

SOUTH AFRICAN SENIOR & COMBINED EVENTS CHAMPIONSHIPS
Bestmed TUKS Stadium - Pretoria - 15 to 17 March 2018

FINAL TIMETABLE



RULES OF IAAF and ASA

DAY ONE - THURSDAY, 15 March 2018

Event No	Time	Event	Category	Round	Comments
1	09:30	110m Hurdles (106,7cm)	Senior Men	Heats	Final Item
2	09:50	100m	Boys U/18	Decathlon	
3	09:55	100m	Men U/20	Decathlon	
4	10:00	100m	Senior Men	Decathlon	
5	10:15	100m	Senior Men	Heats	Semi-Finals Item
6	10:55	100m	Senior Women	Heats	Semi-Finals Item
7	11:00	Long Jump	Boys U/18	Decathlon	
8	11:00	Long Jump	Men U/20	Decathlon	
9	11:00	Long Jump	Senior Men	Decathlon	
10	11:00	Javelin Throw (800g)	Senior Men	Final	
11	11:00	High Jump	Senior Women	Final	
12	11:00	Hammer Throw (4kg)	Senior Women	Final	
13	11:00	Pole Vault	Senior Women	Final	
14	11:30	1500m	Senior Women	Heats	Final Item
15	11:45	1500m	Senior Men	Heats	Final Item
16	12:20	400m Hurdles (91,4cm)	Senior Men	Heats	Final Item
17	12:40	400m Hurdles (76,2cm)	Senior Women	Heats	Final Item
18	14:00	Shot Put (5kg)	Boys U/18	Decathlon	
19	14:00	Shot Put (6kg)	Men U/20	Decathlon	
20	14:00	Shot Put (7,26kg)	Senior Men	Decathlon	
21	14:30	50km Race Walk	Women	Final	
22	14:30	50km Race Walk	Men	Final	
23	15:00	Long Jump	Senior Men	Qualifiers	Final Item
24	15:00	Pole Vault	Senior Men	Final	
25	15:00	100m	Senior Men	Semi-Finals	Final Item
26	15:20	100m	Senior Women	Semi-Finals	Final Item
27	15:45	400m	Senior Men	Heats	Semi-Finals Item
28	16:00	High Jump	Boys U/18	Decathlon	
29	16:00	High Jump	Men U/20	Decathlon	
30	16:00	High Jump	Senior Men	Decathlon	
31	16:30	400m	Senior Women	Heats	Final Item
32	17:15	800m	Senior Men	Heats	Semi-Finals Item
33	17:30	Long Jump	Senior Women	Final	
34	17:30	Shot Put (4kg)	Senior Women	Final	
35	17:30	Discus Throw (2kg)	Senior Men	Final	
36	17:50	5000m	Senior Women	Final	
37	18:25	10000m	Senior Men	Final	
38	19:15	400m	Boys U/18	Decathlon	
39	19:25	400m	Men U/20	Decathlon	
40	19:40	400m	Senior Men	Decathlon	
41	19:55	4 x 100m Relay	Senior Women	Final	
42	20:05	4 x 100m Relay	Senior Men	Final	

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RULES OF IAAF and ASA

DAY TWO - FRIDAY, 16 March 2018

Event No	Time	Event	Category	Round	Comments
43	09:00	110m Hurdles (106,7cm)	Senior Men	Decathlon	
44	09:10	110m Hurdles (99,1cm)	Men U/20	Decathlon	
45	09:15	110m Hurdles (91,4cm)	Boys U/18	Decathlon	
46	09:25	100m Hurdles (76,2cm)	Girls U/18	Heptathlon	
47	09:35	100m Hurdles (83,8cm)	Women U/20	Heptathlon	
48	09:40	100m Hurdles (83,8cm)	Senior Women	Heptathlon	
49	09:45	100m Hurdles (83,8cm)	Senior Women	Heats	Final Item
50	10:00	Discus Throw (1,5kg)	Boys U/18	Decathlon	
51	10:00	Discus Throw (1,75kg)	Men U/20	Decathlon	
52	10:00	Discus Throw (2kg)	Senior Men	Decathlon	
53	10:05	200m	Senior Women	Heats	Semi-Finals Item
54	10:25	200m	Senior Men	Heats	Semi-Finals Item
55	10:30	High Jump	Girls U/18	Heptathlon	
56	10:30	High Jump	Women U/20	Heptathlon	
57	10:30	High Jump	Senior Women	Heptathlon	
58	11:00	800m	Senior Women	Heats	Final Item
59	11:00	Triple Jump (13m)	Senior Men	Final	
60	11:00	Shot Put (7,26kg)	Senior Men	Final	
61	11:15	800m	Senior Men	Semi-Finals	Final Item
62	11:30	Pole Vault	Boys U/18	Decathlon	
63	11:30	Pole Vault	Men U/20	Decathlon	
64	11:30	Pole Vault	Senior Men	Decathlon	
65	14:00	200m	Senior Women	Semi-Finals	Final Item
66	14:00	Hammer Throw (7,26kg)	Senior Men	Final	
67	14:00	Shot Put (3kg)	Girls U/18	Heptathlon	
68	14:00	Shot Put (4kg)	Women U/20	Heptathlon	
69	14:00	Shot Put (4kg)	Senior Women	Heptathlon	
70	14:15	200m	Senior Men	Semi-Finals	Final Item
71	15:00	Triple Jump (11m)	Senior Women	Final	
72	16:00	Javelin Throw (700g)	Boys U/18	Decathlon	
73	16:00	Javelin Throw (800g)	Men U/20	Decathlon	
74	16:00	Javelin Throw (800g)	Senior Men	Decathlon	
75	16:30	High Jump	Senior Men	Final	
76	17:00	400m	Senior Men	Semi-Finals	Final Item
77	17:25	110m Hurdles (106,7cm)	Senior Men	Final	
78	17:35	100m Hurdles (83,8cm)	Senior Women	Final	
79	17:45	200m	Girls U/18	Heptathlon	
80	17:55	200m	Women U/20	Heptathlon	
81	18:05	200m	Senior Women	Heptathlon	
82	18:20	3000m Steeple Chase	Senior Women	Final	76,2cm
83	18:45	3000m Steeple Chase	Senior Men	Final	91,4cm
84	19:00	1500m	Boys U/18	Decathlon	
85	19:10	1500m	Men U/20	Decathlon	
86	19:20	1500m	Senior Men	Decathlon	
87	19:30	1500m	Senior Men	Final	
88	19:40	1500m	Senior Women	Final	
89	19:50	100m	Senior Women	Final	
90	19:55	100m	Senior Men	Final	

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DAY THREE - SATURDAY, 17 March 2018

Event No	Time	Event	Category	Round	Comments
91	08:00	20km Walk	Senior Women	Final	
92	08:30	20km Walk	Senior Men	Final	
93	09:30	10km Walk	Junior Women	Final	
94	09:30	10km Walk	Junior Men	Final	
95	09:30	Long Jump	Girls U/18	Heptathlon	
96	09:30	Long Jump	Women U/20	Heptathlon	
97	09:30	Long Jump	Senior Women	Heptathlon	
98	13:00	Javelin Throw (500g)	Girls U/18	Heptathlon	
99	13:00	Javelin Throw (600g)	Women U/20	Heptathlon	
100	13:00	Javelin Throw (600g)	Senior Women	Heptathlon	
101	16:50	800m	Girls U/18	Heptathlon	
102	16:55	800m	Women U/20	Heptathlon	
103	17:00	800m	Senior Women	Heptathlon	
104	17:00	Long Jump	Senior Men	Final	
105	17:00	Javelin Throw (600g)	Senior Women	Final	
106	17:00	Discus Throw (1kg)	Senior Women	Final	
107	17:15	400m Hurdles (91,4cm)	Senior Men	Final	
108	17:25	400m Hurdles (76,2cm)	Senior Women	Final	
109	17:40	200m	Senior Women	Final	
110	17:50	200m	Senior Men	Final	
111	18:00	5000m	Senior Men	Final	
112	18:25	400m	Senior Women	Final	
113	18:35	400m	Senior Men	Final	
114	18:45	10000m	Senior Women	Final	
115	19:25	800m	Senior Men	Final	
116	19:35	800m	Senior Women	Final	
117	19:45	4*400m Relay	Senior Women	Final	
118	19:55	4*400m Relay	Senior Men	Final	