



Athletics SA 2019 State Track and Field Championships

Final Timetable - as at 14/2/19



Friday - 15th February

Day	Time	Event	Age Group	Round	Long Jump	Triple Jump	High Jump	Polevault	Shot	Discus	Javelin	Hammer
Fri	6.30 PM	3000 metres Walk	Under 14/15/16 Men & Women	FINAL	6.30 PM		U15/16/U20 Women			U17/18/20 Women		
Fri		5000 metres Walk	Under 17/18 Men & Women	FINAL	6.35 PM							
Fri		5000 metres Walk	Under 20 / Open Women									
Fri		5000 metres Walk	Under 20 / Open Men									
Fri		5000 metres Walk	Over 35 Men & Women		6.40 PM							
Fri	6.45 PM				6.45 PM	Open Women		U14/15/16/17/035/050				
Fri	6.50 PM				6.50 PM			Women				
Fri	6.55 PM				6.55 PM							
Fri	7.00 PM	200 metres Hurdles	Under 15/16 Women	FINAL	7.00 PM						U17/18 /20 Men	
Fri	7.05 PM	200 metres Hurdles	Under 15/16 Men	FINAL	7.05 PM							
Fri	7.10 PM	200 metres Hurdles	Over 35 Men & Women	FINAL	7.10 PM							
Fri	7.15 PM				7.15 PM							
Fri	7.20 PM	400 metres Hurdles	Open Men	FINAL	7.20 PM							
Fri	7.25 PM	400 metres Hurdles	Under 20 Men	FINAL	7.25 PM							
Fri	7.30 PM	400 metres Hurdles	Under 17/18 Men	FINAL	7.30 PM	U14 Women						
Fri	7.35 PM	400 metres Hurdles	Open Women	FINAL	7.35 PM							
Fri	7.40 PM	400 metres Hurdles	Under 20 Women	FINAL	7.40 PM							
Fri	7.45 PM	400 metres Hurdles	Under 17/18 Women	FINAL	7.45 PM							Open M & W
Fri	7.50 PM				7.50 PM							
Fri	7.55 PM				7.55 PM							
Fri	8.00 PM	800 metres	Open Men	Heats	8.00 PM						U14 Men	
Fri	8.05 PM				8.05 PM							
Fri	8.10 PM				8.10 PM							
Fri	8.15 PM	2000 metres Steeplechase (76.2)	U16/18 & O35 Women	FINAL	8.15 PM	U15 Women						
Fri		3000 metres Steeplechase (76.2)	Under 20 / Open Women	FINAL	8.20 PM							
Fri					8.25 PM							
Fri	8.30 PM				8.30 PM							
Fri	8.35 PM	2000 metres Steeplechase (76.2)	U16 & O35 Men	FINAL	8.35 PM							
Fri	8.40 PM				8.40 PM							
Fri	8.45 PM	2000 metres Steeplechase (91.4)	Under 18 Men	FINAL	8.45 PM							
Fri	8.50 PM	3000 metres Steeplechase (91.4)	Under 20 / Open Men	FINAL	8.50 PM							
Fri	8.55 PM				8.55 PM							
Fri	9.00 PM				9.00 PM							

Saturday - 16th February

Day	Time	Event	Age Group	Round	Long Jump	Triple Jump	High Jump	Polevault	Shot	Discus	Javelin	Hammer
Sat	9.00 AM	110 metres Hurdles	Open Men	FINAL	9.00 AM	U14 Men			O35/O50 M & W			U17/18/U20 W
Sat	9.05 AM	110 metres Hurdles	Under 20 Men	FINAL								
Sat	9.10 AM	110 metres Hurdles	Under 17/18 Men	FINAL	9.05 AM							
Sat	9.15 AM	100 metres Hurdles	Open Women	FINAL	9.10 AM							
Sat		100 metres Hurdles	Under 20 Women	FINAL								
Sat		100 metres Hurdles	Under 17/18 Women	FINAL	9.15 AM							
Sat	9.20 AM	100 metres Hurdles	Under 15/16 Men	FINAL	9.20 AM							
Sat	9.25 AM	100 metres Hurdles	Over 35 Men	FINAL	9.25 AM							
Sat	9.30 AM	90 metres Hurdles	Under 14 Men	FINAL	9.30 AM	U15/16 Men						
Sat	9.35 AM	90 metres Hurdles	Under 15/16 Women	FINAL	9.35 AM							
Sat	9.40 AM	90 metres Hurdles	Over 35 Women	FINAL	9.40 AM							
Sat	9.45 AM	80 metres Hurdles	Under 14 Women	FINAL	9.45 AM				U17/18/20 Women			U14/15/16/035/050 M
Sat												
Sat	9.50 AM				9.50 AM							
Sat	9.55 AM				9.55 AM							
Sat	10.00 AM	100 metres	Under 14 Women	Heats	10.00 AM		U14/O35/O50 Men					
Sat	10.05 AM	100 metres	Under 14 Men	Heats	10.05 AM							
Sat	10.10 AM	100 metres	Under 15/16 Women	Heats	10.10 AM							
Sat	10.15 AM	100 metres	Under 16 Men	Heats	10.15 AM	Open Men						
Sat	10.20 AM	100 metres	Under 17 Women	Heats	10.20 AM							
Sat	10.25 AM	100 metres	Under 17/18 Men	Heats	10.25 AM							
Sat	10.30 AM	100 metres	Under 20 Women	Heats	10.30 AM	U17 Women				Open Women		
Sat	10.35 AM	100 metres	Under 20 Men	Heats	10.35 AM							
Sat	10.40 AM	100 metres	Open Women	Heats	10.40 AM							
Sat	10.45 AM	100 metres	Open Men	Heats	10.45 AM							
Sat	10.50 AM				10.50 AM							
Sat	10.55 AM				10.55 AM							
Sat	11.00 AM				11.00 AM				U14 Women & Men			
Sat	11.05 AM				11.05 AM							
Sat	11.10 AM	400 metres	Under 14 Men	Heats	11.10 AM	U18/20 Women						
Sat	11.15 AM	400 metres	Under 17 Men	Heats	11.15 AM							
Sat	11.20 AM	400 metres	Under 20 Men	Heats	11.20 AM							
Sat	11.25 AM	400 metres	Open Women	Heats	11.25 AM							
Sat	11.30 AM	400 metres	Open Men	Heats	11.30 AM			18/U20/Op Women		Open Men		
Sat	11.35 AM	400 metres	Para Athlete - Men & Women	FINAL	11.35 AM							
Sat	11.40 AM	400 metres	Over 35/50 Women	FINAL	11.40 AM							
Sat	11.45 AM	400 metres	Over 35/50 Men	FINAL	11.45 AM		U17/U18/OP Men					
Sat	11.50 AM	400 metres	Under 14 Women	FINAL	11.50 AM							
Sat	11.55 AM				11.55 AM							
Sat	12.00 PM				12.00 PM	U15 Women						
Sat	12.05 PM				12.05 PM							
Sat	12.10 PM				12.10 PM							
Sat	12.15 PM				12.15 PM						U14 Women	
Sat	12.20 PM				12.20 PM							
Sat	12.25 PM				12.25 PM							
Sat	12.30 PM				12.30 PM				O35/O50 M & W			
Sat	12.35 PM				12.35 PM							
Sat	12.40 PM				12.40 PM							
Sat	12.45 PM	1500 metres	Under 14 Women	FINAL	12.45 PM							
Sat	12.50 PM				12.50 PM							
Sat	12.55 PM	1500 metres	Under 14 Men	FINAL	12.55 PM							
Sat	1.00 PM				1.00 PM						U17/U18 Women	
Sat	1.05 PM	1500 metres	Under 15/16 Women	FINAL	1.05 PM							
Sat	1.10 PM				1.10 PM							
Sat	1.15 PM	1500 metres	Under 15/16 Men	FINAL	1.15 PM							
Sat	1.20 PM				1.20 PM							
Sat	1.25 PM	1500 metres	Under 17/18 Women	FINAL	1.25 PM							
Sat	1.30 PM				1.30 PM	U14/16 Women						
Sat	1.35 PM	1500 metres	Under 17/18 Men	FINAL	1.35 PM							
Sat	1.40 PM				1.40 PM							
Sat	1.45 PM	1500 metres	Under 20 Men	FINAL	1.45 PM	O35/O50 M & W	U17/U18/Op Women					
Sat	1.50 PM				1.50 PM							
Sat	1.55 PM	1500 metres	Open/U20 Women	FINAL	1.55 PM							
Sat	2.00 PM				2.00 PM						U15/16/20 Women	
Sat	2.05 PM	1500 metres	Open Men	FINAL	2.05 PM							
Sat	2.10 PM				2.10 PM							
Sat	2.15 PM				2.15 PM				U17/18 Men			
Sat	2.20 PM	100 metres	Para Athlete - Men & Women	FINAL	2.20 PM							
Sat	2.25 PM	100 metres	Over 35/50 Women	FINAL	2.25 PM							
Sat	2.30 PM	100 metres	Over 35/50 Men	FINAL	2.30 PM			Open Men				
Sat	2.35 PM	100 metres	Under 14 Women	FINAL	2.35 PM							
Sat	2.40 PM	100 metres	Under 14 Men	FINAL	2.40 PM							
Sat	2.45 PM	100 metres	Under 15 Women	FINAL	2.45 PM	U18/20 Men				U17/18/20 Men		
Sat	2.50 PM	100 metres	Under 15 Men	FINAL	2.50 PM							
Sat	2.55 PM	100 metres	Under 16 Women	FINAL	2.55 PM							
Sat	3.00 PM	100 metres	Under 16 Men	FINAL	3.00 PM						O35/O50 M & W	
Sat	3.05 PM	100 metres	Under 17 Women	FINAL	3.05 PM							
Sat	3.10 PM	100 metres	Under 17 Men	FINAL	3.10 PM							
Sat	3.15 PM	100 metres	Under 18 Women	FINAL	3.15 PM							
Sat	3.20 PM	100 metres	Under 18 Men	FINAL	3.20 PM							
Sat	3.25 PM	100 metres	Under 20 Women	FINAL	3.25 PM							
Sat	3.30 PM	100 metres	Under 20 Men	FINAL	3.30 PM	U14/15 Men	U15/16/20 Men					
Sat	3.35 PM	100 metres	Open Women	FINAL	3.35 PM							
Sat	3.40 PM	100 metres	Open Men	FINAL	3.40 PM							
Sat	3.45 PM				3.45 PM					U14/15/16 Women		
Sat	3.50 PM				3.50 PM							
Sat												

Sunday - 17th February

Day	Time	Event	Age Group	Round	Long Jump	Triple Jump	High Jump	Polevault	Shot	Discus	Javelin	Hammer
Sun	10:00 AM				10:00 AM	U16/U17 Men				U15/U16 Men	Open Men	
Sun	10:05 AM				10:05 AM							
Sun	10:10 AM				10:10 AM							
Sun	10:15 AM	800 metres	Para & Over 35/50 Women	FINAL	10:15 AM		U14/O35/O50 Women					
Sun	10:20 AM	800 metres	Para & Over 35/50 Men	FINAL	10:20 AM							
Sun	10:25 AM	800 metres	Under 14 Women	FINAL	10:25 AM							
Sun	10:30 AM	800 metres	Under 14 Men	FINAL	10:30 AM							
Sun	10:35 AM				10:35 AM							
Sun	10:40 AM				10:40 AM							
Sun	10:45 AM				10:45 AM							
Sun	10:50 AM				10:50 AM							
Sun	10:55 AM				10:55 AM							
Sun	11:00 AM	200 metres	Para Athlete - Men & Women	FINAL	11:00 AM	U17/18/20 Men		U14/15/16/O35/O50 Men	U20 Men		U15/U16 Men	
Sun	11:05 AM	200 metres	Over 35/50 Women	FINAL	11:05 AM							
Sun	11:10 AM	200 metres	Under 15/16 Women	Heats	11:10 AM							
Sun	11:15 AM	200 metres	Under 16 Men	Heats	11:15 AM							
Sun	11:20 AM	200 metres	Under 17 Women	Heats	11:20 AM							
Sun	11:25 AM	200 metres	Under 17/18 Men	Heats	11:25 AM							
Sun	11:30 AM	200 metres	Under 20 Women	Heats	11:30 AM				U15/U16/Op Women			
Sun	11:35 AM	200 metres	Under 20 Men	Heats	11:35 AM							
Sun	11:40 AM	200 metres	Open Women	Heats	11:40 AM							
Sun	11:45 AM	200 metres	Open Men	Heats	11:45 AM	Open Men						
Sun	11:50 AM	200 metres	Under 14 Women	Heats	11:50 AM							
Sun	11:55 AM	200 metres	Under 14 Men	Heats	11:55 AM							
Sun	12:00 PM				12:00 PM							U17/18/20 M
Sun	12:05 PM				12:05 PM							
Sun	12:10 PM				12:10 PM							
Sun	12:15 PM				12:15 PM							
Sun	12:20 PM				12:20 PM							
Sun	12:25 PM				12:25 PM							
Sun	12:30 PM				12:30 PM							
Sun	12:35 PM				12:35 PM							
Sun	12:40 PM				12:40 PM							
Sun	12:45 PM				12:45 PM							
Sun	12:50 PM				12:50 PM							
Sun	12:55 PM				12:55 PM							
Sun	1:00 PM	800 metres	Under 15 Women	FINAL	1:00 PM							
Sun	1:05 PM	800 metres	Under 15 Men	FINAL	1:05 PM							
Sun	1:10 PM	800 metres	Under 16 Women	FINAL	1:10 PM							
Sun	1:15 PM	800 metres	Under 16 Men	FINAL	1:15 PM	Open Women			Open Men			
Sun	1:20 PM	800 metres	Under 17 Women	FINAL	1:20 PM							
Sun	1:25 PM	800 metres	Under 17 Men	FINAL	1:25 PM							
Sun	1:30 PM	800 metres	Under 18 Women	FINAL	1:30 PM			U17/18/20 Men		U14 Men		
Sun	1:35 PM	800 metres	Under 18 Men	FINAL	1:35 PM							
Sun	1:40 PM	800 metres	Under 20 Women	FINAL	1:40 PM							
Sun	1:45 PM	800 metres	Under 20 Men	FINAL	1:45 PM							
Sun	1:50 PM	800 metres	Open Women	FINAL	1:50 PM							
Sun	1:55 PM	800 metres	Open Men	FINAL	1:55 PM							
Sun	2:00 PM				2:00 PM							
Sun	2:05 PM				2:05 PM							
Sun	2:10 PM				2:10 PM							
Sun	2:15 PM	1500 metres	Para/Over 35/50 Men & Women	FINAL	2:15 PM	U17/18/20 Women						U14/15/16/O35/50 W
Sun	2:20 PM				2:20 PM							
Sun	2:25 PM				2:25 PM							
Sun	2:30 PM	200 metres	Over 35/50 Men	FINAL	2:30 PM							
Sun	2:35 PM	200 metres	Under 14 Women	FINAL	2:35 PM							
Sun	2:40 PM	200 metres	Under 14 Men	FINAL	2:40 PM							
Sun	2:45 PM	200 metres	Under 15 Women	FINAL	2:45 PM					U15/U16 Men		
Sun	2:50 PM	200 metres	Under 15 Men	FINAL	2:50 PM							
Sun	2:55 PM	200 metres	Under 16 Women	FINAL	2:55 PM							
Sun	3:00 PM	200 metres	Under 16 Men	FINAL	3:00 PM	U16 Women						
Sun	3:05 PM	200 metres	Under 17 Women	FINAL	3:05 PM							
Sun	3:10 PM	200 metres	Under 17 Men	FINAL	3:10 PM							
Sun	3:15 PM	200 metres	Under 18 Women	FINAL	3:15 PM							
Sun	3:20 PM	200 metres	Under 18 Men	FINAL	3:20 PM							
Sun	3:25 PM	200 metres	Under 20 Women	FINAL	3:25 PM							
Sun	3:30 PM	200 metres	Under 20 Men	FINAL	3:30 PM							
Sun	3:35 PM	200 metres	Open Women	FINAL	3:35 PM							
Sun	3:40 PM	200 metres	Open Men	FINAL	3:40 PM							
Sun	3:45 PM				3:45 PM							
Sun	3:50 PM				3:50 PM							
Sun	3:55 PM				3:55 PM							
Sun	4:00 PM				4:00 PM							