

PROGRAM

Performance Scores: ABSA_2007 table, Electronic Time, Height above sea=80

Seq	Time	Pit	Event	Next	Spec
START OF DAY 1					
1	16:00		Heat 1 of 6 Men 25 200m (SENIOR)	(Semi Final=30)	
2	16:00		Heat 2 of 6 Men 25 200m (SENIOR)	(Semi Final=30)	
3	16:00		Heat 3 of 6 Men 25 200m (SENIOR)	(Semi Final=30)	
4	16:00		Heat 4 of 6 Men 25 200m (SENIOR)	(Semi Final=30)	
5	16:00		Heat 5 of 6 Men 25 200m (SENIOR)	(Semi Final=30)	
6	16:00		Heat 6 of 6 Men 25 200m (SENIOR)	(Semi Final=30)	
7	16:20		Heat 1 of 3 Women 25 200m (SENIOR)	(Final=42)	
8	16:20		Heat 2 of 3 Women 25 200m (SENIOR)	(Final=42)	
9	16:20		Heat 3 of 3 Women 25 200m (SENIOR)	(Final=42)	
10	16:30		Final Women 25 TripleJump (SENIOR)		
11	16:30		Final Women Mixed TripleJump (MASTERS 30 +)		
12	16:30		Final Men 25 TripleJump (SENIOR)		
13	16:30		Final Men Mixed TripleJump (MASTERS 30 +)		
14	16:35		Final Women Mixed 300m Hurdles (MASTERS 50 - 69)		
15	16:40		Final Men Mixed 300m Hurdles (MASTERS 50+)		
16	16:42		Final Women 25 400m Hurdles (SENIOR & MASTERS 30 - 49)		
17	16:45		Final Women Mixed 400m Hurdles (MASTERS 30 - 59)		
18	16:48		Final Men Mixed 400m Hurdles (MASTERS 30 +)		
19	16:56		Final Men 25 400m Hurdles (SENIOR)		
20	17:00		Final Women 25 HighJump (SENIOR)		
21	17:00		Final Women Mixed HighJump (MASTERS 30 +)		
22	17:00		Final Women 25 Javelin (SENIOR)		
23	17:00		Final Women Mixed Javelin (MASTERS 30 +)		
24	17:00		Final Men 25 Shotput (SENIOR)		
25	17:00		Final Men Mixed Shotput (MASTERS 30 +)		
26	17:05		Heat 1 of 3 Men 25 800m (SENIOR)	(Final=47)	
27	17:05		Heat 2 of 3 Men 25 800m (SENIOR)	(Final=47)	
28	17:05		Heat 3 of 3 Men 25 800m (SENIOR)	(Final=47)	
29	17:30		Final Women Mixed 5km Walk (MASTERS 30 +)		
30	18:15		Semi Final 1 of 3 Men 25 200m (SENIOR)	(Final=43)	
31	18:15		Semi Final 2 of 3 Men 25 200m (SENIOR)	(Final=43)	
32	18:15		Semi Final 3 of 3 Men 25 200m (SENIOR)	(Final=43)	
33	18:30		Final Men Mixed 5km Walk (MASTERS 30 +)		
34	19:00		Final Men 25 Javelin (SENIOR)		
35	19:00		Final Men Mixed Javelin (MASTERS 30 +)		
36	19:00		Final Women 25 Shotput (SENIOR)		
37	19:00		Final Women Mixed Shotput (MASTERS 30 +)		
38	19:15		Final Men Mixed 10000m (SENIOR & MASTERS)		
39	19:15		Final Women Mixed 10000m (SENIOR & MASTERS)		
40	20:40		Final Women Mixed 200m (MASTERS 30 +)		
41	20:42		Final Men Mixed 200m (MASTERS 30 +)		
42	20:44		Final Women 25 200m (SENIOR)		
43	20:46		Final Men 25 200m (SENIOR)		
44	20:48		Final Women Mixed 800m (MASTERS 30 +)		
45	20:54		Final Men Mixed 800m (MASTERS 30 +)		
46	20:57		Final Women 25 800m (SENIOR)		
47	21:00		Final Men 25 800m (SENIOR)		
START OF DAY 2					

48	05:00	Final Women 25 20km Walk (SENIOR)	
49	05:00	Final Men 25 20km Walk (SENIOR)	
50	06:00	Final Women Mixed 10km Walk (MASTERS 30 +)	
51	06:00	Final Men Mixed 10km Walk (MASTERS 30 +)	
52	08:30	Final Men 25 LongJump (SENIOR)	
53	08:30	Final Women 25 Discus (SENIOR)	
54	08:30	Final Men Mixed Weight (MASTERS 30 +)	
55	08:45	Heat 1 of 2 Men 25 1500m (SENIOR)	(Final=111)
56	08:45	Heat 2 of 2 Men 25 1500m (SENIOR)	(Final=111)
57	09:00	Heat 1 of 6 Men 25 400m (SENIOR)	(Semi Final=91)
58	09:00	Heat 2 of 6 Men 25 400m (SENIOR)	(Semi Final=91)
59	09:00	Heat 3 of 6 Men 25 400m (SENIOR)	(Semi Final=91)
60	09:00	Heat 4 of 6 Men 25 400m (SENIOR)	(Semi Final=91)
61	09:00	Heat 5 of 6 Men 25 400m (SENIOR)	(Semi Final=91)
62	09:00	Heat 6 of 6 Men 25 400m (SENIOR)	(Semi Final=91)
63	09:30	Final Men Mixed LongJump (MASTERS 30 +)	
64	09:30	Final Women Mixed Discus (MASTERS 30 +)	
65	09:30	Final Women Mixed 5000m (SENIOR & MASTERS)	
66	10:00	Heat 1 of 6 Men 25 100m (SENIOR)	(Semi Final=88)
67	10:00	Heat 2 of 6 Men 25 100m (SENIOR)	(Semi Final=88)
68	10:00	Heat 3 of 6 Men 25 100m (SENIOR)	(Semi Final=88)
69	10:00	Heat 4 of 6 Men 25 100m (SENIOR)	(Semi Final=88)
70	10:00	Heat 5 of 6 Men 25 100m (SENIOR)	(Semi Final=88)
71	10:00	Heat 6 of 6 Men 25 100m (SENIOR)	(Semi Final=88)
72	10:00	Final Men 25 Discus (SENIOR)	
73	10:00	Final Women Mixed Weight (MASTERS 30 +)	
74	10:20	Heat 1 of 2 Women 25 100m (SENIOR)	(Final=105)
75	10:20	Heat 2 of 2 Women 25 100m (SENIOR)	(Final=105)
76	10:30	Final Men 25 HighJump (SENIOR)	
77	10:30	Final Women 25 LongJump (SENIOR)	
78	10:30	Final Men Mixed 2000m SteepleChase (MASTERS 60 +)	
79	10:30	Final Women Mixed 2000m SteepleChase (MASTERS 30 +)	
80	10:40	Final Women Mixed 80m Hurdles (MASTERS 40 +)	
81	10:45	Final Women 25 100m Hurdles (SENIOR & MASTERS 30 - 39)	
82	10:50	Final Men Mixed 100m Hurdles (MASTERS 50 +)	
83	10:55	Final Women Mixed 200m Hurdles (MASTERS 70 +)	
84	10:55	Final Men Mixed 110m Hurdles (SNR & MAST 30 - 49)	
85	11:00	Final Men Mixed 200m Hurdles (MASTERS 80 +)	
86	11:05	Final Men Mixed 5000m (SENIOR & MASTERS)	
87	11:20	Final Men Mixed Discus (MASTERS 30 +)	
88	11:30	Semi Final 1 of 3 Men 25 100m (SENIOR)	(Final=107)
89	11:30	Semi Final 2 of 3 Men 25 100m (SENIOR)	(Final=107)
90	11:30	Semi Final 3 of 3 Men 25 100m (SENIOR)	(Final=107)
91	11:30	Semi Final 1 of 3 Men 25 400m (SENIOR)	(Final=115)
92	11:30	Semi Final 2 of 3 Men 25 400m (SENIOR)	(Final=115)
93	11:30	Semi Final 3 of 3 Men 25 400m (SENIOR)	(Final=115)
94	11:30	Final Women 25 Hammer (SENIOR)	
95	11:30	Final Men 25 Hammer (SENIOR)	
96	11:50	Final Men Mixed HighJump (MASTERS 30 +)	
97	11:50	Final Women Mixed LongJump (MASTERS 30 +)	
98	12:00	Final Women 25 Polevault (SENIOR)	
99	12:00	Final Men 25 Polevault (SENIOR)	

100	12:50	Final Women Mixed Hammer (MASTERS 30 +)
101	12:50	Final Men Mixed Hammer (MASTERS 30 +)
102	13:00	Final Women 25 3000m SteepleChase (SNR & MAST 30 - 59)
103	13:20	Final Men 25 3000m SteepleChase (SNR & MAST 30 - 59)
104	13:40	Final Women Mixed 100m (MASTERS 30 +)
105	13:45	Final Women 25 100m (SENIOR)
106	13:50	Final Men Mixed 100m (MASTERS 30 +)
107	13:55	Final Men 25 100m (SENIOR)
108	14:00	Final Women Mixed 1500m (MASTERS 30 +)
109	14:10	Final Women 25 1500m (SENIOR)
110	14:20	Final Men Mixed 1500m (MASTERS 30 +)
111	14:55	Final Men 25 1500m (SENIOR)
112	15:05	Final Women Mixed 400m (MASTERS 30 +)
113	15:10	Final Women 25 400m (SENIOR)
114	15:15	Final Men Mixed 400m (MASTERS 30 +)
115	15:20	Final Men 25 400m (SENIOR)
116	15:25	Final Women 25 4X100m Relay
117	15:30	Final Men 25 4X100m Relay