

**THROWS PENTATHLON  
PELLIES PARK ATHLETICS FIELD, UFS, BLOEMFONTEIN  
THURSDAY 26 APRIL 2018**

| <b>WOMEN</b>  | <b>50+</b> | <b>30-49</b> |
|---------------|------------|--------------|
| Hammer Throw  | 07:30      | 15:00        |
| Shot Put      | 08:45      | 16:00        |
| Discus Throw  | 10:00      | 17:00        |
| Javelin Throw | 11:15      | 18:00        |
| Weight Throw  | 12:30      | 19:00        |

  

| <b>MEN</b>    | <b>50+</b> | <b>30-49</b> |
|---------------|------------|--------------|
| Hammer Throw  | 08:45      | 16:00        |
| Shot Put      | 10:00      | 17:00        |
| Discus Throw  | 11:15      | 18:00        |
| Javelin Throw | 12:30      | 19:00        |
| Weight Throw  | 13:45      | 20:00        |

**MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN  
FRIDAY 27 APRIL 2018**

| <b>TRACK</b> |                             |               | <b>FIELD</b> |                          |        |
|--------------|-----------------------------|---------------|--------------|--------------------------|--------|
| 07H30        | 80m Hurdles (Heptathlon-1)  | W40+          | 07H30        | Javelin Throw            | M30-49 |
| 07H35        | 100m Hurdles (Heptathlon-1) | W30-39        | 07H30        | Discus Throw             | M60-69 |
| 07H45        | 200m Hurdles                | W70+/M80+     | 07H30        | Shot Put                 | M70+   |
| 07H50        | 300m Hurdles                | W50-69/M60-79 | 07H30        | Hammer Throw             | W30-49 |
| 08H00        | 400m Hurdles                | W30-49/M30-59 | 07H30        | Long Jump                | W50+   |
| 08H30        | 100m (Decathlon-1)          | Men           | 09H15        | Hammer Throw             | M55-69 |
| 08H40        | 800m                        | Women & Men   | 09H15        | Shot Put                 | W50-59 |
| 09H35        | 5 000m Race Walk            | M65+          | 09H15        | Discus Throw             | W60+   |
| 10H30        | 5 000m Race Walk            | W65+          | 09H45        | Long Jump (Decathlon-2)  | Men    |
| 11H20        | 5 000m Race Walk            | M30-64        | 11H00        | High Jump (Heptathlon-2) | Women  |
| 12H05        | 5 000m Race Walk            | W30-64        | 11H00        | Triple Jump              | Men    |
|              |                             |               | 11H00        | Discus Throw             | M30-49 |
|              |                             |               | 11H00        | Javelin Throw            | M50-64 |
|              |                             |               | 11H00        | Hammer Throw             | M70+   |
|              |                             |               | 12H00        | Shot Put (Decathlon-3)   | Men    |

**OPENING CEREMONY / LUNCH: 12H50 – 13H30**

*Display by the Free State Cheerleaders*

| <b>TRACK</b> |                     |             | <b>FIELD</b> |                         |        |
|--------------|---------------------|-------------|--------------|-------------------------|--------|
| 13H30        | 200M                | Women & Men | 13H30        | Shot Put (Heptathlon-3) | Women  |
| 14H40        | 5 000m              | M30-59      | 13H30        | Discus Throw            | M50-59 |
| 15H10        | 5 000m              | Women/M60+  | 13H30        | Javelin Throw           | W30-54 |
| 15H55        | 200m (Heptathlon-4) | Women       | 13H30        | Weight Throw            | W65+   |
| 16H05        | 400m (Decathlon-5)  | Men         | 14H00        | High Jump (Decathlon-4) | Men    |
|              |                     |             | 15H30        | Weight Throw            | M30-54 |
|              |                     |             | 15H30        | Shot Put                | M60-69 |
|              |                     |             | 15H30        | Discus Throw            | M70+   |
|              |                     |             | 15H30        | Long Jump               | W30-49 |
|              |                     |             | 15H30        | Javelin Throw           | W55+   |

**AGM: 18H00 FOR 18H30**

| <b>MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN<br/>SATURDAY 28 APRIL 2018</b> |                            |               |              |                              |             |
|----------------------------------------------------------------------------|----------------------------|---------------|--------------|------------------------------|-------------|
| <b>TRACK</b>                                                               |                            |               | <b>FIELD</b> |                              |             |
| 07H30                                                                      | 10km Road Walk             | Women & Men   | 07H30        | Long Jump                    | M30-49      |
| 07H30                                                                      | 20km Road Walk             | Women & Men   | 07H30        | High Jump                    | M50+        |
| 08H00                                                                      | 10 000m                    | Women & Men   | 07H30        | Shot Put                     | W30-49      |
| 09H10                                                                      | 110m Hurdles (Decathlon-6) | M30-49        | 07H30        | Discus Throw                 | W50-59      |
| 09H10                                                                      | 110m Hurdles               | M30-49        | 07H30        | Hammer Throw                 | W60+        |
| 09H30                                                                      | 100m Hurdles (Decathlon-6) | M50-69        | 09H15        | High Jump                    | Women       |
| 09H30                                                                      | 100m Hurdles               | M50-69/W30-39 | 09H15        | Long Jump (Heptathlon-5)     | Women       |
| 09H55                                                                      | 80m Hurdles                | M70+/W40+     | 09H15        | Shot Put                     | M50-59      |
| 10H10                                                                      | 1 500m                     | Women & Men   | 09H15        | Javelin Throw                | M65+        |
| 11H20                                                                      | 4 x 100m Relay             | Women & Men   | 10H05        | Discus Throw (Decathlon-7)   | Men         |
|                                                                            |                            |               | 10H30        | Long Jump                    | M50+        |
|                                                                            |                            |               | 11H00        | Pole Vault (Decathlon-8)     | Men         |
|                                                                            |                            |               | 11H00        | Pole Vault                   | Women & Men |
|                                                                            |                            |               | 11H00        | Discus Throw                 | W30-49      |
|                                                                            |                            |               | 11H00        | Weight Throw                 | W50-64      |
|                                                                            |                            |               | 11H00        | Shot Put                     | M30-49      |
|                                                                            |                            |               | 11H30        | Javelin Throw (Heptathlon-6) | Women       |
| <b>LUNCH: 12H30 – 13H00</b>                                                |                            |               |              |                              |             |
| <b>TRACK</b>                                                               |                            |               | <b>FIELD</b> |                              |             |
| 13H00                                                                      | 100m                       | Women & Men   | 13H00        | Javelin Throw (Decathlon-9)  | Men         |
| 14H20                                                                      | 2 000m Steeplechase        | Women/M60+    | 13H00        | Hammer Throw                 | M30-54      |
| 14H50                                                                      | 3 000m Steeplechase        | M30-59        | 13H00        | Weight Throw                 | W30-49      |
| 15H15                                                                      | 800m (Heptathlon-7)        | Women         | 14H30        | Triple Jump                  | Women       |
| 15H30                                                                      | 1 500m (Decathlon-10)      | Men           | 15H00        | High Jump                    | M30-49      |
| 15H45                                                                      | 400m                       | Women & Men   | 15H00        | Weight Throw                 | M55+        |
|                                                                            |                            |               | 15H00        | Hammer Throw                 | W50-59      |
|                                                                            |                            |               | 15H00        | Shot Put                     | W60+        |

**DINNER/DANCE and NATIONAL AWARDS CEREMONY: 18H00 FOR 18H30**