

OFSAA South Regional

Day One Schedule

Track Events		
10:00 AM	OG	2000m Steeplechase 30"
10:15 AM	OB	2000m Steeplechase 36"
10:30 AM	NG	80m Hurdles Semi Finals 30"
10:37 AM	JG	80m Hurdles Semi Finals 30"
10:44 AM	SG	100m Hurdles Semi Finals 30"
10:51 AM	NM	100m Hurdles Semi Finals 33"
10:58 AM	JB	100m Hurdles Semi Finals 36"
11:05 AM	SB	110m Hurdles Semi Finals 36"
11:15 AM	PB	100m Semi Final / Final (<9) (I-T20 / A-T35-38 & 40-47 / V-T11, 12 &13)
11:18 AM	PG	100m Semi Final / Final (<9) (I-T20 / A-T35-38 & 40-47 / V-T11, 12 &13)
11:21 AM	NG	100m Semi Finals
11:24 AM	NB	100m Semi Finals
11:27 AM	JG	100m Semi Finals
11:30 AM	JB	100m Semi Finals
11:33 AM	SG	100m Semi Finals
11:36 AM	SB	100m Semi Finals
11:45 AM	NG	1500m Final
11:52 AM	NB	1500m Final
11:59 AM	JG	1500m Final
12:06 PM	JB	1500m Final
12:13 PM	SG	1500m Final
12:20 PM	SB	1500m Final
12:27 PM	VI	1500m Final
12:34 PM	WC	1500m Final
12:45 PM	NG	400m Timed Finals
12:52 PM	NB	400m Timed Finals
12:59 PM	JG	400m Timed Finals
1:06 PM	JB	400m Timed Finals
1:13 PM	SG	400m Timed Finals
1:20 PM	SB	400m Timed Finals
1:30 PM	NG	80m Hurdles Finals 30"
1:35 PM	JG	80m Hurdles Finals 30"
1:40 PM	SG	100m Hurdles Finals 30"
1:45 PM	NB	100m Hurdles Finals 33"
1:50 PM	JB	100m Hurdles Finals 36"
1:55 PM	SB	110m Hurdles Finals 36"
2:00 PM	PB	100m FINAL (if required)
2:06 PM	PG	100m FINAL (if required)
2:15 PM	NG	100m FINAL
2:18 PM	NB	100m FINAL
2:21 PM	JG	100m FINAL
2:24 PM	JB	100m FINAL
2:27 PM	SG	100m FINAL
2:30 PM	SB	100m FINAL

Field Events		
10:00 AM	NG	Long Jump
	NB	Shot Put 4kg
	JG	Triple Jump
	JB	Discus 1kg
	SG	High Jump
	SB	Javelin 800g
	N/JG	Pole Vault
11:30 AM	NG	Shot Put 3kg
	NB	Long Jump
	JG	Discus 1kg
	JB	Triple Jump
	SG	Javelin 600g
	SB	High Jump
	SG	Pole Vault
1:00 PM	Para	Shot Put G-3kg, B-4kg

OFSAA South Regional

Day Two Schedule

Track Events		
9:30 AM	NG	4 x 100m Relay 2 Timed Finals
9:40 AM	NB	4 x 100m Relay 2 Timed Finals
9:50 AM	JG	4 x 100m Relay 2 Timed Finals
10:00 AM	JB	4 x 100m Relay 2 Timed Finals
10:10 AM	SG	4 x 100m Relay 2 Timed Finals
10:20 AM	SB	4 x 100m Relay 2 Timed Finals
10:30 AM	NG	800m Timed Finals
10:37 AM	NB	800m Timed Finals
10:44 AM	JG	800m Timed Finals
10:51 AM	JB	800m Timed Finals
10:58 AM	SG	800m Timed Finals
11:05 AM	SB	800m Timed Finals
11:12 AM	PG	800m Timed Finals (I-T20 / A-T35-38, 40-46 / V-T11-13)
11:19 AM	PB	800m Timed Finals (I-T20 / A-T35-38, 40-46 / V-T11-13)
11:30 AM	NG	200m Semi Finals
11:35 AM	NB	200m Semi Finals
11:40 AM	JG	200m Semi Finals
11:45 AM	JB	200m Semi Finals
11:50 AM	SG	200m Semi Finals
11:55 AM	SB	200m Semi Finals
12:00 PM	WG	200m Semi Finals / Final (<9) (T34, 51-54)
12:05 PM	WB	200m Semi Finals / Final (<9) (T34, 51-54)
12:15 PM	SG/SB	SG/SB 3000m FINAL
		TRACK BREAK
1:15 PM	NG	NG 300m Hurdles Timed Finals 30"
1:22 PM	JG	JG 300m Hurdles Timed Finals 30"
1:29 PM	SG	SG 400m Hurdles Timed Finals 30"
1:36 PM	NB	NB 300m Hurdles Timed Finals 33"
1:43 PM	JB	JB 300m Hurdles Timed Finals 33"
1:50 PM	SB	SB 400m Hurdles Timed Finals 36"
2:00 AM	JG/JB	JG/JB 3000m FINAL
2:30 AM	SG	SG 200m FINAL **PLEASE NOTE THE
2:33 AM	SB	SB 200m FINAL ORDER OF EVENTS**
2:36 AM	JG	JG 200m FINAL
2:39 AM	JB	JB 200m FINAL
2:42 AM	NG	NG 200m FINAL
2:45 AM	NB	NB 200m FINAL
2:48 AM	WG	200m FINAL (if required)
2:51 AM	WB	200m FINAL (if required)
3:00 AM	NG	NG/NB 3000m FINAL
3:30 AM	OG	4X400m Relay Timed Finals
3:40 AM	OB	4X400m Relay Timed Finals

Field Events		
9:30 AM	NG	High Jump
	NB	Javelin 600g
	JG	Long Jump
	JB	Shot Put 4kg
	SG	Triple Jump
	SB	Discus 1.60kg
	NB/JB	Pole Vault
11:00 AM	NG	Javelin 600g
	NB	High Jump
	JG	Shot Put 3kg
	JB	Long Jump
	SG	Discus 1kg
	SB	Triple Jump
12:30 PM	NG	Triple Jump
	NB	Discus 1kg
	JG	High Jump
	JB	Javelin 600g
	SG	Long Jump
	SB	Shot Put 12lb
	SB	Pole Vault
2:00 AM	NG	Discus 1kg
	NB	Triple Jump
	JG	Javelin 600g
	JB	High Jump
	SG	Shot Put 4kg
	SB	Long Jump