



**GAUTENG NORTH MASTERS ATHLETICS CHAMPIONSHIPS**

TRACK / BAAN			FIELD / VELD		
No.	Time	Item	No.	Time	Item
1	07:00	5 000M WALK MEN /WOMEN (55 +)	43	07:30	SHOTPUT WOMEN (30 +)
2	07:45	5 000M WALK WOMEN (30 - 54)	44	07:30	GREEK DISCUS MEN (30 - 59)
3	08:25	5 000M WALK MEN (30 - 54)	45	08:00	HIGH JUMP WOMEN (30 +)
4	09:00	5 000M WOMEN (30 +)	46	08:30	SHOTPUT MEN (60 +)
5	09:25	5 000M MEN (30 +)	47	08:30	GREEK DISCUS WOMEN (30 +)
6	09:50	200M WOMEN (30 +)	48	09:00	HIGH JUMP MEN (30 +)
7	10:10	200M MEN (30 +)			
8	10:30	2 000M STEEPLE WOMEN (30 +)	49	09:30	SHOTPUT MEN (30 - 59)
9	10:30	2 000M STEEPLE MEN (60 +)	50	09:30	GREEK DISCUS MEN (60 +)
10	10:50	3 000M STEEPLE MEN (30 - 59)	51	09:30	JAVELIN WOMEN (30 +)
11	11:10	800M WOMEN (30 +)	52	10:15	LONG JUMP WOMEN (30 +)
12	11:20	800M MEN (30 +)			
13	11:40	110M HURDLES MEN (30 - 49)	53	10:30	HAMMER MEN (60 +)
14	11:50	100M HURDLES MEN (50 - 59)	54	10:30	JAVELIN MEN (30 - 59)
15	12:00	100M HURDLES MEN (60 - 69)			
16	12:10	100M HURDLES WOMEN (30 - 39)	55	11:15	LONG JUMP MEN (30 +)
17	12:20	80M HURDLES WOMEN (40 - 49)			
18	12:30	80M HURDLES WOMEN (50 - 59)	56	11:30	HAMMER MEN (30 - 59)
19	12:30	80M HURDLES MEN (70 - 79)	57	11:30	WEIGHT THROW WOMEN (30 +)
20	12:40	80M HURDLES WOMEN (60 +)	58	11:30	JAVELIN MEN (60 +)
21	12:40	80M HURDLES MEN (80 +)			
<b>ETE / LUNCH 12:45 - 13:15</b>					
No.	Time	Item	No.	Time	Item
22	13:15	400M HURDLES WOMEN (30 - 49)	59	13:15	HAMMER WOMEN (30 +)
23	13:15	400M HURDLES MEN (50 - 59)	60	13:15	WEIGHT THROW MEN (30 - 59)
24	13:15	400M HURDLES MEN (30 - 49)	61	13:15	TRIPLE JUMP WOMEN (30 +)
25	13:30	300M HURDLES WOMEN (60 - 69)	62	13:15	TRIPLE JUMP MEN (30 +)
26	13:30	300M HURDLES MEN (70 - 79)			
27	13:30	300M HURDLES WOMEN (50 - 59)	63	14:15	DISCUS MEN (30 - 59)
28	13:30	300M HURDLES MEN (60 - 69)	64	14:15	WEIGHT THROW MEN (60 +)
29	13:40	200M HURDLES WOMEN (70 +)			
30	13:40	200M HURDLES MEN (80 +)	65	14:45	POLE VAULT WOMEN (30 +)
			66	14:45	POLE VAULT MEN (30 +)
31	13:45	1 500M WOMEN (30 +)			
32	14:00	1 500M MEN (30 +)	67	15:15	DISCUS WOMEN (30 +)
33	14:15	100M WOMEN (30 +)	68	15:15	DISCUS MEN (60 +)
34	14:30	100M MEN (30 +)			
35	14:45	3 000M WALK WOMEN (30 +)			
36	14:45	3 000M WALK MEN (30 +)			
37	15:15	400M WOMEN (30 +)			
38	15:25	400M MEN (30 +)			
39	15:40	3 000M WOMEN (30 +)			
40	15:40	3 000M MEN (30 +)			
41	16:00	4x100M RELAY WOMEN (30 +)			
42	16:00	4x100M RELAY MEN (30 +)			