



WPA Senior & Combined Events Championships

20 & 21 March 2020 (Green Point Athletics Stadium)

Friday, 20 March 2020

1	10:00	Pole Vault	Men	Final	
2	10:00	Discus Throw (2kg)	Men	Final	
3	10:00	Shot Put (4kg)	Women	Final	
4	10:00	100m	B.u.18		Decathlon
5	10:05	100m	B.u.20		Decathlon
6	10:10	100m	Men		Decathlon
7	10:15	100m Hurdles (76cm)	G.u.18		Heptathlon
8	10:20	100m Hurdles (84cm)	G.u.20		Heptathlon
9	10:25	100m Hurdles (84cm)	Women		Heptathlon
10	10:30	100m	Men	Heats	
11	10:50	100m	Women	Heats	
12	10:40	Long Jump	B.u.18		Decathlon
13	10:40	Long Jump	B.u.20		Decathlon
14	10:40	Long Jump	Men		Decathlon
15	11:00	3000m Steeple Chase (76cm)	Women	Final	
16	11:00	High Jump	G.u.18		Heptathlon
17	11:00	High Jump	G.u.20		Heptathlon
18	11:00	High Jump	Women		Heptathlon
19	11:15	3000m Steeple Chase (91cm)	Men	Final	
20	11:30	200m	Men	Heats	
21	11:55	200m	Women	Heats	
Medal Presentation					
22	14:00	Discus Throw (1kg)	Women	Final	
23	14:10	800m	Men	Heats	
24	14:25	800m	Women	Heats	
25	14:30	10 000m	Women	Final	
26	14:30	Long Jump	Men	Final	
27	14:30	Shot Put (5kg)	B.u.18		Decathlon
28	14:30	Shot Put (6kg)	B.u.20		Decathlon
29	14:30	Shot Put (7.26kg)	Men		Decathlon
30	14:30	Shot Put (3kg)	G.u.18		Heptathlon
31	14:30	Shot Put (4kg)	G.u.20		Heptathlon
32	14:30	Shot Put (4kg)	Women		Heptathlon
Medal Presentation					
33	15:30	100m	Men	Semi-Finals	
34	15:45	100m	Women	Semi-Finals	
35	16:00	10 000m	Men	Final	
36	16:00	Pole Vault	Women	Final	
37	16:00	Long Jump	Women	Final	
38	16:00	High Jump	B.u.18		Decathlon
39	16:00	High Jump	B.u.20		Decathlon
40	16:00	High Jump	Men		Decathlon
41	16:00	200m	G.u.18		Heptathlon
42	16:05	200m	G.u.20		Heptathlon
43	16:10	200m	Women		Heptathlon
Medal Presentation					

44	17:00	Shot Put (7.26kg)	Men	Final	
45	17:00	400m	Men	Heats	
46	17:20	400m	Women	Heats	
47	17:30	110m Hurdles (106cm)	Men	Heats	
48	17:40	100m Hurdles (84cm)	Women	Heats	
49	18:00	1500m	Men	Heats	
50	18:20	1500m	Women	Heats	
Medal Presentation					
51	19:00	400m	B.u.18		Decathlon
52	19:05	400m	B.u.20		Decathlon
53	19:10	400m	Men		Decathlon

Saturday, 21 March 2020

54	09:30	200m	Men	Semi-Final	
55	09:45	200m	Women	Semi-Final	
56	10:00	Javelin Throw (600g)	Women	Final	
57	10:00	High Jump	Women	Final	
58	10:00	Long Jump	G.u.18		Heptathlon
59	10:00	Long Jump	G.u.20		Heptathlon
60	10:00	Long Jump	Women		Heptathlon
61	10:00	110m Hurdles (91cm)	B.u.18		Decathlon
62	10:05	110m Hurdles (98cm)	B.u.20		Decathlon
63	10:10	110m Hurdles (106cm)	Men		Decathlon
64	10:20	110m Hurdles (106cm)	Men	Final	
65	10:25	100m Hurdles (84cm)	Women	Final	
66	10:40	800m	Men	Final	
67	10:40	Discus Throw (1,5kg)	B.u.18		Decathlon
68	10:40	Discus Throw (2kg)	B.u.20		Decathlon
69	10:40	Discus Throw (2kg)	Men		Decathlon
70	10:50	800m	Women	Final	
71	11:00	100m	Men	Final	
72	11:05	100m	Women	Final	
73	11:20	400m Hurdles (76.2cm)	Women	Final	
74	11:30	400m Hurdles (91.4cm)	Men	Final	
75	11:30	Javelin Throw (500g)	G.u.18		Heptathlon
76	11:30	Javelin Throw (600g)	G.u.20		Heptathlon
77	11:30	Javelin Throw (600g)	Women		Heptathlon
78	11:30	Triple Jump	Women	Final	
Medal Presentation					
79	12:00	5000m	Women	Final	
80	12:00	High Jump	Men	Final	
81	12:00	Hammer Throw (7,26kg)	Men	Final	
82	12:30	5000m	Men	Final	
83	12:40	Pole Vault	B.u.18		Decathlon
84	12:40	Pole Vault	B.u.20		Decathlon
85	12:40	Pole Vault	Men		Decathlon
Medal Presentation					
86	13:00	800m	G.u.18		Heptathlon
87	13:00	800m	G.u.20		Heptathlon
88	13:00	800m	Women		Heptathlon
89	13:15	400m	Women	Final	
90	13:20	400m	Men	Final	
91	13:30	Javelin Throw (800g)	Men	Final	

92	14:00	Triple Jump	Men	Final	
93	14:00	Hammer Throw (4kg)	Women	Final	
94	15:00	200m	Women	Final	
95	15:10	200m	Men	Final	
Medal Presentation					
96	16:00	10km Race Walk	Men	Final	
97	16:00	10km Race Walk	Women	Final	
98	16:30	Javelin Throw (700g)	B.u.18		Decathlon
99	16:30	Javelin Throw (800g)	B.u.20		Decathlon
100	16:30	Javelin Throw (800g)	Men		Decathlon
101	17:30	4 x 400m Relay			
102	17:40	4 x 400m Relay			
103	17:50	1500m	Women	Final	
104	18:00	1500m	Men	Final	
105	18:30	1500m	B.u.18		Decathlon
106	18:30	1500m	B.u.20		Decathlon
107	18:30	1500m	Men		Decathlon