



1992-2019

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**BOARD MEMBERS**

PRES: Mr. Aleck Skhosana  
VICE-PRES: Dr Harold Adams  
T+F: Mr. Pieter Lourens  
RR: Mr. James Moloi  
CC: Mr. Jakes Jacobs  
Ath: Ms. Dorah Mngwevu  
ADD: Ms. Motlatsi Keikabile  
Ms. Shireen Noble  
Ms. Esther Malema  
Ms. Ntathu Gwadiso  
E.O. Mr. Jazz Mnyengeza  
Mr. William Mokatsanyane

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Mluleki GEORGE

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SA Sports Trust

**MISSION**

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	31 January 2019
Subject	Venue And Programme of 2019 ASA National Senior T&F Championships
No pages	7

**ELECTRONIC TRANSMISSION**

**ASA CIRCULAR 17 OF 2019 - VENUE AND PROGRAMME OF 2019 ASA NAT SENIOR T&F CHAMPS**

**Dear ASA Members**

With reference to ASA Circular 11 of 2019, ASA would like to thank ASA Members for the more than 50 recommendations and presentations received to improve the programme for the 2019 ASA Senior T&F Championships.

As a reminder, the elite athletes requested in 2018 for the amendment of the programme of ASA National Championships programmes to allow for more recovery time; and to allow sprinters to recover before participating in the relay events. The latter is due to the emphasis of ASA on preparing relays for the 2020 Olympic Games.

Please find attached the final draft of the 2019 ASA Senior T&F Championships. The final version of the mentioned programme will be available immediately after the Technical Meeting on 24 April 2019.

The following detail is relevant:

**Event: 2019 ASA National Senior and Combined Events Champs**  
**Date: 25-27 April 2019**  
**Venue: Germiston Stadium, Germiston**

Members must please take note that, other than previous years, the 2019 ASA National Senior and Combined Events Champs will not only focus on performances of the athletes, but will create a total experience for athletes and spectators in and around the stadium.

This are made possible due to a series of sponsors that have invested in the 2019 ASA National Senior and Combined Events Champs.

More information will follow soon.

Athletics greetings

Richard Stander  
ASA ACEO  
Not signed due to electronic sending

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SOUTH AFRICAN SENIOR & COMBINED EVENTS CHAMPIONSHIPS					
GERMISTON STADIUM - CENTRAL GAUTENG - 25 TO 27 APRIL 2019					
PROVISIONAL TIME TABLE					
HELD UNDER THE RULES OF IAAF AND ASA - <i>VESION 7</i> - 23RD JAN 2019					
DAY ONE - THURSDAY, 25 APRIL 2019					
		<u>MORNING</u> <u>SESSION</u>			
Event No	Time	Event	Category	Round	Comments
1	09h00	110m Hurdles	Senior Men	Heats	<b>106.7cm - Final Item 81</b>
2	09h15	100m	Boys U/18	Decathlon	
3	<b>09h30</b>	<b>Shot Put</b>	<b>Mixed PARA Women</b>	<b>Final</b>	
4	09h30	100m	Men U/20	Decathlon	
5	09h45	100m	Senior Men	Decathlon	
6	10h00	100m	Senior Women	Heats	Semi-Finals Item 31
7	<b>10h00</b>	<b>Pole Vault</b>	<b>Senior Women</b>	<b>Final</b>	
8	10h30	100m	Senior Men	Heats	Semi-Finals Item 32
9	<b>10h30</b>	<b>Javelin Throw</b>	<b>Senior Men</b>	<b>Final</b>	<b>800g</b>
10	<b>10h30</b>	<b>High Jump</b>	<b>Senior Women</b>	<b>Final</b>	
11	<b>10h30</b>	<b>Hammer Throw</b>	<b>Senior Women</b>	<b>Final</b>	<b>4kg</b>
12	<b>10h30</b>	<b>Shot Put</b>	<b>Mixed PARA Men</b>	<b>Final</b>	
13	11h00	1500m	Senior Women <i>(incorp PARA)</i>	Heats	<b>Final Item 94</b>
14	11h00	Long Jump	Boys U/18	Decathlon	
15	11h00	Long Jump	Men U/20	Decathlon	
16	11h00	Long Jump	Senior Men	Decathlon	
17	11h20	1500m	Senior Men <i>(incorp PARA)</i>	Heats	<b>Final Item 93</b>
18	11h45	400m Hurdles	Senior Men	Heats	<b>91.4cm - Final Item 116</b>
19	12h00	400m Hurdles	Senior Women	Heats	<b>76.2cm - Final Item 117</b>
		<u>AFTERNOON /</u> <u>EVENING</u> <u>SESSION</u>			
Event No	Time	Event	Category	Round	Comments
20	14h30	Shot Put	Boys U/18	Decathlon	5kg
21	14h30	Shot Put	Men U/20	Decathlon	6kg
22	14h30	Shot Put	Senior Men	Decathlon	7.26kg

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Page 2 of 7

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23	14h30	100m	Senior Women	Semi-Finals	<b>Final Item 35</b>
24	14h45	100m	Senior Men	Semi-Finals	<b>Final Item 36</b>
25	<b>15h00</b>	<b>100m</b>	<b>T12 PARA Men</b>	<b>Final</b>	
26	15h00	Long Jump	Senior Men <i>(incorp PARA)</i>	Qualifiers	<b>Final Item 110</b>
27	<b>15h15</b>	<b>100m</b>	<b>Mixed PARA Women</b>	<b>Final</b>	
28	<b>15h30</b>	<b>Pole Vault</b>	<b>Senior Men</b>	<b>Final</b>	
29	<b>15h30</b>	<b>100m</b>	<b>Mixed PARA Men</b>	<b>Final</b>	
30	15h45	400m	Senior Women <i>(incorp PARA)</i>	Heats	<b>Final Item 111</b>
31	16h10	400m	Senior Men	Heats	Semi-Finals Item 92
32	16h30	High Jump	Boys U/18	Decathlon	
33	16h30	High Jump	Men U/20	Decathlon	
34	16h30	High Jump	Senior Men	Decathlon	
35	<b>16h45</b>	<b>100m</b>	<b>Senior Women</b>	<b>Final</b>	
36	<b>16h55</b>	<b>100m</b>	<b>Senior Men</b>	<b>Final</b>	
37	<b>17h10</b>	<b>5000m</b>	<b>Senior Women (incorp PARA)</b>	<b>Final</b>	
38	<b>17h30</b>	<b>Long Jump</b>	<b>Senior Women (incorp PARA)</b>	<b>Final</b>	
39	<b>17h30</b>	<b>Shot Put</b>	<b>Senior Women</b>	<b>Final</b>	<b>4kg</b>
40	<b>17h30</b>	<b>Discus Throw</b>	<b>Senior Men</b>	<b>Final</b>	<b>2kg</b>
41	<b>17h40</b>	<b>10000m</b>	<b>Senior Men</b>	<b>Final</b>	
42	18h30	800m	Senior Men <i>(incorp PARA)</i>	Heats	Semi-Finals Item 65
43	19h00	400m	Boys U/18	Decathlon	
44	19h15	400m	Men U/20	Decathlon	
45	19h30	400m	Senior Men	Decathlon	

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GERMISTON STADIUM - CENTRAL GAUTENG - 25 TO 27 APRIL 2019					
PROVISIONAL TIME TABLE					
HELD UNDER THE RULES OF IAAF AND ASA					
DAY TWO - FRIDAY, 26 April 2019					
		<b>MORNING SESSION</b>			
Event No	Time	Event	Category	Round	Comments
46	08h30	110m Hurdles	Senior Men	Decathlon	106.7cm
47	08h40	110m Hurdles	Men U/20	Decathlon	99.1cm
48	08h50	110m Hurdles	Boys U/18	Decathlon	91.4cm
49	09h00	100m Hurdles	Senior Women	Heptathlon	83.8cm
50	09h10	100m Hurdles	Women U/20	Heptathlon	83.8cm
51	09h20	100m Hurdles	Girls U/18	Heptathlon	76.2cm
52	09h30	100m Hurdles	Senior Women	Heats	83.8cm - <b>Final Item 82</b>
53	09h45	200m	Senior Women <i>(incorp PARA)</i>	Heats	Semi-Finals Item 72
54	10h00	Discus Throw	Boys U/18	Decathlon	1.5kg
55	10h00	Discus Throw	Men U/20	Decathlon	1.75kg
56	10h00	Discus Throw	Senior Men	Decathlon	2kg
57	<b>10h00</b>	<b>Javelin</b>	<b>Mixed PARA Women</b>	<b>Final</b>	
58	10h15	200m	Senior Men	Heats	Semi-Finals Item 74
59	10h30	High Jump	Girls U/18	Heptathlon	
60	10h30	High Jump	Women U/20	Heptathlon	
61	10h30	High Jump	Senior Women	Heptathlon	
62	<b>10h30</b>	<b>Triple Jump</b>	<b>Senior Men</b>	<b>Final</b>	<b>13m</b>
63	10h45	800m	Senior Women <i>(incorp PARA)</i>	Heats	<b>Final Item 120</b>
64	<b>11h00</b>	<b>Javelin</b>	<b>Mixed PARA Men</b>	<b>Final</b>	
65	11h15	800m	Senior Men	Semi-Finals	<b>Final Item 121</b>
66	11h30	Pole Vault	Boys U/18	Decathlon	
67	11h30	Pole Vault	Men U/20	Decathlon	
68	11h30	Pole Vault	Senior Men	Decathlon	
		<b>AFTERNOON /</b>			

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Page 4 of 7

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		<b><u>EVENING SESSION</u></b>			
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Category</b>	<b>Round</b>	<b>Comments</b>
69	15h30	Shot Put	Girls U/18	Heptathlon	3kg
70	15h30	Shot Put	Women U/20	Heptathlon	4kg
71	15h30	Shot Put	Senior Women	Heptathlon	4kg
72	15h45	200m	Senior Women	Semi-Finals	<b>Final Item 118</b>
73	<b>16h00</b>	<b>Hammer Throw</b>	<b>Senior Men</b>	<b>Final</b>	<b>7.26kg</b>
74	16h00	200m	Senior Men	Semi-Finals	<b>Final Item 119</b>
75	16h00	Javelin Throw	Boys U/18	Decathlon	700g
76	16h00	Javelin Throw	Men U/20	Decathlon	800g
77	16h00	Javelin Throw	Senior Men	Decathlon	800g
78	<b>16h20</b>	<b>200m</b>	<b>T12 PARA Men</b>	<b>Final</b>	
79	<b>16h30</b>	<b>Triple Jump</b>	<b>Senior Women</b>	<b>Final</b>	<b>11m</b>
80	<b>16h30</b>	<b>200m</b>	<b>Mixed PARA Men</b>	<b>Final</b>	
81	<b>16h50</b>	<b>110m Hurdles</b>	<b>Senior Men</b>	<b>Final</b>	<b>106.7cm</b>
82	<b>17h00</b>	<b>100m Hurdles</b>	<b>Senior Women</b>	<b>Final</b>	<b>83.8cm</b>
83	<b>17h00</b>	<b>High Jump</b>	<b>Senior Men (incorp PARA)</b>	<b>Final</b>	
84	17h10	200m	Girls U/18	Heptathlon	
85	17h20	200m	Women U/20	Heptathlon	
86	17h30	200m	Senior Women	Heptathlon	
87	17h45	1500m	Boys U/18	Decathlon	
88	18h00	1500m	Men U/20	Decathlon	
89	18h15	1500m	Senior Men	Decathlon	
90	<b>18h30</b>	<b>3000m Steeple Chase</b>	<b>Senior Men</b>	<b>Final</b>	<b>91,4cm</b>
91	<b>18h50</b>	<b>3000m Steeple Chase</b>	<b>Senior Women</b>	<b>Final</b>	<b>76,2cm</b>
92	19h10	400m	Senior Men	Semi-Finals	<b>Final Item 112</b>
93	<b>19h30</b>	<b>1500m</b>	<b>Senior Men</b>	<b>Final</b>	
94	<b>19h45</b>	<b>1500m</b>	<b>Senior Women</b>	<b>Final</b>	

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GERMISTON STADIUM - CENTRAL GAUTENG - 25 TO 27 APRIL 2019					
PROVISIONAL TIME TABLE					
HELD UNDER THE RULES OF IAAF AND ASA					
DAY THREE - SATURDAY, 27 APRIL 2019					
<b>MORNING SESSION</b>					
Event No	Time	Event	Category	Round	Comments
95	07:30	20km Walk	Senior Women	Final	
96	07:40	20km Walk	Senior Men	Final	
97	09h30	Discus	Mixed PARA Women	Final	
98	10h00	Long Jump	Girls U/18	Heptathlon	
99	10h00	Long Jump	Women U/20	Heptathlon	
100	10h00	Long Jump	Senior Women	Heptathlon	
101	11h00	Discus	Mixed PARA Men	Final	
102	12h00	Javelin Throw	Girls U/18	Heptathlon	500g
103	12h00	Javelin Throw	Women U/20	Heptathlon	600g
104	12h00	Javelin Throw	Senior Women	Heptathlon	600g
<b>AFTERNOON / EVENING SESSION</b>					
Event No	Time	Event	Category	Round	Comments
105	15h50	800m	Girls U/18	Heptathlon	
106	16h00	800m	Women U/20	Heptathlon	
107	16h10	800m	Senior Women	Heptathlon	
108	16h15	Javelin Throw	Senior Women	Final	600g
109	16h20	400m	Mixed PARA Men	Final	
110	16h30	Long Jump	Senior Men	Final	
111	16h30	400m	Senior Women	Final	
112	16h40	400m	Senior Men	Final	
113	16h45	Discus Throw	Senior Women	Final	1kg
114	16h50	10000m	Senior Women	Final	

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115	17h00	Shot Put	Senior Men	Final	7.26kg
116	17h40	400m Hurdles	Senior Men	Final	91.4cm
117	17h50	400m Hurdles	Senior Women	Final	76.2cm
118	18h05	200m	Senior Women	Final	
119	18h15	200m	Senior Men	Final	
120	18h25	800m	Senior Women	Final	
121	18h35	800m	Senior Men	Final	
122	18h50	4 x 100m Relay	Senior Women	Final	<i>Time Placing if required</i>
123	19h00	4 x 100m Relay	Senior Men	Final	<i>Time Placing if required</i>
124	19h10	5000m	Senior Men ( <i>incorp PARA</i> )	Final	
125	19h40	4 x 400m Relay	Senior Women	Final	<i>Time Placing if required</i>
126	19h50	4 x 400m Relay	Senior Men	Final	<i>Time Placing if required</i>

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Page 7 of 7

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