

# PROGRAM FRIDAY 13 MAY 2016

## THROWERS PENTATHLON (3 ATTEMPTS)

| <b>WOMEN</b>             | <b>(30 - 49)</b> | <b>(50 - 59)</b> | <b>(60+)</b> |
|--------------------------|------------------|------------------|--------------|
| HAMMER THROW (Net A)     | 7:30             | 8:15             | 9:00         |
| SHOT PUT (Circle A)      | 8:15             | 09:00            | 9:45         |
| DISCUS THROW (Net B)     | 9:00             | 9:45             | 10:30        |
| JAVELIN THROW (Sector A) | 9:45             | 10:30            | 11:15        |
| WEIGHT THROW (Net C)     | 10:30            | 11:15            | 12:00        |

| <b>TRACK</b> |                  |                        | <b>FIELD</b> |   |                                  |
|--------------|------------------|------------------------|--------------|---|----------------------------------|
| 7:30         | 5 000m Race Walk | W55+                   | 7:30         | Shot Put - Circle B                                     | M70+                             |
| 8:15         | 5 000m Race Walk | M55+                   | 8:15         | Weight Throw - Net C<br>Javelin                         | M50 - 59<br>M60 - 69             |
| 9:00         | 5 000m Race Walk | W30 - 54               | 9:00         | Shot Put - Circle B                                     | M30 - 49                         |
| 10:00        | 5 000m Race Walk | M30 - 54               | 9:45         | Shot Put - Circle B                                     | M50 - 59                         |
| 11:00        | 800m             | Women & Men            | 10:30        | Hammer - Net A<br>Weight Throw - Net D                  | M70+<br>M60 - 69                 |
| 12:00        | 300/200m Hurdles | W50+ / M60+            | 11:15        | Javelin - Sector B                                      | M30 - 49                         |
| 12:15        | 400m Hurdles     | W30 - 49 /<br>M30 - 59 | 12:00        | Hammer - Net A<br>Shot Put - Circle B<br>Discus - Net B | M50 - 59<br>M60 - 69<br>W30 - 49 |

## OPENING CEREMONY / LUNCH 13:00 – 13:30

*Display by the South African Military Health Pipe Band*

| <b>TRACK</b> |                                   |             | <b>FIELD</b> |  |  |
|--------------|-----------------------------------|-------------|--------------|--|--|
| 13:30        | 80/100m Hurdles<br>Heptathlon (1) | Women       | 13:30        | Javelin - Sector A<br>Hammer - Net A   | M70+<br>M30 - 49                                 |
| 13:45        | 100m - Dec. (1)                   | Men         | 13:30        | Discus - Net B   | M60-69   |
| 14:00        | 200m                              | Women & Men | 14:15        | High Jump - Hep. (2)   | Women  |
| 14:45        | 5 000m                            | W30 - 49    | 14:30        | Long Jump - Dec. (2)   | Men  |
| 15:15        | 5 000m                            | M30 - 44    | 15:00        | Weight Throw - Net C<br>Javelin - Sector A<br>Hammer - Net A<br>Weight Throw - Net D<br>Discus - Net B | M30 - 49<br>M50 - 59<br>M60 - 69<br>M70+<br>W60+ |
| 15:45        | 5 000m                            | M45 - 59    | 15:00        | Shot Put - Hep.(3)(Circle B)   | Women  |
| 16:15        | 200m - Heptathlon (4)             | Women       | 15:15        | Shot Put - Dec.(3)<br>(Circle A)   | Men  |
|              |                                   |             | 15:30        | Triple Jump  | Men  |
| 17:00        | 5 000m                            | W50+ / M60+ | 16:00        | High Jump - Dec. (4)   | Men  |
| 17:30        | 400m - Decathlon (5)              | Men         | 16:30        | Triple Jump  | Women  |

## AGM 18:30 FOR 19:00

**5000m & 10000m Runs / Walks cut off times will be guided by starting time of next event**

# PROGRAM SATURDAY 14 MAY 2016

## THROWERS PENTATHLON (3 ATTEMPTS)

**\* (MEN 60+ MUST MAKE TIME FOR DECATHLON DISCUS BETWEEN 10:15 AND 11:00)**

| <b>MEN</b>               | <b>(30 - 49)</b> | <b>(50 - 59)</b> | <b>(60 - 69)</b> | <b>(70+)</b> |
|--------------------------|------------------|------------------|------------------|--------------|
| HAMMER THROW (Net A)     | 7:30             | 8:15             | 9:00             | 9:45         |
| SHOT PUT (Circle A)      | 8:15             | 9:00             | 9:45             | 10:30        |
| DISCUS THROW (Net B)     | 9:00             | 9:45             | 10:30            | 11:15        |
| JAVELIN THROW (Sector A) | 9:45             | 10:30            | 11:15            | 12:00        |
| WEIGHT THROW (Net C)     | 10:30            | 11:15            | 12:00            | 12:45        |

| <b>TRACK</b> |                                      |             | <b>FIELD</b> |   |                         |
|--------------|--------------------------------------|-------------|--------------|---|-------------------------|
|              |                                      |             | 7:00         | Discus Net A  | W50 - 59                |
| 7:00         | 20km Road Walk                       | Women       | 8:15         | Shot Put - Circle B<br>Javelin - Sector B           | W30 - 49<br>W50 - 59    |
| 7:00         | 20km Road Walk                       | Men         | 8:30         | Long Jump   | M30 - 49                |
| 7:30         | 10 000m                              | W30+ /M50+  | 9:00         | High Jump<br>Shot Put - Circle B                    | W30 - 49<br>W60+        |
| 8:00         | 10km Road Walk                       | Women       | 9:45         | Shot Put - Circle B<br>Javelin - Sector B           | W50 - 59<br>W30 - 49    |
| 8:00         | 10km Road Walk                       | Men         | 10:15        | Long Jump   | M50+                    |
| 8:30         | 10 000m                              | M30 - 49    | 10:15        | Discus Throw - Dec. (7)<br>(Net A)                  | Men                     |
| 9:30         | 80/100/110m Hurdles<br>Decathlon (6) | Men         | 10:30        | Javelin - Sector B                                  | W60+                    |
| 10:15        | 80/100/110m Hurdles                  | Men         | 11:00        | Pole Vault - Dec. (8)<br>Pole Vault                 | Men<br>Men & Women      |
| 10:45        | 80/100m Hurdles                      | Women       | 11:15        | Hammer - Net A                                      | W30 - 49                |
| 11:15        | 1 500m                               | Women & Men | 11:30        | Long Jump (Pit A)<br>Long Jump (Pit B)<br>High Jump | W30- 49<br>W50+<br>W50+ |
|              |                                      |             | 12:00        | Discus - Net B<br>Hammer - Net A                    | M30 - 49<br>W50 - 59    |

**LUNCH 13:00 – 13:30**

| <b>TRACK</b> |                       |             | <b>FIELD</b> |  |                      |
|--------------|-----------------------|-------------|--------------|--|----------------------|
| 13:30        | 100m                  | Women & Men | 13:30        | Discus - Net B<br>Weight Throw - Net C       | M50 - 59<br>W30 - 49 |
| 14:45        | 1 500m - Dec. (10)    | Men         | 13:30        | Javelin - Decathlon (9)                      | Men                  |
| 15:45        | 2 000m Steeplechase   | Women /M60+ | 13:30        | High Jump                                    | M50+                 |
| 16:00        | 3 000m Steeplechase   | M30 - 59    | 14:00        | Hammer Net A                                 | W60+                 |
| 16:30        | 400m                  | Women & Men | 14:30        | Long Jump – Hep. (5)                         | Women                |
| 16:50        | 800m - Heptathlon (7) | Women       | 15:00        | Weight Throw - Net C<br>Weight Throw - Net D | W50 - 59<br>W60+     |
| 17:00        | 4 X 100m Relay        | Women & Men | 15:30        | Discus - Net A                               | M70+                 |
|              |                       |             | 15:45        | Javelin - Heptathlon (6)                     | Women                |
|              |                       |             | 15:45        | High Jump                                    | M30 - 49             |

**DINNER /DANCE FUNCTION – 19:00**

5000m & 10000m Runs / Walks cut off times will be guided by starting time of next event