

 FREE STATE JUNIOR AND SENIOR TRACK & FIELD CHAMPIONSHIP 27 March 2021 MANGAUNG ATHLETICS STADIUM BLOEMFONTEIN SATURDAY 27 MARCH 2021 				
1	07:00	10,000M RACE WALK	BOYS U/18 (16 & 17 YRS - 2004,2005)	FINAL
2	07:00	10 000 M RACE WALK	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
3	07:00	10,000M RACE WALK	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
4	07:00	10 000 M RACE WALK	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
5	07:00	10,000M RACE WALK	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
6	08:00	DISCUS THROW (1,75 kg) (CIRCLE B)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
11	08:15	DISCUS THROW (2 kg) (CIRCLE B)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
16	08:15	5000 M	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
17	08:15	5000 M	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
18	08:15	5000 M	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
19	8:30	HIGH JUMP (MAT B)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
20	08:30	HIGH JUMP (MAT A)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
21	08:45	LONG JUMP (PIT A)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
22	08:45	LONG JUMP (PIT A)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
23	09:00	SHOT PUT (4kg)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
24	09:00	3000 M	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
25	09:20	200 M	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
26	09:30	200 M	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
27	09:40	200 M	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
28	09:50	200 M	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
29	10:00	HAMMER THROW (4 kg) (CIRCLE A)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
30	10:00	HAMMER THROW (4 kg) (CIRCLE A)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
31	10:10	SHOT PUT (7,26 kg)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
32	10:10	800 M	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
33	10:20	800 M	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
34	10:30	800 M	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
35	10:30	TRIPLE JUMP PIT B (13)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
36	10:30	TRIPLE JUMP PIT A (13)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
37	10:30	JAVELIN (800 g)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
41	10:30	JAVELIN (800 g)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
42	10:40	800 M	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
43	10:50	400 M HURDLES (76,2cm)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
46	11:00	400 M HURDLES (76,2cm)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
47	11:10	400 MHURDLES (91,4 cm)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
48	11:20	400 M HURDLES (91,4cm)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
49	11:30	HAMMER THROW (6 kg) (CIRCLE A)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
50	11:30	HAMMER THROW (7,26 kg) (CIRCLE A)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
51	11:40	TRIPLE JUMP PIT A (11)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
52	11:40	TRIPLE JUMP PIT A (11)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
55	11:40	SHOT PUT (4 KG)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
56	11:40	3000 M STEEPLE (76,2)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
57	11:50	3000 M STEEPLE (76,2)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
58	12:00	3000 M STEEPLE (91,4)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
59	12:00	3000 M STEEPLE (91,4)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
60	12:10	HIGH JUMP (MAT A)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
61		HIGH JUMP (MAT A)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
62	12:10	100 M	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
63	12:20	100 M	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
64	12:30	100 M	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
65	12:40	100 M	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
66	12:50	JAVELIN (600 g)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
67	12:50	JAVELIN (600 g)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
68	12:50	SHOT PUT (6 KG)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
69	12:50	1500 M	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
70	13:00	1500 M	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
71	13:10	1500 M	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
72	13:20	1500 M	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
73	13:30	LONG JUMP (PIT B)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
74	13:30	LONG JUMP (PIT A)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
75	13:30	DISCUS THROW (1 kg) (CIRCLE B)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
76	13:30	DISCUS THROW (1 kg) (CIRCLE B)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
77	13:30	100 M HURDLES (83,8)	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
78	13:35	100 M HURDLES (83,8)	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
79	13:45	110 M HURDLES (99,1)	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
80	13:55	110 M HURDLES (106,7)	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
81	14:05	400 M	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
82	14:15	400 M	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
83	14:25	400 M	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
84	14:35	400 M	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
85	14:45	5000 M	WOMEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
86	15:05	10 000 M	SENIOR WOMEN (FROM 20 YRS 2001 AND BEFORE)	FINAL
87	15:45	10 000 M	MEN U/20 (18 & 19 YRS - 2002,2003)	FINAL
88	16:15	10 000 M	SENIOR MEN (FROM 20 YRS 2001 AND BEFORE)	FINAL

ACCORDING TO WA (IAAF) AND ASA RULES