

SACSA SPORTS
D1 SECONDARY ATHLETICS PROGRAM



Event #	Time	Event Name	Gender	Age	Location
MARSHALLING - 9.00 am					
1 & 2	9.15 - 9:45	1500M	Female	13yr olds	SE Corner of Track
		1500M	Female	14yr olds	SE Corner of Track
3 & 4		1500M	Male	13yr olds	SE Corner of Track
		1500M	Male	14yr olds	SE Corner of Track
5 & 6		1500M	Female	15yr olds	SE Corner of Track
		1500M	Female	OPEN	SE Corner of Track
7 & 8		1500M	Male	15yr olds	SE Corner of Track
		1500M	Male	OPEN	SE Corner of Track
MARSHALLING - 9.30 am					
9	9:55 - 10:10	200M	Female	13yr olds	NW Corner of Track
10		200M	Male	13yr olds	NW Corner of Track
11		200M	Female	14yr olds	NW Corner of Track
12		200M	Male	14yr olds	NW Corner of Track
13		200M	Female	15yr olds	NW Corner of Track
14		200M	Male	15yr olds	NW Corner of Track
15		200M	Female	OPEN	NW Corner of Track
16		200M	Male	OPEN	NW Corner of Track
MARSHALLING - 9.50 am					
17	10.15 - 10.45	DISCUS	Female	15yr olds	SE Ring
18		DISCUS	Male	15yr olds	NE Ring
19	10.15 - 10.45	HIGH JUMP	Female	15yr olds	SW Mat
20		HIGH JUMP	Male	15yr olds	SE Mat
21	10.15 - 10.45	JAVELIN	Female	13yr olds	SW
22		JAVELIN	Male	13yr olds	NW
23	10.15 - 10.45	LONG JUMP	Female	OPEN	SW Pit
24		LONG JUMP	Male	OPEN	NW Pit
25	10.15 - 10.45	SHOT PUT	Female	14yr olds	Out the back Ring 1
26		SHOT PUT	Male	14yr olds	Out the back Ring 2
27	10.15 - 10.45	TRIPLE JUMP	Female	14yr olds	SW Pit
28		TRIPLE JUMP	Male	14yr olds	NW Pit
MARSHALLING - 10.30 am					
29	10.45 - 11.15	DISCUS	Female	OPEN	SE Ring
30		DISCUS	Male	OPEN	NE Ring
31	10.45 - 11.15	HIGH JUMP	Female	OPEN	SW Mat
32		HIGH JUMP	Male	OPEN	SE Mat
33	10.45 - 11.15	JAVELIN	Female	14yr olds	SW
34		JAVELIN	Male	14yr olds	NW
35	10.45 - 11.15	LONG JUMP	Female	13yr olds	SW Pit
36		LONG JUMP	Male	13yr olds	NW Pit
37	10.45 - 11.15	SHOT PUT	Female	15yr olds	Out the back Ring 1
38		SHOT PUT	Male	15yr olds	Out the back Ring 2
39	10.45 - 11.15	TRIPLE JUMP	Female	15yr olds	SW Pit
40		TRIPLE JUMP	Male	15yr olds	NW Pit

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Event #	Time	Event Name	Gender	Age	Location
MARSHALLING - 10.50 am					
41 & 22	11.20 - 11.40	800M	Female	13yr olds	SW Corner of Track
		800M	Female	14yr olds	SW Corner of Track
43 & 44		800M	Male	13yr olds	SW Corner of Track
		800M	Male	14yr olds	SW Corner of Track
45 & 46		800M	Female	15yr olds	SW Corner of Track
		800M	Female	OPEN	SW Corner of Track
47 & 48		800M	Male	15yr olds	SW Corner of Track
		800M	Male	OPEN	SW Corner of Track
MARSHALLING - 11.30 am					
49	11.50 - 12.00	100M	Female	13yr olds	NE Corner of Track
50		100M	Male	13yr olds	NE Corner of Track
51		100M	Female	14yr olds	NE Corner of Track
52		100M	Male	14yr olds	NE Corner of Track
53		100M	Female	15yr olds	NE Corner of Track
54		100M	Male	15yr olds	NE Corner of Track
55		100M	Female	OPEN	NE Corner of Track
56		100M	Male	OPEN	NE Corner of Track
MARSHALLING - 11.50 am					
57	12.05 - 12.35	DISCUS	Female	13yr olds	SE Ring
58	12.05 - 12.35	DISCUS	Male	13yr olds	NE Ring
59	12.05 - 12.35	HIGH JUMP	Female	13yr olds	SW Mat
60	12.05 - 12.35	HIGH JUMP	Male	13yr olds	SE Mat
61	12.05 - 12.35	JAVELIN	Female	15yr olds	SW
62	12.05 - 12.35	JAVELIN	Male	15yr olds	NW
63	12.05 - 12.35	LONG JUMP	Female	14yr olds	SW Pit
64	12.05 - 12.35	LONG JUMP	Male	14yr olds	NW Pit
65	12.05 - 12.35	SHOT PUT	Female	OPEN	Out the back Ring 1
66	12.05 - 12.35	SHOT PUT	Male	OPEN	Out the back Ring 2
67	12.05 - 12.35	TRIPLE JUMP	Female	OPEN	SW Pit
68	12.05 - 12.35	TRIPLE JUMP	Male	OPEN	NW Pit
MARSHALLING - 12.20 pm					
69	12.35 - 1.05	DISCUS	Female	14yr olds	SE Ring
70	12.35 - 1.05	DISCUS	Male	14yr olds	NE Ring
71	12.35 - 1.05	HIGH JUMP	Female	14yr olds	SW Mat
72	12.35 - 1.05	HIGH JUMP	Male	14yr olds	SE Mat
73	12.35 - 1.05	JAVELIN	Female	OPEN	SW
74	12.35 - 1.05	JAVELIN	Male	OPEN	NW
75	12.35 - 1.05	LONG JUMP	Female	15yr olds	SW Pit
76	12.35 - 1.05	LONG JUMP	Male	15yr olds	NW Pit
77	12.35 - 1.05	SHOT PUT	Female	13yr olds	Out the back Ring 1
78	12.35 - 1.05	SHOT PUT	Male	13yr olds	Out the back Ring 2
79	12.35 - 1.05	TRIPLE JUMP	Female	13yr olds	SW Pit
80	12.35 - 1.05	TRIPLE JUMP	Male	13yr olds	NW Pit

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Event #	Time	Event Name	Gender	Age	Location
MARSHALLING - 12.50 pm					
81	1.10 - 1.25	400M	Female	13yr olds	SW Corner of Track
82		400M	Male	13yr olds	SW Corner of Track
83		400M	Female	14yr olds	SW Corner of Track
84		400M	Male	14yr olds	SW Corner of Track
85		400M	Female	15yr olds	SW Corner of Track
86		400M	Male	15yr olds	SW Corner of Track
87		400M	Female	OPEN	SW Corner of Track
88		400M	Male	OPEN	SW Corner of Track
MARSHALLING - 1.10 pm head to your checkpoint / start areas					
89	1.30 - 1.50	4 x 100M RELAY Div 1	Female	13yr olds	Runners at corners of track
90		4 x 100M RELAY Div 1	Male	13yr olds	Runners at corners of track
91		4 x 100M RELAY Div 1	Female	14yr olds	Runners at corners of track
92		4 x 100M RELAY Div 1	Male	14yr olds	Runners at corners of track
93		4 x 100M RELAY Div 1	Female	15yr olds	Runners at corners of track
94		4 x 100M RELAY Div 1	Male	15yr olds	Runners at corners of track
95		4 x 100M RELAY Div 1	Female	OPEN	Runners at corners of track
96		4 x 100M RELAY Div 1	Male	OPEN	Runners at corners of track

PRESENTATIONS 2:00PM

Depart approx 2:30PM

Guest Access Code:

26AD1SEC

Or Scan the QR Code bellow

