

Meeting :KZNA SENIOR & MASTERS CHAMPS
2024/03/15 to 2024/03/16 at MSUNDUZI ATHLETIC STADIUM-PMB

PROGRAM

Performance Scores: ASA 2020 table, Hand time, Height above sea=0

Seq	Time	Pit	Event	Category	Next	Spec
START OF DAY 1						
1	16:30		Heat 1 of 2 Men U23, Seniors 800m		(Final=12)	
2	16:30		Final Men MixAge Shotput			
3	16:45		Heat 1 of 2 Women U23, Seniors 200m		(Final=14)	
4	17:00		Heat 1 of 3 Men U23, Seniors 200m		(Final=15)	
5	17:20		Final Men MixAge 110m Hurdles			
6	17:30		Final Women MixAge 100m Hurdles			
7	17:45		Final Women MixAge 10000m			
8	17:45		Final Men MixAge 10000m			
9	18:00		Final Women MixAge Discus			
10	18:45		Final Women MixAge 800m			
11	18:55		Final Men MixAge 800m			
12	19:00		Final Men U23, Seniors 800m			
13	19:10		Final Men MixAge 200m			
14	19:15		Final Women U23, Seniors 200m			
15	19:20		Final Men U23, Seniors 200m			

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START OF DAY 2

16	08:00		Final Men MixAge Polevault	
17	08:00		Final Women MixAge Polevault	
18	08:00		Final Women MixAge LongJump	
19	08:00		Final Men MixAge Discus	
20	09:00		Heat 1 of 3 Men U23, Seniors 400m	(Final=46)
21	09:10		Final Women MixAge 5000m	
22	09:30		Final Men U23, Seniors TripleJump	13m
23	09:30		Final Women MixAge Javelin	
24	09:30		Final Women MixAge HighJump	
25	09:40		Final Men MixAge 5000m	
26	09:45		Final Women MixAge Weight	
27	10:00		Heat 1 of 4 Men U23, Seniors 100m	(Semi Final=37)
28	10:20		Heat 1 of 2 Women U23, Seniors 100m	(Final=49)
29	10:40		Final Men MixAge 400m Hurdles	
30	10:50		Final Women MixAge 400m Hurdles	
31	11:00		Final Men MixAge LongJump	
32	11:00	A	Final Men MixAge Hammer	
33	11:00	B	Final Women MixAge Hammer	
34	11:00		Final Women MixAge Shotput	
35	11:00		Final Men MixAge 3000m SteepleChase	
36	11:20		Final Women U23, Seniors 3000m SteepleChase	
37	12:00		Semi Final 1 of 2 Men U23, Seniors 100m	(Final=50)
38	12:10		Final Women MixAge 1500m	
39	12:20		Final Men MixAge 1500m	
40	12:20		Final Men MixAge HighJump	
41	12:20		Final Women U23, Seniors TripleJump	11m
42	12:20		Final Men MixAge Javelin	
43	12:30		Final Men U23, Seniors 1500m	
44	12:45		Final 1 of 2 Women MixAge 400m	(No final)
45	13:00		Final Men MixAge 400m	
46	13:05		Final Men U23, Seniors 400m	
47	13:15		Final Women MixAge 100m	
48	13:20		Final Men MixAge 100m	
49	13:25		Final Women U23, Seniors 100m	
50	13:30		Final Men U23, Seniors 100m	
51	13:40		Final Mixed Gender U23, Seniors 4x400m Relay	
52	13:50		Final Mixed Gender (MixedAge) 4x400m Relay	