



YELLOW PAGES SOUTH AFRICAN SENIOR TRACK & FIELD  
CHAMPIONSHIPS

(Incorporating Final Trials for the 2010 Commonwealth Games  
to be held in New Dehli, India)

Kings Park Stadium, Durban

## FINAL TIMETABLE

HELD UNDER THE RULES OF IAAF and ASA

### DAY ONE, SATURDAY, 20 March 2010

Event No	Time	Event	Round	Category
1	10:00	Long Jump	Qualifying	Senior Men
2	10:00	Shot Put	Final	Senior Women
3	10:00	Pole Vault	Final	Senior Women
4	10:00	Hammer Throw	Final	Senior Women
5	10:00	100m Hurdles	Heptathlon	Senior Women
6	10:10	100 Metres	Decathlon	Senior Men
7	10:20	5000 Metres	Final	Senior Women
8	10:40	400m Hurdles	Heats	Senior Men
9	10:55	400m Hurdles	Heats	Senior Women
10	11:00	High Jump	Heptathlon	Senior Women
11	11:05	100 Metres	Heats	Senior Women
12	11:20	100 Metres	Heats	Senior Men
13	11:30	Hammer Throw	Final	Senior Men
14	11:30	Long Jump	Decathlon	Senior Men
15	11:50	800 Metres	Heats	Senior Women
16	12:00	800 Metres	Heats	Senior Men
17	12:15	400 Metres	Heats	Senior Women
18	12:30	400 Metres	Heats	Senior Men
19	14:15	Shot Put	Decathlon	Senior Men
20	14:15	Long Jump	Final	Senior Women
21	14:15	Pole Vault	Final	Senior Men
22	14:30	200 Metres	Heats	Senior Women
23	14:45	200 Metres	Heats	Senior Men
24	14:55	Shot Put	Heptathlon	Senior Women
25	15:10	1500 Metres	Heats	Senior Women
26	15:15	High Jump	Decathlon	Senior Men
27	15:30	Long Jump	Final	Senior Men
28	15:30	1500 Metres	Heats	Senior Men
29	15:45	Shot Put	Final	Senior Men
30	15:45	100 Metres	Semi-Finals	Senior Women
31	15:55	100 Metres	Semi-Finals	Senior Men
32	16:05	200 Metres	Heptathlon	Senior Women
33	16:20	10 000 Metres	Final	Senior Men
34	17:00	400 Metres	Semi Finals	Senior Men
35	17:15	400m	Decathlon	Senior Men

**DAY TWO, SUNDAY, 21 March 2010**

<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Round</b>	<b>Category</b>
36	06:30	20Km Walk	Final	Senior Women
37	07:15	20Km Walk	Final	Senior Men
38	09:00	110m Hurdles	Decathlon	Senior Men
39	09:15	10000 Metres	Final	Senior Women
40	10:00	Discus Throw	Decathlon	Senior Men
41	10:00	110m Hurdles	Heats	Senior Men
42	10:10	100m Hurdles	Heats	Senior Women
43	10:20	200 Metres	Semi-Finals	Senior Women
44	10:30	200 Metres	Semi-Finals	Senior Men
45	10:30	Long Jump	Heptathlon	Senior Women
46	10:45	3000m Steeplechase	Final	Senior Men
47	11:00	Pole Vault	Decathlon	Senior Men
48	11:00	Discus	Final	Senior Women
49	11:00	3000m Steeplechase	Final	Senior Women
50	11:30	Triple Jump	Final	Senior Women
51	11:30	Javelin Throw	Final	Senior Women
52	12:00	High Jump	Final	Senior Women
53	12:30	Javelin Throw	Heptathlon	Senior Women
54	13:00	Discus Throw	Final	Senior Men
55	13:00	Triple Jump	Final	Senior Men
56	13:00	100 Metres	Final	Senior Women
57	13:10	100 Metres	Final	Senior Men
58	13:20	400m Hurdles	Final	Senior Women
59	13:30	400m Hurdles	Final	Senior Men
60	13:40	800 Metres	Final	Senior Women
61	13:50	800 Metres	Final	Senior Men
62	14:00	Javelin Throw	Final	Senior Men
63	14:05	110m Hurdles	Final	Senior Men
64	14:15	100m Hurdles	Final	Senior Women
65	14:30	400 Metres	Final	Senior Women
66	14:40	High Jump	Final	Senior Men
67	15:45	400 Metres	Final	Senior Men
68	15:00	1500 Metres	Final	Senior Women
69	15:15	1500 Metres	Final	Senior Men
70	15:30	Javelin Throw	Decathlon	Senior Men
71	15:30	800 Metres	Heptathlon	Senior Women
72	15:45	200 Metres	Final	Senior Women
73	16:00	200 Metres	Final	Senior Men
74	16:15	1500 Metres	Decathlon	Senior Men
75	16:25	5000 Metres	Final	Senior Men
76	16:45	4x400m Relay	Final Time Placing	Senior Women
77	16:55	4x400m Relay	Final Time Placing	Senior Men
78	17:05	4x100m Relay	Final Time Placing	Senior Women
79	17:15	4x100m Relay	Final Time Placing	Senior Men