

**FREE STATE SENIOR, U/20, U18 and U/16 TRACK & FIELD CHAMPIONSHIP
28 & 29 FEBRUARY 2020**

MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN



FRIDAY 28 FEBRUARY 2020



NO	TIME	EVENT	AGE GROUP	ROUND	ROUND
1	13:00	5000M RACE WALK	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
2	13:00	5000M RACE WALK	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
3	13:00	5000M RACE WALK	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
4	13:00	LONG JUMP (Pit B)	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
5	13:00	POLE VAULT	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
6	13:00	POLE VAULT	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
7	13:00	HIGH JUMP (Mat B)	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
8	13:00	SHOT PUT(3kg)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
9	13:00	DISCUS THROW (1,75kg)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
10	13:00	DISCUS THROW (2kg)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
11	13:00	JAVELIN (600g)	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
12	14:00	5000M	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
13	14:00	5000M	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
14	14:00	5000M	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
15	14:00	LONG JUMP (Pit A)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
16	14:00	LONG JUMP (Pit A)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
17	14:00	HIGH JUMP (Mat A)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
18	14:20	3000M	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
19	14:30	3000M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
20	14:30	3000M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
21	14:30	SHOT PUT (4kg)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
22	14:30	HAMMER THROW (4kg)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
23	14:30	HAMMER THROW (4kg)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
24	14:30	JAVELIN (500g)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
25	14:45	3000M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
26	15:00	3000M	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
27	15:00	TRIPLE JUMP (Pit B)(9m)	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
28	15:15	200M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)	HEATS	56
29	15:25	200M	BOYS U/16 (14 & 15 yrs - 2005, 2006)	HEATS	57
30	15:35	200M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)	HEATS	58
31	15:45	200M	BOYS U/18 (16 & 17 yrs - 2003, 2004)	HEATS	61
32	15:55	200M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)	FINAL ONLY	62
33	16:00	TRIPLE JUMP (Pit A)(9m)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
34	16:00	POLE VAULT	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
35	16:00	POLE VAULT	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
36	16:00	HIGH JUMP (Mat A)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
37	16:00	SHOT PUT(7,26kg)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
38	16:00	DISCUS THROW (1kg)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
39	16:00	DISCUS THROW (1kg)	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
40	16:00	JAVELIN (800g)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
41	16:00	JAVELIN (800g)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
42	16:05	200M	MEN U/20 (18 & 19 yrs - 2001, 2002)	HEATS	64
43	16:15	200M	SENIOR WOMEN (From 20 yrs - 2000 and before)	HEATS	63
44	16:25	200M	SENIOR MEN (From 20 yrs - 2000 and before)	HEATS	65

NO	TIME	EVENT	AGE GROUP	ROUND	ROUND
45	16:30	LONG JUMP (Pit B)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
46	16:50	400M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)	HEATS	141
47	17:00	400M	BOYS U/16 (14 & 15 yrs - 2005, 2006)	FINAL ONLY	142
48	17:00	HIGH JUMP (Mat B)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
49	17:10	400M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)	FINAL ONLY	143
50	17:20	400M	BOYS U/18 (16 & 17 yrs - 2003, 2004)	HEATS	144
51	17:30	400M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)	FINAL ONLY	145
52	17:30	SHOT PUT (6 kg)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
53	17:30	HAMMER THROW (6kg)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
54	17:30	HAMMER THROW (7.26kg)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
55	17:40	400M	MEN U/20 (18 & 19 yrs - 2001, 2002)	HEATS	147
56	17:50	200M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
57	17:55	200M	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
58	18:00	200M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
59	18:00	TRIPLE JUMP (Pit B)(13m)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
60	18:00	TRIPLE JUMP (Pit A)(13m)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
61	18:05	200M	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
62	18:10	200M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
63	18:15	200M	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
64	18:20	200M	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
65	18:25	200M	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
66	18:35	400M HURDLES(76.2)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
67	18:45	400M HURDLES (76.2)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
68	18:50	400M HURDLES (76.2)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
69	18:55	300M HURDLES (76,2)	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
70	19:05	300M HURDLES (83,8)	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
71	19:10	400M HURDLES (83,8)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
72	19:15	400M HURDLES (91.4)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
73	19:20	400M HURDLES (91.4)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
74	19:25	800M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
75	19:30	800M	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
76	19:35	800M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
77	19:40	800M	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
78	19:45	800M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
79	19:50	800M	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
80	19:55	800M	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
81	20:00	800M	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
ACCORDING TO WA (IAAF) AND ASA RULES					

**FREE STATE SENIOR, U/20, U18 and U/16 TRACK & FIELD CHAMPIONSHIP
28 & 29 FEBRUARY 2020**

MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN

SATERDAY 29 FEBRUARY 2020



NO	TIME	EVENT	AGE GROUP	ROUND	ROUND
82	07:00	10,000M RACE WALK	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
83	07:00	10,000M RACE WALK	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
84	07:00	10,000M RACE WALK	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
85	07:00	10,000M RACE WALK	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
86	07:00	10,000M RACE WALK	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
87	07:00	TRIPLE JUMP (Pit A)(11m)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
88	07:00	TRIPLE JUMP (Pit A)(11m)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
89	09:00	JAVELIN (700g)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
90	07:00	DISCUS THROW (1.5kg)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
91	07:00	DISCUS THROW (1.00kg)	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
92	07:00	HIGH JUMP (Mat A)	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
93	07:00	SHOT PUT (4kg)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
94	08:00	HIGH JUMP (Mat B)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
95	08:10	1500M STEEPLE (76,2)	BOYS & GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
96	08:20	2000M STEEPLE (83.8)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
97	08:20	2000M STEEPLE (76,2)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
98	08:30	SHOT PUT(4kg)	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
99	08:30	3000M STEEPLE (76.2)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
100	08:45	3000 M STEEPLE CHASE (76,2)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
101	09:00	3000 M STEEPLE CHASE (91,4)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
102	09:00	LONG JUMP (Pit B)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
103	09:00	LONG JUMP (Pit A)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
104	09:00	HAMMER THROW (3kg)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
105	09:00	HAMMER THROW (3kg)	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
106	09:00	JAVELIN (500g)	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
107	09:15	3000 M STEEPLE CHASE (91,4)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
108	09:30	100M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)	FINAL ONLY	158
109	09:40	100M	BOYS U/16 (14 & 15 yrs - 2005, 2006)	FINAL ONLY	159
110	09:50	100M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)	FINAL ONLY	160
111	10:00	100M	BOYS U/18 (16 & 17 yrs - 2003, 2004)	HEATS	161
112	10:00	HIGH JUMP (Mat A)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
113	10:00	POLE VAULT	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
114	10:00	POLE VAULT	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
115	10:00	POLE VAULT	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
116	10:00	POLE VAULT	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
117	10:10	100M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)	FINAL ONLY	162
118	10:20	100M	SENIOR WOMEN (From 20 yrs - 2000 and before)	FINAL ONLY	163
119	10:30	100M	MEN U/20 (18 & 19 yrs - 2001, 2002)	HEATS	164
120	10:30	SHOTPUT (3kg)	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
121	10:40	100M	SENIOR MEN (From 20 yrs - 2000 and before)	HEATS	165
122	10:45	LONG JUMP (Pit A)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
123	10:45	LONG JUMP (Pit B)	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
124	10:45	JAVELIN (600g)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
125	10:45	JAVELIN (600g)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL

NO	TIME	EVENT	AGE GROUP	ROUND	ROUND
126	10:50	1500M	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
127	11:00	1500M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
128	11:00	HIGH JUMP (Mat B)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
129	11:10	90M HURDLES (76,2)	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
130	11:20	100M HURDLES (76,2)	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
131	11:25	100M HURDLES (83,8)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
132	11:30	100M HURDLES (83,8)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
133	11:30	HAMMER THROW (4kg)	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
134	11:30	HAMMER THROW (5kg)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
135	11:35	100M HURDLES (83,8)	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
136	11:45	110M HURDLES (91,4)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
137	11:50	110M HURDLES (99,1)	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
138	11:55	110M HURDLES (106,7)	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
139	12:00	TRIPLE JUMP (Pit A)(11m)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
140	12:00	TRIPLE JUMP (Pit B)(9m)	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
141	12:05	400M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
142	12:10	400M	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
143	12:15	400M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
144	12:20	400M	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
145	12:25	400M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
146	12:30	400M	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
147	12:35	400M	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
148	12:40	400M	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
149	12:50	1500M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
150	13:00	1500M	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
151	13:00	SHOT PUT (5kg)	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
152	13:00	DISCUS THROW (1kg)	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
153	13:00	DISCUS THROW (1kg)	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
154	13:10	1500M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
155	13:20	1500M	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
156	13:30	1500M	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
157	13:40	1500M	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
158	13:50	100M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
159	13:55	100M	BOYS U/16 (14 & 15 yrs - 2005, 2006)		FINAL
160	14:00	100M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
161	14:05	100M	BOYS U/18 (16 & 17 yrs - 2003, 2004)		FINAL
162	14:10	100M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
163	14:15	100M	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
164	14:20	100M	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
165	14:25	100M	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
166	14:30	5000M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
167	14:50	10000M	SENIOR WOMEN (From 20 yrs - 2000 and before)		FINAL
168	15:30	10000M	MEN U/20 (18 & 19 yrs - 2001, 2002)		FINAL
169	16:10	10000M	SENIOR MEN (From 20 yrs - 2000 and before)		FINAL
ACCORDING TO WA (IAAF) AND ASA RULES					

EVENTS BECOMING FINALS ONLY					
32	15:55	200M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)	FINAL ONLY	62
47	17:00	400M	BOYS U/16 (14 & 15 yrs - 2005, 2006)	FINAL ONLY	142
49	17:10	400M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)	FINAL ONLY	143
51	17:30	400M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)	FINAL ONLY	145
108	09:30	100M	GIRLS U/16 (14 & 15 yrs - 2005, 2006)	FINAL ONLY	158
109	09:40	100M	BOYS U/16 (14 & 15 yrs - 2005, 2006)	FINAL ONLY	159
110	09:50	100M	GIRLS U/18 (16 & 17 yrs - 2003, 2004)	FINAL ONLY	160
117	10:10	100M	WOMEN U/20 (18 & 19 yrs - 2001, 2002)	FINAL ONLY	162
118	10:20	100M	SENIOR WOMEN (From 20 yrs - 2000 and before)	FINAL ONLY	163