

SOUTH AFRICAN SUB-YOUTH ; YOUTH ; JUNIOR & UNDER 23 CHAMPIONSHIPS
Coetzenburg Stadium Stellenbosch - 3 to 5 April 2014

TIME TABLE



HELD UNDER THE RULES OF IAAF and ASA

DAY ONE - THURSDAY, 3 April 2014

Event No	Time	Event	Category	Round	Comments
1	07:00	5000m Walk	Sub-Youth Boys	Final	
2	07:00	5000m Walk	Sub-Youth Girls	Final	
3	07:00	5000m Walk	Youth Girls	Final	
4	07:40	10000m	Junior Men	Final	
5	08:20	3000m	Sub-Youth Girls	Final	
6	08:35	3000m	Sub-Youth Boys	Final	
7	08:40	High Jump	Sub-Youth Boys	Qualifying	Final Event 60
8	08:40	Discus Throw (1,5kg)	Youth Boys	Qualifying	Final Event 98
9	08:40	Long Jump	Junior Men	Qualifying	Final Event 240
10	08:50	100m	Sub-Youth Girls	Heats	Semi-Final Event 63
11	09:10	100m	Youth Girls	Heats	Semi-Final Event 66
12	09:10	Javelin Throw (800g)	Junior Men	Qualifying	Final Event 229
13	09:10	Shot Put (3kg)	Sub-Youth Girls	Qualifying	Final Event 108
14	09:40	Pole Vault	Sub-Youth Girls	Final	
15	09:30	100m	Junior Women	Heats	Semi-Final Event 67
16	09:50	100m	Sub-Youth Boys	Heats	Semi-Final Event 68
17	10:10	100m	Youth Boys	Heats	Semi-Final Event 71
18	10:10	Triple Jump (9m)	Sub-Youth Girls	Qualifying	Final Event 168
19	10:10	Hammer Throw (4kg)	Junior Women	Final	
20	10:30	100m	Junior Men	Heats	Semi-Final Event 72
21	10:50	400m	Sub-Youth Girls	Heats	Semi-Final Event 48
22	11:05	400m	Youth Girls	Heats	Semi-Final Event 184
23	11:10	Javelin Throw (500g)	Sub-Youth Girls	Qualifying	Final Event 107
24	11:10	Shot Put (4kg)	Sub-Youth Boys	Qualifying	Final Event 90
25	11:10	High Jump	Sub-Youth Girls	Qualifying	Final Event 59
26	11:25	400m	Junior Women	Heats	Semi-Final Event 185
27	11:40	Triple Jump (9m)	Sub-Youth Boys	Qualifying	Final Event 169
28	11:40	Discus Throw (1,75kg)	Junior Men	Qualifying	Final Event 85
29	11:45	400m	Sub-Youth Boys	Heats	Semi-Final Event 49
30	12:00	400m	Youth Boys	Heats	Semi-Final Event 190
31	12:10	Pole Vault	Sub-Youth Boys	Final	
32	12:20	400m	Junior Men	Heats	Semi-Final Event 191
33	12:40	3000m	Youth Girls	Final	
34	12:55	3000m	Junior Women	Final	
35	13:10	300m Hurdles (76,2cm)	Sub-Youth Girls	Heats	Final Event 119
36	13:10	Javelin Throw (600g)	Sub-Youth Boys	Qualifying	Final Event 143
37	13:10	Hammer Throw (3kg)	Youth Girls	Final	
38	13:10	Shot Put (4kg)	Junior Women	Qualifying	Final Event 230
39	13:10	Long Jump	Junior Women	Qualifying	Final Event 232
40	13:25	300m Hurdles (83,8cm)	Sub-Youth Boys	Heats	Final Event 118
41	13:40	200m	Sub-Youth Girls	Heats	Semi-Final Event 104
42	13:40	High Jump	Youth Boys	Qualifying	Final Event 152
43	14:00	200m	Sub-Youth Boys	Heats	Semi-Final Event 105
44	14:20	3000m Steeple Chase	Junior Women	Final	(76,2cm)
45	14:35	3000m Steeple Chase	Junior Men	Final	(91,1cm)
46	14:40	Discus Throw (1kg)	Sub-Youth Girls	Qualifying	Final Event 167
47	14:40	Long Jump	Sub-Youth Boys	Qualifying	Final Event 83

48	14:50	400m	Sub-Youth Girls	Semi-Finals	Final Event 170
49	15:00	400m	Sub-Youth Boys	Semi-Finals	Final Event 171
50	15:10	800m	Youth Girls	Heats	Final Event 222
51	15:10	Javelin Throw (700g)	Youth Boys	Qualifying	Final Event 245
52	15:10	Shot Put (5kg)	Youth Boys	Qualifying	Final Event 192
53	15:10	Pole Vault	Youth Girls	Final	
54	15:30	800m	Junior Women	Heats	Final Event 223
55	15:50	800m	Sub-Youth Girls	Heats	Final Event 100
56	16:10	800m	Sub-Youth Boys	Heats	Final Event 101
57	16:10	Discus Throw (1kg)	Sub-Youth Boys	Qualifying	Final Event 138
58	16:10	Long Jump	Sub-Youth Girls	Qualifying	Final Event 84
59	16:10	High Jump	Sub-Youth Girls	Final	Mat A
60	16:10	High Jump	Sub-Youth Boys	Final	Mat B
61	16:30	800m	Youth Boys	Heats	Final Event 225
62	16:50	800m	Junior Men	Heats	Final Event 226
63	17:10	100m	Sub-Youth Girls	Semi-Finals	Final Event 131
64	17:10	Shot Put (3kg)	Youth Girls	Qualifying	Final Event 144
65	17:10	Javelin Throw (600g)	Junior Women	Qualifying	Final Event 125
66	17:20	100m	Youth Girls	Semi-Finals	Final Event 132
67	17:30	100m	Junior Women	Semi-Finals	Final Event 133
68	17:40	100m	Sub-Youth Boys	Semi-Finals	Final Event 135
69	17:40	Long Jump	Youth Boys	Qualifying	Final Event 231
70	17:40	Hammer Throw (3kg)	Sub-Youth Girls	Final	
71	17:50	100m	Youth Boys	Semi-Finals	Final Event 136
72	18:00	100m	Junior Men	Semi-Finals	Final Event 137
73	18:15	3000m	Youth Boys	Final	
74	18:30	1500m	Sub-Youth Girls	Heats	Final Event 159
75	18:45	1500m	Sub-Youth Boys	Heats	Final Event 160
76	19:00	Medley Relay	Sub-Youth Girls	Final	
77	19:10	Medley Relay	Sub-Youth Boys	Final	

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HELD UNDER THE RULES OF IAAF and ASA



DAY TWO - FRIDAY, 4 April 2014

Event No	Time	Event	Category	Round	Comments
78	06:50	10000m Walk	Junior Women	Final	
79	06:50	10000m Walk	Women Under 23	Final	
80	08:00	10000m	Women Under 23	Final	
81	08:40	90m Hurdles (76,2cm)	Sub-Youth Girls	Heats	Final Event 154
82	08:50	100m Hurdles (76,2cm)	Youth Girls	Heats	Final Event 216
83	09:00	Long Jump	Sub-Youth Boys	Final	Pit A
84	09:00	Long Jump	Sub-Youth Girls	Final	Pit B
85	09:00	Discus Throw (1,75kg)	Junior Men	Final	
86	09:00	High Jump	Youth Girls	Qualifying	Final Event 153
87	09:05	100m Hurdles (83,8cm)	Junior Women	Heats	Final Event 217
88	09:15	100m Hurdles (83,8cm)	Women Under 23	Heats	Final Event 218
89	09:25	100m Hurdles (83,8cm)	Sub-Youth Boys	Heats	Final Event 155
90	09:30	Shot Put (4kg)	Sub-Youth Boys	Final	Circle A
91	09:30	Javelin Throw (500g)	Youth Girls	Qualifying	Final Event 211
92	09:40	110m Hurdles (91,4cm)	Youth Boys	Heats	Final Event 219
93	09:55	110m Hurdles (99,1cm)	Junior Men	Heats	Final Event 220
94	10:00	Pole Vault	Youth Boys	Final	
95	10:10	110m Hurdles (106,7cm)	Men Under 23	Heats	Final Event 221
96	10:20	800m	Women Under 23	Heats	Final Event 224
97	10:30	800m	Men Under 23	Heats	Final Event 227
98	10:30	Discus Throw (1,5kg)	Youth Boys	Final	
99	10:30	Triple Jump (13m)	Junior Men	Qualifying	Final Event 186
100	10:40	800m	Sub-Youth Girls	Final	
101	10:45	800m	Sub-Youth Boys	Final	
102	10:50	100m	Women Under 23	Heats	Semi-Final Event 134
103	11:00	100m	Men Under 23	Heats	Semi-Final Event 140
104	11:10	200m	Sub-Youth Girls	Semi-Finals	Final Event 156
105	11:20	200m	Sub-Youth Boys	Semi-Finals	Final Event 157
106	11:30	200m	Youth Girls	Heats	Semi-Final Event 197
107	11:30	Javelin Throw (500g)	Sub-Youth Girls	Final	
108	11:30	Shot Put (3kg)	Sub-Youth Girls	Final	Circle B
109	11:30	High Jump	Junior Men	Qualifying	Final Event 201
110	11:45	200m	Junior Women	Heats	Semi-Final Event 204
111	12:00	200m	Youth Boys	Heats	Semi-Final Event 206
112	12:00	Long Jump	Youth Girls	Qualifying	Final Event 241
113	12:00	Discus Throw (1kg)	Junior Women	Qualifying	Final Event 188
114	12:15	200m	Junior Men	Heats	Semi-Final Event 207
115	12:30	200m	Women Under 23	Heats	Semi-Final Event 205
116	12:30	Pole Vault	Junior Women	Final	
117	12:40	200m	Men Under 23	Heats	Semi-Final Event 208
118	12:55	300m Hurdles (83,8cm)	Sub-Youth Boys	Final	
119	13:00	300m Hurdles (76,2cm)	Sub-Youth Girls	Final	
120	13:05	400m Hurdles (76,2cm)	Youth Girls	Heats	Final Event 235
121	13:20	400m Hurdles (76,2cm)	Junior Women	Heats	Final Event 236
122	13:30	400m Hurdles (76,2cm)	Women Under 23	Heats	Final Event 237
123	13:30	Hammer Throw (4kg)	Sub-Youth Boys	Final	
124	13:30	Shot Put (6kg)	Junior Men	Qualifying	Final Event 246

125	13:30	Javelin Throw (600g)	Junior Women	Final	
126	13:30	Triple Jump (9m)	Junior Women	Qualifying	Final Event 200
127	13:45	400m Hurdles (83,8cm)	Youth Boys	Heats	Final Event 238
128	14:00	400m Hurdles (91,4cm)	Junior Men	Heats	Final Event 242
129	14:00	High Jump	Junior Women	Qualifying	Final Event 249
130	14:15	400m Hurdles (91,4cm)	Men Under 23	Heats	Final Event 243
131	14:30	100m	Sub-Youth Girls	Final	
132	14:35	100m	Youth Girls	Final	
133	14:40	100m	Junior Women	Final	
134	14:45	100m	Women Under 23	Semi-Finals	Final event 163
135	14:50	100m	Sub-Youth Boys	Final	
136	14:55	100m	Youth Boys	Final	
137	15:00	100m	Junior Men	Final	
138	15:00	Discus Throw (1kg)	Sub-Youth Boys	Final	
139	15:00	Triple Jump (11m)	Youth Boys	Qualifying	Final Event 199
140	15:05	100m	Men Under 23	Semi-Finals	Final Event 164
141	15:10	1500m	Youth Girls	Heats	Final Event 264
142	15:25	1500m	Junior Women	Heats	Final Event 265
143	15:30	Javelin Throw (600g)	Sub-Youth Boys	Final	
144	15:30	Shot Put (3kg)	Youth Girls	Final	Circle A
145	15:30	Pole Vault	Women Under 23	Final	
146	15:40	1500m	Women Under 23	Heats	Final Event 266
147	15:50	1500m	Youth Boys	Heats	Final Event 267
148	16:05	1500m	Junior Men	Heats	Final Event 268
149	16:20	1500m	Men Under 23	Heats	Final Event 269
150	16:30	Triple Jump (9m)	Youth Girls	Qualifying	Final Event 187
151	16:30	Hammer Throw (7,26kg)	Men Under 23	Final	
152	16:30	High Jump	Youth Boys	Final	Mat A
153	16:30	High Jump	Youth Girls	Final	Mat B
154	16:35	90m Hurdles (76,2cm)	Sub-Youth Girls	Final	
155	16:40	100m Hurdles (83,8cm)	Sub-Youth Boys	Final	
156	16:50	200m	Sub-Youth Girls	Final	
157	16:55	200m	Sub-Youth Boys	Final	
158	17:05	5000m	Men Under 23	Final	
159	17:20	1500m	Sub-Youth Girls	Final	
160	17:25	1500m	Sub-Youth Boys	Final	
161	17:30	Javelin Throw (600g)	Women Under 23	Final	
162	17:30	Shot Put (4kg)	Women Under 23	Final	Circle B
163	17:35	100m	Women Under 23	Final	
164	17:40	100m	Men Under 23	Final	
165	17:50	400m	Women Under 23	Heats	Semi-Final Event 189
166	18:00	400m	Men Under 23	Heats	Semi-Final Event 194
167	18:00	Discus Throw (1kg)	Sub-Youth Girls	Final	
168	18:00	Triple Jump (9m)	Sub-Youth Girls	Final	Pit A
169	18:00	Triple Jump (9m)	Sub-Youth Boys	Final	Pit B
170	18:10	400m	Sub-Youth Girls	Final	
171	18:15	400m	Sub-Youth Boys	Final	
172	18:20	4*100m Relay	Sub-Youth Girls	Final	
173	18:30	4*100m Relay	Youth Girls	Final	
174	18:40	4*100m Relay	Junior Women	Final	
175	18:50	4*100m Relay	Women Under 23	Final	
176	19:00	4*100m Relay	Sub-Youth Boys	Final	
177	19:10	4*100m Relay	Youth Boys	Final	
178	19:20	4*100m Relay	Junior Men	Final	
179	19:30	4*100m Relay	Men Under 23	Final	

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TIME TABLE

HELD UNDER THE RULES OF IAAF and ASA



DAY THREE - SATURDAY, 5 April 2014

Event No	Time	Event	Category	Round	Comments
180	06:50	10000m Walk	Youth Boys	Final	
181	06:50	10000m Walk	Junior Men	Final	
182	06:50	10000m Walk	Men Under 23	Final	
183	08:00	10000m	Men Under 23	Final	
184	08:50	400m	Youth Girls	Semi-Finals	Final Event 255
185	09:00	400m	Junior Women	Semi-Finals	Final Event 256
186	09:00	Triple Jump (13m)	Junior Men	Final	Pit A
187	09:00	Triple Jump (9m)	Youth Girls	Final	Pit B
188	09:00	Discus Throw (1kg)	Junior Women	Final	
189	09:10	400m	Women Under 23	Semi-Finals	Final Event 257
190	09:20	400m	Youth Boys	Semi-Finals	Final Event 258
191	09:30	400m	Junior Men	Semi-Finals	Final Event 259
192	09:30	Shot Put (5kg)	Youth Boys	Final	Circle A
193	09:30	Javelin Throw (800g)	Men Under 23	Final	
194	09:40	400m	Men Under 23	Semi-Finals	Final Event 260
195	09:55	2000m Steeple Chase	Youth Girls	Final	(76,2cm)
196	10:10	2000m Steeple Chase	Youth Boys	Final	(91,1cm)
197	10:30	200m	Youth Girls	Semi-Finals	Final Event 244
198	10:30	Hammer Throw (6kg)	Junior Men	Final	
199	10:30	Triple Jump (11m)	Youth Boys	Final	Pit A
200	10:30	Triple Jump (9m)	Junior Women	Final	Pit B
201	10:30	High Jump	Junior Men	Final	Mat A
202	10:30	High Jump	Women Under 23	Final	Mat B
203	10:30	Pole Vault	Men Under 23	Final	
204	10:40	200m	Junior Women	Semi-Finals	Final Event 250
205	10:50	200m	Women Under 23	Semi-Finals	Final Event 251
206	11:00	200m	Youth Boys	Semi-Finals	Final Event 252
207	11:10	200m	Junior Men	Semi-Finals	Final Event 253
208	11:20	200m	Men Under 23	Semi-Finals	Final Event 254
209	11:30	3000m Steeple Chase	Women Under 23	Final	(76,2cm)
210	11:30	Shot Put (7,26kg)	Men Under 23	Final	Circle B
211	11:30	Javelin Throw (500g)	Youth Girls	Final	
212	11:50	3000m Steeple Chase	Men Under 23	Final	(91,1cm)
213	12:00	Discus Throw (1kg)	Women Under 23	Final	
214	12:00	Long Jump	Men Under 23	Final	Pit A
215	12:00	Long Jump	Women Under 23	Final	Pit B
216	12:10	100m Hurdles (76,2cm)	Youth Girls	Final	
217	12:20	100m Hurdles (83,8cm)	Junior Women	Final	
218	12:25	100m Hurdles (83,8cm)	Women Under 23	Final	
219	12:35	110m Hurdles (91,4cm)	Youth Boys	Final	
220	12:45	110m Hurdles (99,1cm)	Junior Men	Final	
221	12:55	110m Hurdles (106,7cm)	Men Under 23	Final	
222	13:05	800m	Youth Girls	Final	
223	13:10	800m	Junior Women	Final	
224	13:15	800m	Women Under 23	Final	
225	13:20	800m	Youth Boys	Final	
226	13:25	800m	Junior Men	Final	

227	13:30	800m	Men Under 23	Final	
228	13:30	Hammer Throw (5kg)	Youth Boys	Final	
229	13:30	Javelin Throw (800g)	Junior Men	Final	
230	13:30	Shot Put (4kg)	Junior Women	Final	Circle A
231	13:30	Long Jump	Youth Boys	Final	Pit A
232	13:30	Long Jump	Junior Women	Final	Pit B
233	13:40	5000m	Junior Women	Final	
234	14:05	5000m	Junior Men	Final	
235	14:30	400m Hurdles (76,2cm)	Youth Girls	Final	
236	14:40	400m Hurdles (76,2cm)	Junior Women	Final	
237	14:50	400m Hurdles (76,2cm)	Women Under 23	Final	
238	15:00	400m Hurdles (83,8cm)	Youth Boys	Final	
239	15:00	Hammer Throw (4kg)	Women Under 23	Final	
240	15:00	Long Jump	Junior Men	Final	Pit A
241	15:00	Long Jump	Youth Girls	Final	Pit B
242	15:10	400m Hurdles (91,4cm)	Junior Men	Final	
243	15:20	400m Hurdles (91,4cm)	Men Under 23	Final	
244	15:30	200m	Youth Girls	Final	
245	15:30	Javelin Throw (700g)	Youth Boys	Final	
246	15:30	Shot Put (6kg)	Junior Men	Final	Circle B
247	15:30	Pole Vault	Junior Men	Final	
248	15:30	High Jump	Men Under 23	Final	Mat A
249	15:30	High Jump	Junior Women	Final	Mat B
250	15:35	200m	Junior Women	Final	
251	15:40	200m	Women Under 23	Final	
252	15:45	200m	Youth Boys	Final	
253	15:50	200m	Junior Men	Final	
254	15:55	200m	Men Under 23	Final	
255	16:05	400m	Youth Girls	Final	
256	16:10	400m	Junior Women	Final	
257	16:15	400m	Women Under 23	Final	
258	16:20	400m	Youth Boys	Final	
259	16:25	400m	Junior Men	Final	
260	16:30	400m	Men Under 23	Final	
261	16:30	Discus Throw (1kg)	Youth Girls	Final	
262	16:30	Triple Jump (13m)	Men Under 23	Final	Pit A
263	16:30	Triple Jump (9m)	Women Under 23	Final	Pit B
264	16:45	1500m	Youth Girls	Final	
265	16:55	1500m	Junior Women	Final	
266	17:05	1500m	Women Under 23	Final	
267	17:15	1500m	Youth Boys	Final	
268	17:25	1500m	Junior Men	Final	
269	17:35	1500m	Men Under 23	Final	
270	17:45	5000m	Women Under 23	Final	
271	18:00	Discus Throw (2kg)	Men Under 23	Final	
272	18:10	Medley Relay	Youth Girls	Final	
273	18:20	Medley Relay	Youth Boys	Final	
274	18:30	4*400m Relay	Junior Women	Final	
275	18:40	4*400m Relay	Women Under 23	Final	
276	18:50	4*400m Relay	Junior Men	Final	
277	19:00	4*400m Relay	Men Under 23	Final	