

**SOUTH AFRICAN SENIOR & COMBINED EVENTS CHAMPIONSHIPS**  
**Germiston Stadium - Ekurhuleni - 25 to 27 April 2019**



**REVISED TIME TABLE**

**RULES OF IAAF and ASA**

**DAY THREE - SATURDAY, 27 APRIL 2019**

**MORNING SESSION**

Event No	Time	Event	Category	Round	Comments
100	07:30	20km Walk	Senior Women	Final	
101	07:40	20km Walk	Senior Men	Final	
65	09h00	800m	Senior Men	3 x Semi-Fin	Final Item 127
102	09h30	Discus	Mixed PARA Women	Final	
103	10h00	Long Jump	Girls U/18	Heptathlon	
104	10h00	Long Jump	Women U/20	Heptathlon	
105	10h00	Long Jump	Senior Women	Heptathlon	
106	11h00	Discus	Mixed PARA Men	Final	
107	12h00	Javelin Throw	Girls U/18	Heptathlon	500g
108	12h00	Javelin Throw	Women U/20	Heptathlon	600g
109	12h00	Javelin Throw	Senior Women	Heptathlon	600g
39	12h00	Long Jump	Senior Women	Final	

**Day 3**

**AFTERNOON / EVENING SESSION**

Event No	Time	Event	Category	Round	Comments
110	15h00	5000m Walk	Mixed Age MASTERS Women	Final	
111	15h50	800m	Girls U/18	Heptathlon	
112	16h00	800m	Women U/20	Heptathlon	
113	16h10	800m	Senior Women	Heptathlon	
114	16h15	Javelin Throw	Senior Women	Final	600g
115	16h20	400m	Mixed PARA Men	Final	
116	16h30	Long Jump	Senior Men	Final	
117	16h30	400m	Senior Women	Final	
118	16h40	400m	Senior Men	Final	
119	16h45	Discus Throw	Senior Women	Final	1kg
120	16h50	10000m	Senior Women	Final	
121	17h00	Shot Put	Senior Men	Final	7.26kg
122	17h40	400m Hurdles	Senior Men	Final	91.4cm
123	17h50	400m Hurdles	Senior Women	Final	76.2cm
124	18h05	200m	Senior Women	Final	
125	18h15	200m	Senior Men	Final	
126	18h25	800m	Senior Women	Final	
127	18h35	800m	Senior Men	Final	
128	18h50	4 x 100m Relay	Senior Women	Final	Time Placing if required
129	19h00	4 x 100m Relay	Senior Men	Final	Time Placing if required
130	19h10	5000m	Senior Men	Final	
131	19h40	4 x 400m Relay	Senior Women	Final	Time Placing if required
132	19h50	4 x 400m Relay	Senior Men	Final	Time Placing if required