

ATHLETICS MPUMALANGA/MPUMALANGA SECONDARY SCHOOLS**COMBINED CHAMPIONSHIPS****PROGRAM**

	TYD	ITEM	GENDER
1	08:00	5000M	B 19 + MEN
2	08:00	LONG JUMP	G 19 + WOMEN
3	08:00	TRIPLE JUMP	G 17
4	08:00	HIGH JUMP	G 15
5	08:00	SHOT PUT	B 17
6	08:00	DISCUS THROW	B 19 + MEN
7	08:00	JAVELIN THROW	G 15
8	08:25	5000M	G 19 + WOMEN
9	08:50	3000M	B 17
10	09:00	LONG JUMP	B 17
11	09:00	TRIPLE JUMP	B 15
12	09:00	HIGH JUMP	B 19 + MEN
13	09:00	SHOT PUT	G 15
14	09:00	DISCUS THROW	G 17
15	09:00	JAVELIN THROW	B 19 + MEN
16	09:05	3000M	G 17
17	09:20	3000M	B 15
18	09:35	3000M	G 15
19	09:50	400M HURDLES	B 19 + MEN
20	10:00	400M HURDLES	B17
21	10:00	LONG JUMP	G 15
22	10:00	TRIPLE JUMP	G 19 + WOMEN
23	10:00	HIGH JUMP	G 17
24	10:00	SHOT PUT	B 19 + MEN
25	10:00	DISCUS THROW	B 15
26	10:00	JAVELIN THROW	G 17
27	10:10	400M HURDLES	G 19 + WOMEN
28	10:20	400M HURDLES	G 17
29	10:30	300M HURDLES	G 15
30	10:40	300M HURDLES	B 15
31	10:50	100M	B 19 + MEN
32	11:00	100M	G 19 + WOMEN
33	11:00	TRIPLE JUMP	B 19 + MEN
34	11:00	HIGH JUMP	B 17
35	11:00	SHOT PUT	G 19 + WOMEN
36	11:00	DISCUS THROW	G 15
37	11:00	JAVELIN THROW	B 17
38	11:10	100M	B 17
39	11:20	100M	G 17
40	11:30	100M	B 15
41	11:40	100M	G 15
42	11:50	800M	G 15
43	12:00	800M	B 15
44	12:00	LONG JUMP	G 17

	TYD	ITEM	GENDER
45	12:00	TRIPLE JUMP	G 15
46	12:00	HIGH JUMP	G 19 + WOMEN
47	12:00	SHOT PUT	B 15
48	12:00	DISCUS THROW	B 17
49	12:00	JAVELIN THROW	G 19
50	12:10	800M	G 17
51	12:20	800M	B 17
52	12:30	800M	G 19 + WOMEN
53	12:40	800M	B 19 + MEN
54	13:00	LONG JUMP	B 19 + MEN
55	13:00	TRIPLE JUMP	B 17
56	13:00	HIGH JUMP	B 15
57	13:00	SHOT PUT	G 17
58	13:00	DISCUS THROW	G 19 + WOMEN
59	13:00	JAVELIN THROW	B 15
60	13:05	90M HURDLES	G 15
61	13:15	100M HURDLES	G 17
62	13:25	100M HURDLES	B 15
63	13:35	100M HURDLES	G 19 + WOMEN
64	13:45	110M HURDLES	B 17
65	13:55	110M HURDLES	B 19 + MEN
66	14:00	LONG JUMP	B 15
67	14:00	HAMMER THROW	GIRLS
68	14:05	200M	G 15
69	14:15	200M	B 15
70	14:25	200M	G17
71	14:35	200M	B 17
72	14:45	200M	G 19 + WOMEN
73	14:55	200M	B 19 + MEN
74	15:00	HAMMER THROW	BOYS
75	15:05	1500M	G 15
76	15:15	1500M	B 15
77	15:25	1500M	G 17
78	15:35	1500M	B 17
79	15:45	1500M	G 19 + WOMEN
80	15:55	1500M	B 19 + MEN
81	16:05	400M	G 15
82	16:15	400M	B 15
83	16:25	400M	G 17
84	16:35	400M	B 17
85	16:45	400M	G 19 + WOMEN
86	16:55	400M	B 19 + MEN

ATHLETICS MPUMALANGA/MPUMALANGA SECONDARY SCHOOLS
COMBINED CHAMPIONSHIPS

STARTING HIGHTS HIGH JUMP- BAR WILL GO UP IN 5CM INCREMENTS

G 15	1,39M	QUALIFYING HIGHT	1,54M
G 17	1,45M	QUALIFYING HIGHT	1,60M
G 19	1,45M	QUALIFYING HIGHT	1,60M
B 15	1,57M	QUALIFYING HIGHT	1,72M
B 17	1,73M	QUALIFYING HIGHT	1,88M
B 19	1,79M	QUALIFYING HIGHT	1,91M