



TIMETABLE

2016 BOLAND SUB YOUTH, YOUTH, JUNIOR, U/23, HIGH & LSEN T&F CHAMPS – 26/27 FEB. 2016 – COETZENBURG STADIUM, STELLENBOSCH

Day 1- FRIDAY, 26 FEBRUARY 2016

No	Time	Event	Age	H/F	Place
1.	08:30	Discus	B 14 LSEN	Final	A
2.	08:30	Discus	B 15 LSEN	Final	A
3.	08:30	High Jump	G 16 LSEN	Final	A
4.	08:30	High Jump	G 17 LSEN	Final	A
5.	08:30	High Jump	B 17 LSEN	Final	B
6.	08:30	Long Jump	B 16 LSEN	Final	B
7.	08:30	Long jump	B 19 LSEN	Final	A
8.	08:30	Javelin	G 16 LSEN	Final	A
9.	08:30	Javelin	G 17 LSEN	Final	A
10.	08:30	Shot Put	G 14 LSEN	Final	A
11.	08:30	Shot Put	G 15 LSEN	Final	A
12.	08:30	1 500m	B 14 LSEN	Final	
13.	08:30	1 500m	B 15 LSEN	Final	
14.	08:40	1 500m	G 14 LSEN	Final	
15.	08:40	1 500m	G 15 LSEN	Final	
16.	08:50	1 500m	B 16 LSEN	Final	
17.	08:50	1 500m	B 17 LSEN	Final	
18.	09:00	1 500m	G 16 LSEN	Final	
19.	09:00	1 500m	G 17 LSEN	Final	
20.	09:10	1 500m	G 19 LSEN	Final	
21.	09:20	1 500m	B 19 LSEN	Final	
22.	09:20	Shot Put	B 17 LSEN	Final	A
23.	09:20	Discus	B 16 LSEN	Final	A
24.	09:20	High Jump	G 14 LSEN	Final	A
25.	09:20	High Jump	G 15 LSEN	Final	A
26.	09:20	High Jump	B 14 LSEN	Final	B
27.	09:20	High Jump	B 15 LSEN	Final	B
28.	09:20	Long Jump	G 16 LSEN	Final	B
29.	09:20	Long Jump	G 17 LSEN	Final	B
30.	09:20	Long Jump	G 19 LSEN	Final	A
31.	09:20	Javelin	B 19 LSEN	Final	A
32.	09:35	200 m	B 14 LSEN	Final	
33.	09:40	200 m	G 14 LSEN	Final	
34.	09:45	200 m	B 15 LSEN	Final	

35.	09:50	200m	G 15 LSEN	Final	
36.	09:55	200m	B 16 LSEN	Final	
37.	10:00	200 m	G 16 LSEN	Final	
38.	10:05	200 m	B 17 LSEN	Final	
39.	10:05	Discus	G 14 LSEN	Final	A
40.	10:05	Discus	G 15 LSEN	Final	A
41.	10:05	Javelin	B 14 LSEN	Final	A
42.	10:05	Javelin	B 15 LSEN	Final	A
43.	10:05	Shot Put	G 19 LSEN	Final	A
44.	10:10	200 m	G 17 LSEN	Final	
45.	10:15	200 m	G 19 LSEN	Final	
46.	10:20	200 m	B 19 LSEN	Final	
47.	10:20	High Jump	B 19 LSEN	Final	A
48.	10:20	High Jump	B 16 LSEN	Final	B
49.	10:20	Long Jump	G 14 LSEN	Final	A
50.	10:20	Long Jump	G 15 LSEN	Final	A
51.	10:20	Long Jump	B 17 LSEN	Final	B
52.	10:20	Discus	B 17 LSEN	Final	A
53.	10:20	Javelin	G 19 LSEN	Final	A
54.	10:20	Shot Put	B 16 LSEN	Final	A
55.	10:30	800 m	B 14 LSEN	Final	
56.	10:30	800 m	B 15 LSEN	Final	
57.	10:35	800 m	G 14 LSEN	Final	
58.	10:35	800 m	G 15 LSEN	Final	
59.	10:40	800 m	B 16 LSEN	Final	
60.	10:40	800 m	B 17 LSEN	Final	
61.	10:45	800 m	G 16 LSEN	Final	
62.	10:45	800 m	G 17 LSEN	Final	
63.	10:55	800 m	G 19 LSEN	Final	
64.	11:00	800 m	B 19 LSEN	Final	
65.	11:00	High Jump	G 19 LSEN	Final	B
66.	11:00	Long Jump	B 14 LSEN	Final	B
67.	11:00	Long Jump	B 15 LSEN	Final	A
68.	11:00	Javelin	B 17 LSEN	Final	A
69.	11:00	Discus	B 19 LSEN	Final	A
70.	11:00	Shot Put	G 16 LSEN	Final	A
71.	11:00	Shot Put	G 17 LSEN	Final	A
72.	11:10	100 m	B 14 LSEN	Final	
73.	11:15	100 m	G 14 LSEN	Final	
74.	11:20	100 m	B 15 LSEN	Final	
75.	11:25	100 m	G 15 LSEN	Final	
76.	11:30	100 m	B 16 LSEN	Final	
77.	11:35	100 m	G 16 LSEN	Final	
78.	11:40	100 m	B 17 LSEN	Final	
79.	11:40	Discus	G 19 LSEN	Final	A
80.	11:40	Javelin	G 14 LSEN	Final	A
81.	11:40	Javelin	G 15 LSEN	Final	A
82.	11:40	Shot Put	B 14 LSEN	Final	A
83.	11:40	Shot Put	B 15 LSEN	Final	A

84.	11:00	100 m	G 17 LSEN	Final	
85.	12:45	100m	G 19 LSEN	Final	
86.	11:50	100 m	B 19 LSEN	Final	
87.	11:50	Discus	G 16 LSEN	Final	A
88.	11:50	Discus	G 17 LSEN	Final	A
89.	11:50	Javelin	B 16 LSEN	Final	A
90.	11:50	Shot put	B 19 LSEN	Final	A
91.	12:00	400 m	B 14 LSEN	Final	
92.	12:05	400 m	B 15 LSEN	Final	
93.	12:10	400 m	G 14 LSEN	Final	
94.	12:15	400 m	G 15 LSEN	Final	
95.	12:20	400 m	B 16 LSEN	Final	
96.	12:25	400 m	G 16 LSEN	Final	
97.	12:30	400 m	G 17 LSEN	Final	
98.	12:35	400 m	B 17 LSEN	Final	
99.	12:40	400 m	B 19 LSEN	Final	
100.	12:45	400 m	G 19 LSEN	Final	

INTERVAL

No	Time	Event	Age	H/F	Tech	Place
101.	13:45	90m Hurdles	G 14	Heats	76,2 cm	
102.	13:50	90m Hurdles	G 15	Heats	76,2 cm	
103.	14:00	100m Hurdles	G 17	Heats	76,2 cm	
104.	14:00	Discus	G 14	Final	1 kg	Pit A
105.	14:00	Hammer Throw	G 17	Final	3 kg	Outside
106.	14:00	Pole Vault	G 15	Final		Pit A
107.	14:00	Javelin	B 14	Final	600 g	Pit A
108.	14:10	100m Hurdles	B 14	Heats	84,0 cm	
109.	14:15	100m Hurdles	B 15	Heats	84,0 cm	
110.	14:20	100m Hurdles	G 19	Heats	84,0 cm	
111.	14:20	100m Hurdles	W 23	Heats	84,0 cm	
112.	14:30	110m Hurdles	B 17	Heats	91,4cm	
113.	14:40	110m Hurdles	B 19	Heats	99,5cm	
114.	14:45	110m Hurdles	M 23	Heats	106,7cm	
115.	14:55	10000m Walk	G 19	Final		
116.	14:55	10000m Walk	B 17	Final		
117.	15:55	10000m Walk	B 19	Final		
118.	16:00	Discus	B 14	Final	1 kg	Pit A
119.	16:00	Hammer Throw	G 15	Final	3 kg	Outside
120.	16:00	Pole Vault	G 17	Final		Pit A
121.	16:00	Javelin	B 15	Final	600 g	Pit A
122.	16:10	300m Hurdles	G 14	Heats	76,2 cm	
123.	16:15	300m Hurdles	G 15	Heats	76,2 cm	
124.	16:20	300m Hurdles	B 14	Heats	84,0 cm	
125.	16:25	300m Hurdles	B 15	Heats	84,0 cm	
126.	16:35	400m Hurdles	G 17	Heats	76,2 cm	
127.	16:40	400m Hurdles	G 19	Heats	76,2 cm	
128.	16:45	400m Hurdles	W 23	Heats	76,2 cm	
129.	16:55	400m Hurdles	B 17	Heats	91,4cm	
130.	17:00	400m Hurdles	B 19	Heats	91,4cm	

131.	17:05	400m Hurdles	M 23	Heats	91,4cm	
132.	17:40	5000m Walk	B 15	Final		
133.	17:40	5000m Walk	G 15	Final		
134.	17:40	5000m Walk	G 17	Final		
135.	18:15	3000m	G 15	Final		
136.	18:15	Discus	B 15	Final	1 kg	Pit A
137.	18:15	Hammer Throw	G 19	Final	4 kg	Outside
138.	18:15	Hammer Throw	W 23	Final	4 kg	Outside
139.	18:15	Pole Vault	G 19	Final		Pit A
140.	18:15	Pole Vault	W 23	Final		Pit A
141.	18:15	Javelin	G 14	Final	500 g	Pit A
142.	18:30	90m Hurdles	G 14	Final	76,2 cm	
143.	18:35	90m Hurdles	G 15	Final	76,2 cm	
144.	18:45	100m Hurdles	G 17	Final	76,2 cm	
145.	18:50	100m Hurdles	B 14	Final	84,0 cm	
146.	18:55	100m Hurdles	B 15	Final	84,0 cm	
147.	19:00	100m Hurdles	G 19	Final	84,0 cm	
148.	19:05	100m Hurdles	W 23	Final	84,0 cm	
149.	19:15	110m Hurdles	B 17	Final	91,4cm	
150.	19:20	110m Hurdles	B 19	Final	99,5cm	
151.	19:25	110m Hurdles	M 23	Final	106,7cm	
152.	19:35	3000m	G 19	Final		
153.	19:35	3000m	G 19 LSEN	Final		
154.	19:35	3000m	W 23	Final		
155.	19:55	300m Hurdles	G 14	Final	76,2 cm	
156.	20:00	300m Hurdles	G 15	Final	76,2 cm	
157.	20:05	300m Hurdles	B 14	Final	84,0 cm	
158.	20:10	300m Hurdles	B 15	Final	84,0 cm	
159.	20:20	400m Hurdles	G 17	Final	76,2 cm	
160.	20:25	400m Hurdles	G 19	Final	76,2 cm	
161.	20:30	400m Hurdles	W 23	Final	76,2 cm	
162.	20:35	400m Hurdles	B 17	Final	91,4cm	
163.	20:40	400m Hurdles	B 19	Final	91,4cm	
164.	20:45	400m Hurdles	M 23	Final	91,4cm	
165.	20:50	10000m	G 19	Final		
166.	20:50	10000m	W 23	Final		
167.	20:50	10000m	B 19	Final		
168.	20:50	10000m	M 23	Final		

Day 2 - SATURDAY, 27 FEBRUARY 2016

No	Time	Event	Age	H/F	Tech	Place
169.	08:00	3000m SC	B 19	Final	91,4cm	
170.	08:00	3000m SC	M 23	Final	91,4cm	
171.	08:00	Discus	G 15	Final	1 kg	Pit A
172.	08:00	Shot Put	G 14	Final	3 kg	Pit A
173.	08:00	Shot Put	B 17	Final	5 kg	Pit B
174.	08:00	Javelin	G 17	Final	500 g	Pit A
175.	08:00	Hammer Throw	B 15	Final	4 kg	Outside

Qualifier for Boland Teams to ASA National Champs and SASA National High Schools Champs
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176.	08:00	Long Jump	G 14	Final		Pit A
177.	08:00	Long Jump	B 14	Final		Pit B
178.	08:00	Triple Jump	B 19	Final	13 m	Pit C
179.	08:00	Triple Jump	M 23	Final	13 m	Pit C
180.	08:00	High Jump	B 19	Final		Pit A
181.	08:00	High Jump	M 23	Final		Pit A
182.	08:00	High Jump	G 19	Final		Pit B
183.	08:00	High Jump	W 23	Final		Pit B
184.	08:20	800m	G 14	Final		
185.	08:25	800m	B 14	Final		
186.	08:30	200m	G 14	Heats		
187.	08:42	200m	B 14	Heats		
188.	08:54	800m	G 15	Final		
189.	08:55	800m	B 15	Final		
190.	09:00	200m	G 15	Heats		
191.	09:00	Pole Vault	B 17	Final		Pit A
192.	09:12	200m	B 15	Heats		
193.	09:15	Triple Jump	G 19	Final	11 m	Pit C
194.	09:15	Triple Jump	W 23	Final	11 m	Pit C
195.	09:24	800m	G 17	Final		
196.	09:29	800m	B 17	Final		
197.	09:34	200m	G 17	Heats		
198.	09:46	200m	B 17	Heats		
199.	09:58	800m	G 19	Final		
200.	09:58	800m	W 23	Final		
201.	10:00	Discus	G 19	Final	1 kg	Pit A
202.	10:00	Discus	W 23	Final	1 kg	Pit A
203.	10:00	Javelin	G 15	Final	500 g	Pit A
204.	10:00	Hammer Throw	B 17	Final	5 kg	Outside
205.	10:00	Shot Put	B 14	Final	4 kg	Pit A
206.	10:00	Shot Put	B 19	Final	6 kg	Pit B
207.	10:00	Shot Put	M 23	Final	7.26 kg	Pit B
208.	10:00	Long Jump	G 15	Final		Pit A
209.	10:00	Long Jump	B 15	Final		Pit B
210.	10:00	High Jump	G 17	Final		Pit A
211.	10:00	High Jump	B 17	Final		Pit B
212.	10:03	800m	B 19	Final		
213.	10:03	800m	M 23	Final		
214.	10:08	200m	G 19	Heats		
215.	10:08	200m	W 23	Heats		
216.	10:18	200m	B 19	Heats		
217.	10:18	200m	M 23	Heats		
218.	10:30	Triple Jump	B 17	Final	11 m	Pit C
219.	10:30	1500m SC	G 15	Final	76,2cm	
220.	10:40	1500m SC	B 15	Final	76,2cm	
221.	10:50	2000m SC	G 17	Final	76,2cm	
222.	11:00	Pole Vault	B 19	Final		Pit A
223.	11:00	Pole Vault	M 23	Final		Pit A
224.	11:05	2000m SC	B 17	Final	76,2cm	

225.	11:15	3000m SC	G 19	Final	76,2cm	
226.	11:15	3000m SC	W 23	Final	76,2cm	
227.	11:30	100m	G 14	Heats		
228.	11:40	100m	B 14	Heats		
229.	11:50	100m	G 15	Heats		
230.	11:50	Triple Jump	B 15	Final	9 m	Pit C
231.	11:58	100m	B 15	Heats		
232.	12:00	Discus	G 17	Final	1 kg	Pit A
233.	12:00	Javelin	G 19	Final	600 g	Pit A
234.	12:00	Javelin	W 23	Final	600 g	Pit A
235.	12:00	Hammer Throw	B 19	Final	6 kg	Outside
236.	12:00	Hammer Throw	M 23	Final	7,26 kg	Outside
237.	12:08	100m	G 17	Heats		
238.	12:20	100m	B 17	Heats		
239.	12:32	100m	G 19	Heats		
240.	12:32	100m	W 23	Heats		
241.	12:44	100m	B 19	Heats		
242.	12:44	100m	M 23	Heats		
243.	13:00	High Jump	G 14	Final		Pit A
244.	13:00	High Jump	B 14	Final		Pit B
245.	13:00	Pole Vault	B 15	Final		Pit A
246.	13:20	400m	G 14	Heats		
247.	13:30	400m	B 14	Heats		
248.	13:40	400m	G 15	Heats		
249.	13:50	400m	B 15	Heats		
250.	14:00	400m	G 17	Heats		
251.	14:00	Discus	B 19	Final	1.75 kg	Pit A
252.	14:00	Discus	M 23	Final	2 kg	Pit A
253.	14:00	Javelin	B 17	Final	700 g	Pit A
254.	14:00	Long Jump	G 17	Final		Pit A
255.	14:00	Long Jump	G 19	Final		Pit A
256.	14:00	Long Jump	W 23	Final		Pit A
257.	14:00	Shot Put	B 15	Final	4 kg	Pit A
258.	14:00	Shot Put	G 17	Final	3 kg	Pit B
259.	14:10	400m	B 17	Heats		
260.	14:15	Triple Jump	G 17	Final	9 m	Pit C
261.	14:20	400m	G 19	Heats		
262.	14:30	400m	W 23	Heats		
263.	14:40	400m	B 19	Heats		
264.	14:50	400m	M 23	Heats		
265.	15:00	100m	G 14	Final		
266.	15:00	High Jump	G 15	Final		Pit A
267.	15:00	High Jump	B 15	Final		Pit B
268.	15:05	100m	B 14	Final		
269.	15:10	100m	G 15	Final		
270.	15:15	100m	B 15	Final		
271.	15:20	100m	G 17	Final		
272.	15:25	100m	B 17	Final		
273.	15:30	100m	G 19	Final		

274.	15:30	Triple Jump	G 15	Final	9 m	Pit C
275.	15:35	100m	W 23	Final		
276.	15:40	100m	B 19	Final		
277.	15:45	100m	M 23	Final		
278.	15:50	1500m	G 14	Final		
279.	15:57	1500m	B 14	Final		
280.	16:00	Discus	B 17	Final	1.5 kg	Pit A
281.	16:00	Javelin	B 19	Final	800 g	Pit A
282.	16:00	Javelin	M 23	Final	800 g	Pit A
283.	16:00	Long Jump	B 17	Final		Pit B
284.	16:00	Long Jump	B 19	Final		Pit B
285.	16:00	Long Jump	M 23	Final		Pit B
286.	16:00	Shot Put	G 15	Final	3 kg	Pit A
287.	16:00	Shot Put	G 19	Final	4 kg	Pit B
288.	16:00	Shot Put	W 23	Final	4 kg	Pit B
289.	16:04	1500m	G 15	Final		
290.	16:11	1500m	B 15	Final		
291.	16:18	1500m	G 17	Final		
292.	16:25	1500m	B 17	Final		
293.	16:32	1500m	G 19	Final		
294.	16:32	1500m	W 23	Final		
295.	16:40	1500m	B 19	Final		
296.	16:50	1500m	M 23	Final		
297.	17:00	200m	G 14	Final		
298.	17:05	200m	B 14	Final		
299.	17:10	200m	G 15	Final		
300.	17:15	200m	B 15	Final		
301.	17:20	200m	G 17	Final		
302.	17:25	200m	B 17	Final		
303.	17:30	200m	G 19	Final		
304.	17:35	200m	W 23	Final		
305.	17:40	200m	B 19	Final		
306.	17:45	200m	M 23	Final		
307.	17:50	3000m	B 15	Final		
308.	18:00	3000m	G 17	Final		
309.	18:15	3000m	B 17	Final		
310.	18:15	3000m	B 16/17 LSEN	Final		
311.	18:33	5000m	G 19	Final		
312.	18:33	5000m	W 23	Final		
313.	18:53	5000m	B 19	Final		
314.	18:53	5000m	B 19 LSEN	Final		
315.	18:53	5000m	M 23	Final		
316.	19:13	400m	G 14	Final		
317.	19:18	400m	B 14	Final		
318.	19:23	400m	G 15	Final		
319.	19:28	400m	B 15	Final		
320.	19:33	400m	G 17	Final		
321.	19:38	400m	B 17	Final		
322.	19:43	400m	G 19	Final		

323.	19:43	400m	W 23	Final		
324.	19:48	400m	B 19	Final		
325.	19:48	400m	M 23	Final		