
| **12b** |  | M Masters | 5 000m RACE WALK |
| **12c** |  | G u/16 | 5 000m RACE WALK |
| **12d** |  | G u/18 | 5 000m RACE WALK |
| **13a** | 8:40 | W Masters | 3 000m |
| **13b** |  | B u/16 | 3 000m |
| **13c** |  | B u/18 | 3 000m |
| **13d** |  | G u/16 | 3 000m |
| **13e** |  | G u/18 | 3 000m |
| **13f** |  | W u/20 | 3 000m |
| **13g** |  | W u/30 | 3 000m |
| **14a** | 9:00 | W Masters | 400m |
| **14b** |  | M Masters | 400m |
| **14c** |  | G u/16 | 400m |
| **14d** |  | B u/16 | 400m |
| **14e** |  | G u/18 | 400m |
| **14f** |  | B u/18 | 400m |
| **14g** |  | W u/20 | 400m |
| **14h** |  | W u/30 | 400m |
| **14i** |  | M u/20 | 400m |
| **14j** |  | M u/30 | 400m |
| **15a** |  | B u/18 | HAMMER THROW (5KG) |
| **15b** |  | M u/20 | HAMMER THROW (6KG) |
| **16** |  | M Masters | WEIGHT THROW – B |
| 17a |  | B u/16 | HIGH JUMP |
| 17b |  | M u/20 | HIGH JUMP |
| **17c** |  | M u/30 | HIGH JUMP |
| **18a** |  | W Masters | JAVELIN |
| **18b** | 9:00 | W u/20 | JAVELIN (600g) |
| **18c** |  | W u/30 | JAVELIN (600g) |
| **19** |  | G u/16 | LONG JUMP |
| **20** |  | B u/16 | TRIPLE JUMP |
| **21a** | 9:50 | W Masters | 5000m |
| **21b** |  | M Masters | 5000m |
|  |  | **EVENT** |
| **21c** | 9:50 | W u/20 | 5000m |
| **21d** |  | M u/20 | 5000m |
| **21e** |  | W u/30 | 5000m |
| **21f** |  | M u/30 | 5000m |
| **22a** | 10:00 | W Masters | LONG JUMP |
| **22b** |  | G u/18 | LONG JUMP |
| **22c** |  | W u/20 | LONG JUMP |
| **22d** |  | W u/30 | LONG JUMP |
| **23** |  | G u/16 | SHOT PUT (3KG) |
| **24a** | 10:20 | W Masters | 1 500m RACE WALK |
| **24b** |  | M Masters | 1 500m RACE WALK |
| **25a** | 10:30 | B u/18 | JAVELIN (700g)  |
| **25b** |  | M u/20 | JAVELIN (800g) |
| **25c** |  | M u/30 | JAVELIN |
| **26a** |  | M Masters | HAMMER THROW |
| **26b** |  | M u/30 | HAMMER THROW |
| **27** |  | W Masters | GREEK DISCUSS – A |
| **28a** |  | W Masters | HIGH JUMP |
| **28b** |  | G u/16 | HIGH JUMP |
| **28c** |  | G u/18 | HIGH JUMP |
| **28d** |  | W u/20 | HIGH JUMP |
| **28e** |  | W u/30 | HIGH JUMP |
| **29a** | 10:40 | W Masters | 800m |
| **29b** |  | M Masters | 800m |
| **29c** |  | G u/16 | 800m |
| **29d** |  | B u/16 | 800m |
| **29e** |  | G u/18 | 800m |
| **29f** |  | B u/18 | 800m |
| **29g** |  | W u/20 | 800m |
| **29h** |  | M u/20 | 800m |
| **29i** |  | W u/30 | 800m |
| **29j** |  | M u/30 | 800m |
| **30** |  | B u/16 | LONG JUMP |
| **31** |  | G u/18 | SHOT PUT (3KG) |
| **32** |  | B u/18 | TRIPLE JUMP |
| **33a** | 11:45 | W70+ | 200m HURDLES (68.6cm) |
| **33b** |  | M80+ | 200m HURDLES (68.6cm) |
| **34a** |  | W50-69 | 300m HURDLES (68.6cm) |
| **34b** |  | M70-79 | 300m HURDLES (68.6cm) |
| **35a** |  | G u/16 | 300m HURDLES (76.2cm) |
| **35b** |  | M60-69 | 300m HURDLES (76.2cm) |
| **36** |  | B u/16 | 300m HURDLES (83.8cm) |
| **37a** |  | B u/18 | 400m HURDLES (83.8cm) |
| **37b** |  | M50-59 | 400m HURDLES (83.8cm) |
| **38a** |  | G u/18 | 400m HURDLES (76.2cm) |
| **38b** |  | W u/20 | 400m HURDLES (76.2cm) |
| **38c** |  | W u/30 | 400m HURDLES (76.2cm) |
| **38d** |  | W30–49 | 400m HURDLES (76.2cm) |
| **39a** |  | M u/20 | 400m HURDLES (91.4cm) |
| **39b** |  | M u/30 | 400m HURDLES (91.4cm) |
| **39c** |  | M30-49 | 400m HURDLES (91.4cm) |
| **40a** | 12:30 | G u/16 | JAVELIN (500g) |
| **40b** |  | G u/18 | JAVELIN (500g) |
|  |  | **EVENT** |
| **41a** | 13:00 | B u/16 | SHOT PUT – B (5KG) |
| **41b** |  | M u/20 | SHOT PUT – B |
| **41c** |  | M u/30 | SHOT PUT – B |
| **42a** |  | M Masters | DISCUSS (1.75KG) |
| **42b** |  | B u/18 | DISCUSS |
| **43a** |  | M u/20 | TRIPLE JUMP |
| **43b** |  | M u/30 | TRIPLE JUMP |
| **43c** |  | M Masters | TRIPLE JUMP |
| **44** |  | W Masters | WEIGHT THROW – A |
| **45a** | 13:15 | W Masters | 100m |
| **45b** |  | M Masters | 100m |
| **45c** |  | G u/16 | 100m |
| **45d** |  | B u/16 | 100m |
| **45e** |  | G u/18 | 100m |
| **45f** |  | B u/18 | 100m |
| **45g** |  | W u/20 | 100m |
| **45h** |  | M u/20 | 100m |
| **45i** |  | W u/20 | 100m |
| **45j** |  | M u/30 | 100m |
| **46a** | 14:00 | M60+ | 2 000m SC (76.2cm) |
| **46b** |  | G u/16 | 2 000m SC (76.2cm) |
| **46c** |  | G u/18 | 2 000m SC (76.2cm) |
| **47a** |  | B u/16 | 2 000m SC (91.4cm) |
| **47b** |  | B u/18 | 2 000m SC (91.4cm) |
| **48a** |  | W u/20 | 3 000m SC (76.2cm) |
| **48b** |  | W u/30 | 3 000m SC (76.2cm) |
| **49a** |  | M u/20 | 3 000m SC (91.4cm) |
| **49b** |  | M u/30 | 3 000m SC (91.4cm) |
| **49c** |  | M 30-59 | 3 000m SC (91.4cm) |
| **50** |  | B u/18 | SHOT PUT – A (5KG) |
| **51** | 14:15 | M Masters | JAVELIN |
| **52a** |  | B u/16 | JAVELIN (600g) |
| **52b** |  | W Masters | POLE VAULT |
| **53a** |  | M Masters | POLE VAULT |
| **53b** |  | G u/16 | POLE VAULT |
| **53c** |  | B u/16 | POLE VAULT |
| **53d** |  | G u/18 | POLE VAULT |
| **53e** |  | B u/18 | POLE VAULT |
| **53f** |  | W u/20 | POLE VAULT |
| **53g** |  | M u/20 | POLE VAULT |
| **53h** |  | W u/30 | POLE VAULT |
| **53i** |  | M u/30 | POLE VAULT |
| **53j** | 14:45 | W Masters | HAMMER THROW |
| **54a** | 14:45 | G u/16 | HAMMER THROW (3KG) |
| **54b** |  | G u/18 | HAMMER THROW (3KG) |
| **54c** |  | W u/20 | HAMMER THROW |
| **54d** |  | W u/30 | HAMMER THROW |
| **55** | 14:45 | M Masters | LONG JUMP |

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|  |  | **EVENT** |
| **56** |  | G u/16 | 1 500m |
| **57a** | 14:50 | M70-79 | 80m HURDLES (76.2cm) |
| **57b** |  | W50-59 | 80m HURDLES (76.2cm) |
| **57c** |  | W40-49 | 80m HURDLES (76.2cm) |
| 58 | 15:00 | B u/16 | 1 500m |
| 59a | 15:05 | M80+ | 80m HURDLES (68.6cm) |
| 59b | 15:10 | W60+ | 80m HURDLES (68.6cm) |
| 60 | 15:15 | G u/18 | 1 500m |
| 61 | 15:20  | B u/18 | 1 500m |
| 62 | 15:20 | G u/16 | 90m HURDLES (76.2cm) |
| 63 | 15:25 | G u/18 | 100m HURDLES (76.2cm) |
| 64a |  | B u/16 | 100m HURDLES (83.8cm) |
| 64b |  | W u/20 | 100m HURDLES (83.8cm) |
| 64c |  | W u/30 | 100m HURDLES (83.8cm) |
| 65a | 15:30 | W Masters | 1 500m |
| 65b |  | W u/20 | 1 500m |
| 65c |  | W u/30 | 1 500m |
| 66 |  | M Masters | SHOT PUT – B |
| 67a |  | W Masters | DISCUSS |
| 67b |  | G u/16 | DISCUSS (1KG) |
| 67c |  | G u/18 | DISCUSS (1KG) |
| 67d |  | W u/20 | DISCUSS (1KG) |
| 67e |  | W u/30 | DISCUSS (1KG) |
| 68a |  | W u/20 | TRIPLE JUMP |
| 68b |  | W u/30 | TRIPLE JUMP |
| 68c |  | W Masters | TRIPLE JUMP |
| 69 | 15:40 | W35-39 | 100m HURDLES (83.8cm) |
| 70 | 15:45 | M60-69 | 100m HURDLES (83.8cm) |
| 71a | 15:50 | M Masters | 1 500m |
| 71b |  | M u/20 | 1 500m |
| 71a |  | M u/30 | 1 500m |
| 72 | 15:55 | M50-59 | 100m HURDLES (91.4cm) |
| 73 | 16:00 | B u/18 | 110m HURDLES (91.4cm) |
| 74 | 16:05 | M u/20 | 110m HURDLES (106.7cm) |
| 75 |  | M u/30 | 110m HURDLES (106.7cm) |
| 76 | 16:10 | M35-49 | 110m HURDLES (99.1cm) |
| 77a | 16:15 | W Masters | 200m |
| 77b |  | M Masters | 200m |
| 78a | 16:15 | G u/16 | 200m |
| 78b |  | B u/16 | 200m |
| 78c |  | G u/18 | 200m |
| 78d |  | B u/18 | 200m |
| 78e |  | W u/20 | 200m |
| 78f |  | M u/20 | 200m |
| 78g |  | W u/30 | 200m |
| 78h |  | M u/30 | 200m |
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