



**PROGRAM**  
**THURSDAY 26 APRIL 2018**



| <b>THROWS PENTATHLON (3 ATTEMPTS)</b><br><b>PELLIES PARK, UFS, BLOEMFONTEIN</b> |            |              |
|---|------------|--------------|
| <b>WOMEN</b>  | <b>50+</b> | <b>30-49</b> |
| Hammer Throw  | 07:30      | 15:00        |
| Shot Put  | 08:45      | 16:00        |
| Discus Throw  | 10:00      | 17:00        |
| Javelin Throw   | 11:15      | 18:00        |
| Weight Throw  | 12:30      | 19:00        |
| <b>MEN</b>  | <b>50+</b> | <b>30-49</b> |
| Hammer Throw  | 08:45      | 16:00        |
| Shot Put  | 10:00      | 17:00        |
| Discus Throw  | 11:15      | 18:00        |
| Javelin Throw   | 12:30      | 19:00        |
| Weight Throw  | 13:45      | 20:00        |



**PROGRAM**  
**FRIDAY 27 APRIL 2018**



| <b>MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN</b> |                             |               |                     |                          |        |
|---|-----------------------------|---------------|---------------------|--------------------------|--------|
| <b>TRACK EVENTS</b>                             |                             |               | <b>FIELD EVENTS</b> |                          |        |
| 07H30   | 80m Hurdles (Heptathlon-1)  | W40+          | 07H30               | Javelin Throw            | M30-49 |
| 07H40   | 100m Hurdles (Heptathlon-1) | W30-39        | 07H30               | Hammer Throw             | M55-69 |
| 07H50   | 100m (Decathlon-1)          | Men           | 07H30               | Discus Throw             | M70+   |
| 08H00   | 5 000m Race Walk            | W65+          | 07H30               | Long Jump                | W50+   |
| 08H50   | 5 000m Race Walk            | M65+          | 09H15               | Hammer Throw             | W30-49 |
| 09H45   | 5 000m Race Walk            | W30-64        | 09H15               | Shot Put                 | W50-59 |
| 10H35   | 5 000m Race Walk            | M30-64        | 09H15               | Discus Throw             | W60+   |
| 11H20   | 400m Hurdles                | W30-49/M30-59 | 09H45               | Long Jump (Decathlon-2)  | Men    |
| 11H45   | 300m Hurdles                | W50-69/M60-79 | 10H30               | High Jump (Heptathlon-2) | Women  |
| 11H55   | 200m Hurdles                | W70+/M80+     | 11H00               | Triple Jump              | Men    |
| 12H05   | 800m                        | Women & Men   | 11H00               | Discus Throw             | M30-49 |
|   |                             |               | 11H00               | Javelin Throw            | M50-64 |
|   |                             |               | 11H00               | Hammer Throw             | M70+   |
|   |                             |               | 11H40               | Shot Put (Decathlon-3)   | Men    |

**OPENING CEREMONY / LUNCH: 12H45 – 13H30**  
*Display by the Free State Cheerleaders*

| <b>TRACK EVENTS</b> |                     |             | <b>FIELD EVENTS</b> |                         |        |
|---------------------|---------------------|-------------|---------------------|-------------------------|--------|
| 13H30               | 100m                | Women & Men | 13H30               | Shot Put (Heptathlon-3) | Women  |
| 14H50               | 5 000m              | M30-59      | 13H30               | Discus Throw            | M50-59 |
| 15H20               | 5 000m              | Women/M60+  | 13H30               | Javelin Throw           | W30-54 |
| 16H05               | 200m (Heptathlon-4) | Women       | 13H30               | Weight Throw            | W65+   |
| 16H15               | 400m (Decathlon-5)  | Men         | 14H00               | High Jump (Decathlon-4) | Men    |
|                     |                     |             | 15H30               | Weight Throw            | M30-54 |
|                     |                     |             | 15H30               | Discus Throw            | M60-69 |
|                     |                     |             | 15H30               | Shot Put                | M70+   |
|                     |                     |             | 15H30               | Long Jump               | W30-49 |
|                     |                     |             | 15H30               | Javelin Throw           | W55+   |

**AGM: 18H00 FOR 18H30**



**PROGRAM**  
**SATURDAY 28 APRIL 2018**



| <b>MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN</b> |                            |               |                     |                              |            |
|---|----------------------------|---------------|---------------------|------------------------------|------------|
| <b>TRACK EVENTS</b>                             |                            |               | <b>FIELD EVENTS</b> |                              |            |
| 07H30   | 10km Road Walk             | Women & Men   | 07H30               | Long Jump                    | M30-49     |
| 07H30   | 20km Road Walk             | Women & Men   | 07H30               | High Jump                    | M50+       |
| 08H00   | 110m Hurdles (Decathlon-6) | M30-49        | 07H30               | Shot Put                     | W30-49     |
| 08H15   | 100m Hurdles (Decathlon-6) | M50-69        | 07H30               | Discus Throw                 | W50-59     |
| 08H30   | 80m Hurdles (Decathlon-6)  | M70+          | 07H30               | Hammer Throw                 | W60+       |
| 08H45   | 1 500m                     | Women & Men   | 09H15               | High Jump                    | Women      |
| 09H50   | 110m Hurdles               | M30-49        | 09H15               | Shot Put                     | M50-59     |
| 10H10   | 100m Hurdles               | M50-69/W30-39 | 09H15               | Javelin Throw                | M65+       |
| 10H35   | 80m Hurdles                | M70+/W40+     | 09H45               | Discus Throw (Decathlon-7)   | Men        |
| 10H50   | 400m                       | Women & Men   | 10H00               | Long Jump (Heptathlon-5)     | Women      |
| 11H45   | 2 000m Steeplechase        | Women/M60+    | 11H00               | Pole Vault (Decathlon-8)     | Men        |
| 12H15   | 3 000m Steeplechase        | M30-59        | 11H00               | Pole Vault                   | Women & Me |
|   |                            |               | 11H00               | Discus Throw                 | W30-49     |
|   |                            |               | 11H00               | Weight Throw                 | W50-64     |
|   |                            |               | 11H00               | Shot Put                     | M30-49     |
|   |                            |               | 11H30               | Javelin Throw (Heptathlon-6) | Women      |

**LUNCH: 12H45 – 13H30**

| <b>TRACK EVENTS</b> |                       |             | <b>FIELD EVENTS</b> |                             |        |
|---------------------|-----------------------|-------------|---------------------|-----------------------------|--------|
| 13H30               | 200M                  | Men         | 13H30               | Javelin Throw (Decathlon-9) | Men    |
| 14H20               | 200M                  | Women       | 13H30               | Triple Jump                 | Women  |
| 14H40               | 10 000m               | Women & Men | 13H30               | Hammer Throw                | M30-54 |
| 15H50               | 800m (Heptathlon-7)   | Women       | 13H30               | Shot Put                    | M60-69 |
| 16H05               | 1 500m (Decathlon-10) | Men         | 13H30               | Weight Throw                | W30-49 |
| 16H20               | 4 x 100m Relay        | Women & Men | 15H30               | High Jump                   | M30-49 |
|                     |                       |             | 15H30               | Long Jump                   | M50+   |
|                     |                       |             | 15H30               | Weight Throw                | M55+   |
|                     |                       |             | 15H30               | Hammer Throw                | W50-59 |
|                     |                       |             | 15H30               | Shot Put                    | W60+   |

**DINNER/DANCE and NATIONAL AWARDS CEREMONY: 18H00 FOR 18H30**