

Athletics SA 2023 State Track and Field Championships

Final Timetable - As at 2/3/23 -5pm

Para Athletes - Field events are held with the relevant age group except seated events.

Friday - 3rd March

Track

Field

Day	Time	Event	Age Group	Round		Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	
Fri	6:30 PM	3000 metres Walk	U16 & U14 Men & Women	FINAL	6:30 PM	U16 Men	U17 & Open Women				U17/18/20 Women			6:30 PM
Fri		5000 metres Walk	U17, U18, U20, Open, O35 & O50 Men & Women	FINAL										
Fri					6:45 PM									
Fri	7:00 PM	400 metres Hurdles	Open & U20 Men	FINAL	7:00 PM							U14/15/16 Men		6:45 PM
Fri														7:00 PM
Fri	7:10 PM	400 metres Hurdles	U18 & U17 Men	FINAL	7:10 PM									7:10 PM
Fri														
Fri	7:20 PM	400 metres Hurdles	Open, U20 & U18 Women	FINAL	7:20 PM					Seated All Ages Men & Women				7:20 PM
Fri					7.3									
Fri	7:35 PM	200 metres Hurdles	U16 & U15 Women	FINAL	7:35 PM	O35/50	U17/18/20 Men							7:35 PM
Fri	7:40 PM	200 metres Hurdles	U16 & U15 Men	FINAL	7:40 PM									7:40 PM
Fri	7:45 PM	200 metres Hurdles	O35 Women	FINAL	7:45 PM						U17/18/20 Men			7:45 PM
Fri	7:50 PM				7:50 PM							U14/Open Women		7:50 PM
Fri														
Fri	8:00 PM	800 metres	Open Men	HEATS	8:00 PM									8:00 PM
Fri	8:05 PM				8:05 PM									8:05 PM
Fri	8:10 PM	2000 metres Steeplechase (76.2)	U15, U16, U17, U18, O35 & O50 Women	FINAL	8:10 PM									8:10 PM
Fri		3000 metres Steeplechase (76.2)	U20 & Open Women	FINAL										
Fri		2000 metres Steeplechase (76.2)	U15, U16, O35 & O50 Men	FINAL	8:20 PM	O35/O50 Women								
Fri	8:30 PM	2000 metres Steeplechase (84)	U17 & U18 Men	FINAL										
Fri														
Fri														
Fri														
Fri	8:45 PM	3000 metres Steeplechase (91.4)	Open & U20 Men	FINAL	8:45 PM									8:45 PM

Athletics SA 2023 State Track and Field Championships

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Saturday - 4th March

Track

Field

Day	Time	Event	Age Group	Round		Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	
Sat	9:00 AM				9:00 AM								Seated - Club	9:00 AM
Sat	9:05 AM				9:05 AM									9:05 AM
Sat	9:10 AM				9:10 AM								All Ages Men & Women	9:10 AM
Sat	9:15 AM				9:15 AM	Under 18 Men				O35/50 Women				9:15 AM
Sat	9:20 AM				9:20 AM									9:20 AM
Sat	9:25 AM				9:25 AM									9:25 AM
Sat	9:30 AM				9:30 AM									9:30 AM
Sat	9:35 AM				9:35 AM									9:35 AM
Sat	9:40 AM				9:40 AM									9:40 AM
Sat	9:45 AM				9:45 AM						Seated All Ages Men & Women			9:45 AM
Sat	9:50 AM				9:50 AM			U14/16/18/ U20 Women					U17/U18/ U20 W	9:50 AM
Sat	9:55 AM				9:55 AM									9:55 AM
Sat	10:00 AM	1500 metres	O35 & O50 Men & Women & Para	FINAL	10:00 AM				Open Men					10:00 AM
Sat	10:05 AM				10:05 AM									10:05 AM
Sat	10:10 AM	1500 metres	U14 Women	FINAL	10:10 AM									10:10 AM
Sat	10:15 AM				10:15 AM									10:15 AM
Sat	10:20 AM	1500 metres	U14 Men	FINAL	10:20 AM					U17 & U18 Men				10:20 AM
Sat	10:25 AM				10:25 AM	Under 20 Men								10:25 AM
Sat	10:30 AM	1500 metres	U15 & U16 Women	FINAL	10:30 AM									10:30 AM
Sat	10:35 AM				10:35 AM									10:35 AM
Sat	10:40 AM	1500 metres	U17, U18 & U20 Women	FINAL	10:40 AM									10:40 AM
Sat	10:45 AM				10:45 AM									10:45 AM
Sat	10:50 AM	1500 metres	U15 & U16 Men	FINAL	10:50 AM									10:50 AM
Sat	10:55 AM				10:55 AM									10:55 AM
Sat	11:00 AM				11:00 AM									11:00 AM
Sat	11:05 AM				11:05 AM									11:05 AM
Sat	11:10 AM	1500 metres	U17, U18 & U20 Men	FINAL	11:10 AM									11:10 AM
Sat	11:15 AM				11:15 AM									11:15 AM
Sat	11:20 AM				11:20 AM								O35 & O50 Men	11:20 AM
Sat	11:25 AM				11:25 AM									11:25 AM
Sat	11:30 AM				11:30 AM									11:30 AM
Sat	11:35 AM				11:35 AM					U20 Men				11:35 AM
Sat	11:40 AM				11:40 AM									11:40 AM
Sat	11:45 AM				11:45 AM	U14 Women								11:45 AM
Sat	11:50 AM				11:50 AM									11:50 AM
Sat	11:55 AM				11:55 AM									11:55 AM

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Para Athletes - Field events are held with the relevant age group except seated events.

Saturday - 4th March

Track

Field

Day	Time	Event	Age Group	Round		Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer
Sat	12:55 PM	400 metres	U15 Men	Heats	12:55 PM								12:55 PM
Sat	1:00 PM				1:00 PM								1:00 PM
Sat	1:05 PM	400 metres	U18 Women	Heats	1:05 PM								1:05 PM
Sat	1:10 PM				1:10 PM								1:10 PM
Sat	1:15 PM	400 metres	U17 Men	Heats	1:15 PM		U14/15/16 Men	U15/17 & Open Women		U14 Women & Men			Open Men
Sat	1:20 PM				1:20 PM								1:20 PM
Sat	1:25 PM	400 metres	U20 Men	Heats	1:25 PM								1:25 PM
Sat	1:30 PM				1:30 PM								1:30 PM
Sat	1:35 PM	400 metres	Open Men	Heats	1:35 PM								1:35 PM
Sat	1:40 PM				1:40 PM								1:40 PM
Sat	1:45 PM				1:45 PM								1:45 PM
Sat	1:50 PM	100 metres	O35 & O50 Women	FINAL	1:50 PM								1:50 PM
Sat	1:55 PM				1:55 PM								1:55 PM
Sat	2:00 PM	100 metres	O35 & O50 Men	FINAL	2:00 PM								2:00 PM
Sat	2:05 PM	100 metres	Race Running Men & Women	FINAL	2:05 PM								2:05 PM
Sat	2:10 PM				2:10 PM								2:10 PM
Sat	2:15 PM	100 metres	Para Women	FINAL	2:15 PM								2:15 PM
Sat	2:20 PM	100 metres	Para Men	FINAL	2:20 PM								2:20 PM
Sat	2:25 PM				2:25 PM								2:25 PM
Sat	2:30 PM	100 metres	U15 Men	Heats	2:30 PM								2:30 PM
Sat	2:35 PM				2:35 PM								2:35 PM
Sat	2:40 PM	100 metres	U16 Men	Heats	2:40 PM	U18 Women							2:40 PM
Sat	2:45 PM				2:45 PM								2:45 PM
Sat	2:50 PM				2:50 PM							U17/18/20 Men	2:50 PM
Sat	2:55 PM				2:55 PM								2:55 PM
Sat	3:00 PM	100 metres	U17 Men	Heats	3:00 PM					U14/15 & U16 Women			3:00 PM
Sat													
Sat	3:10 PM	100 metres	U18 Women	Heats	3:10 PM								3:10 PM
Sat													
Sat	3:20 PM	100 metres	U18 Men	Heats	3:20 PM								3:20 PM
Sat													
Sat	3:30 PM	100 metres	U20 Men	Heats	3:30 PM								3:30 PM
Sat													
Sat	3:40 PM	100 metres	Open Women	Heats	3:40 PM								3:40 PM
Sat													
Sat	3:50 PM	100 metres	Open Men	Heats	3:50 PM								3:50 PM

Athletics SA 2023 State Track and Field Championships

Final Timetable - As at 2/3/23 -5pm

Para Athletes - Field events are held with the relevant age group except seated events.

Saturday - 4th March

Track

Field

Day	Time	Event	Age Group	Round		Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer
Sat	4:00 PM				4:00 PM			O35 Women				U17/18 Women	4:00 PM
Sat	4:05 PM				4:05 PM			O50 Men					4:05 PM
Sat	4:10 PM	400 metres	O35 & O50 Women	FINAL	4:10 PM	U16/17 Women							4:10 PM
Sat	4:15 PM	400 metres	O35 & O50 Men	FINAL	4:15 PM								4:15 PM
Sat	4:20 PM	400 metres	Para Women	FINAL	4:20 PM								4:20 PM
Sat	4:25 PM	400 metres	Para Men	FINAL	4:25 PM								4:25 PM
Sat	4:30 PM				4:30 PM								4:30 PM
Sat	4:35 PM				4:35 PM								4:35 PM
Sat	4:40 PM				4:40 PM								4:40 PM
Sat	4:45 PM				4:45 PM								4:45 PM
Sat	4:50 PM				4:50 PM								4:50 PM
Sat	4:55 PM				4:55 PM								4:55 PM
Sat	5:00 PM				5:00 PM								5:00 PM
Sat	5:05 PM				5:05 PM								5:05 PM
Sat	5:10 PM				5:10 PM								5:10 PM
Sat	5:15 PM				5:15 PM								5:15 PM
Sat	5:20 PM	100 metres	U14 Women	FINAL	5:20 PM								5:20 PM
Sat	5:25 PM	100 metres	U14 Men	FINAL	5:25 PM								5:25 PM
Sat	5:30 PM	100 metres	U15 Women	FINAL	5:30 PM								5:30 PM
Sat	5:35 PM	100 metres	U15 Men	FINAL	5:35 PM								5:35 PM
Sat	5:40 PM	100 metres	U16 Women	FINAL	5:40 PM								5:40 PM
Sat	5:45 PM	100 metres	U16 Men	FINAL	5:45 PM								5:45 PM
Sat	5:50 PM	100 metres	U17 Women	FINAL	5:50 PM					U15/16 Men	Open Men		5:50 PM
Sat	5:55 PM	100 metres	U17 Men	FINAL	5:55 PM								5:55 PM
Sat	6:00 PM	100 metres	U18 Women	FINAL	6:00 PM								6:00 PM
Sat	6:05 PM	100 metres	U18 Men	FINAL	6:05 PM								6:05 PM
Sat	6:10 PM	100 metres	U20 Women	FINAL	6:10 PM								6:10 PM
Sat	6:15 PM	100 metres	U20 Men	FINAL	6:15 PM								6:15 PM
Sat	6:20 PM	100 metres	Open Women	FINAL	6:20 PM								6:20 PM
Sat	6:25 PM	100 metres	Open Men	FINAL	6:25 PM	U17 Men		U14/15/16/20 & O35 Men					6:25 PM
Sat	6:30 PM				6:30 PM								6:30 PM
Sat	6:35 PM				6:35 PM								6:35 PM
Sat	6:40 PM	400 metres	U14 Women	FINAL	6:40 PM				U18/20/Op Women			U20 Women	6:40 PM
Sat	6:45 PM	400 metres	U14 Men	FINAL	6:45 PM								6:45 PM
Sat	6:50 PM	400 metres	U15 Women	FINAL	6:50 PM								6:50 PM
Sat	6:55 PM	400 metres	U15 Men	FINAL	6:55 PM								6:55 PM

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Saturday - 4th March

Track

Field

Day	Time	Event	Age Group	Round		Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	
Sat	7:00 PM	400 metres	U16 Women	FINAL		7:00 PM								7:00 PM
Sat	7:05 PM	400 metres	U16 Men	FINAL		7:05 PM								7:05 PM
Sat	7:10 PM	400 metres	U17 Women	FINAL		7:10 PM								7:10 PM
	7:15 PM	400 metres	U17 Men	FINAL		7:15 PM								7:15 PM
Sat	7:20 PM	400 metres	U18 Women	FINAL		7:20 PM								7:20 PM
	7:25 PM	400 metres	U18 Men	FINAL		7:25 PM								7:25 PM
Sat	7:30 PM	400 metres	U20 Women	FINAL		7:30 PM	Open Men				Open Women			7:30 PM
Sat	7:35 PM	400 metres	U20 Men	FINAL		7:35 PM								7:35 PM
Sat	7:40 PM	400 metres	Open Women	FINAL		7:40 PM						U15/16 Women		7:40 PM
Sat	7:45 PM	400 metres	Open Men	FINAL		7:45 PM								7:45 PM
Sat	7:50 PM					7:50 PM								7:50 PM
Sat	7:55 PM	1500 metres	Open Women	FINAL		7:55 PM								7:55 PM
Sat	8:00 PM					8:00 PM								8:00 PM
Sat	8:05 PM	1500 metres	Open Men	FINAL 'B'		8:05 PM								8:05 PM
Sat	8:10 PM					8:10 PM								8:10 PM
Sat	8:15 PM	1500 metres	Open Men	FINAL 'A'		8:15 PM								8:15 PM

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Sunday - 5th March

Track

Field

Day	Time	Event	Age Group	Round		Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	
Sun	9:00 AM	10000 metres Walk	U18, U20, O35, O50 & Open M & W	FINAL	9:00 AM	Open Women		U17/U18/ Open Men		O35/O50 Men			O35/O50 Women	9:00 AM
					9:05 AM									9:05 AM
					9:10 AM									9:10 AM
					9:15 AM									9:15 AM
					9:20 AM									9:20 AM
					9:25 AM									9:25 AM
					9:30 AM									9:30 AM
					9:35 AM									9:35 AM
					9:40 AM									9:40 AM
					9:45 AM									9:45 AM
					9:50 AM								Open Women	9:50 AM
					9:55 AM									9:55 AM
					10:00 AM									10:00 AM
					10:05 AM									10:05 AM
					10:10 AM									10:10 AM
					10:15 AM									10:15 AM
					10:20 AM									10:20 AM
					10:25 AM									10:25 AM
					10:30 AM									10:30 AM
					10:35 AM									10:35 AM
					10:40 AM	U15 Women							U17/18 Women	10:40 AM
					10:45 AM									10:45 AM
					10:50 AM									10:50 AM
					10:55 AM									10:55 AM
Sun	11:00 AM	110 metres Hurdles	Open Men	FINAL	11:00 AM									11:00 AM
Sun	11:05 AM	110 metres Hurdles	U20 Men	FINAL	11:05 AM									11:05 AM
Sun	11:10 AM	110 metres Hurdles	U17 Men	FINAL	11:10 AM									11:10 AM
Sun	11:10 AM	110 metres Hurdles	U18 Men	FINAL	11:10 AM									
Sun	11:15 AM	100 metres Hurdles	Open Women	FINAL	11:15 AM									11:15 AM
Sun	11:20 AM				11:20 AM									11:20 AM
Sun	11:25 AM				11:25 AM									11:25 AM
Sun	11:30 AM	100 metres Hurdles	U15 & U16 Men	FINAL	11:30 AM									11:30 AM
Sun	11:35 AM				11:35 AM									11:35 AM
Sun	11:40 AM	100 metres Hurdles	U17 & U18 Women	FINAL	11:40 AM									11:40 AM
Sun	11:45 AM				11:45 AM									11:45 AM
Sun	11:50 AM	90 metres Hurdles	U15, U16 & O35 Women	FINAL	11:50 AM									11:50 AM

Athletics SA 2023 State Track and Field Championships

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Sunday - 5th March

Track

Field

Day	Time	Event	Age Group	Round		Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	
Sun	11:55 AM	80 metres Hurdles	U14 Women	FINAL		11:55 AM	U14/15 Men				O35/O50 Men		U15/16/20 Men	11:55 AM
Sun	12:00 PM					12:00 PM							12:00 PM	
Sun	12:05 PM	200 metres	U18 Women	Heats		12:05 PM							12:05 PM	
Sun	12:10 PM					12:10 PM							12:10 PM	
Sun	12:15 PM	200 metres	U18 Men	Heats		12:15 PM							12:15 PM	
Sun	12:20 PM	200 metres	U17 Women	Heats		12:20 PM							12:20 PM	
Sun	12:25 PM	200 metres	U17 Men	Heats		12:25 PM							12:25 PM	
Sun	12:30 PM	200 metres	U20 Men	Heats		12:30 PM							12:30 PM	
Sun	12:35 PM	200 metres	Open Men	Heats		12:35 PM							12:35 PM	
Sun	12:40 PM	200 metres	Open Women	Heats		12:40 PM							12:40 PM	
Sun	12:45 PM	200 metres	U15 Men	Heats		12:45 PM	12:45 PM							
Sun	12:50 PM					12:50 PM	12:50 PM							
Sun	12:55 PM	200 metres	U16 Men	Heats		12:55 PM	12:55 PM							
Sun	1:00 PM					1:00 PM	1:00 PM							
Sun	1:05 PM	200 metres	U16 Women	Heats		1:05 PM	1:05 PM							
Sun	1:10 PM					1:10 PM	1:10 PM							
Sun	1:15 PM	200 metres	Para Athletes - All Ages	FINAL		1:15 PM	1:15 PM							
Sun	1:20 PM					1:20 PM	1:20 PM							
Sun	1:25 PM	200 metres	O35 & O50 Women	FINAL		1:25 PM	1:25 PM							
Sun	1:30 PM					1:30 PM	1:30 PM							
Sun	1:35 PM	200 metres	O35 & O50 Men	FINAL		1:35 PM	1:35 PM							
Sun	1:40 PM					1:40 PM	1:40 PM							
Sun	1:45 PM					1:45 PM	1:45 PM							
Sun	1:50 PM					1:50 PM	1:50 PM							
Sun	1:55 PM					1:55 PM	1:55 PM							
Sun	2:00 PM					2:00 PM	2:00 PM							
Sun	2:05 PM					2:05 PM	2:05 PM							
Sun	2:10 PM					2:10 PM	2:10 PM							
Sun	2:15 PM					2:15 PM	2:15 PM							
Sun	2:20 PM					2:20 PM	2:20 PM							
Sun	2:25 PM					2:25 PM	2:25 PM							
Sun	2:30 PM	800 metres	O35, O50 & Para Women	FINAL		2:30 PM	U14/16 Women		U16/17/18/20 Men		O35/50 Women	2:30 PM		
Sun	2:35 PM	800 metres	O35, O50 & Para Men	FINAL		2:35 PM						2:35 PM		
Sun	2:40 PM	800 metres	U14 Women	FINAL		2:40 PM						2:40 PM		
Sun	2:45 PM	800 metres	U14 Men	FINAL		2:45 PM						2:45 PM		
Sun	2:50 PM	800 metres	U15 Women	FINAL		2:50 PM						2:50 PM		

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Sunday - 5th March

Track

Field

Day	Time	Event	Age Group	Round		Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer
Sun	2:55 PM	800 metres	U15 Men	FINAL	2:55 PM								2:55 PM
Sun	3:00 PM	800 metres	U16 Women	FINAL	3:00 PM								3:00 PM
Sun	3:05 PM	800 metres	U16 Men	FINAL	3:05 PM								3:05 PM
Sun	3:10 PM	800 metres	U17 Women	FINAL	3:10 PM								3:10 PM
Sun	3:15 PM	800 metres	U17 Men	FINAL	3:15 PM								3:15 PM
Sun	3:20 PM	800 metres	U18 Women	FINAL	3:20 PM								3:20 PM
Sun	3:25 PM	800 metres	U18 Men	FINAL	3:25 PM								3:25 PM
Sun	3:30 PM	800 metres	U20 Women	FINAL	3:30 PM								3:30 PM
Sun	3:35 PM	800 metres	U20 Men	FINAL	3:35 PM								3:35 PM
Sun	3:40 PM	800 metres	Open Women	FINAL	3:40 PM								3:40 PM
Sun	3:45 PM	800 metres	Open Men	FINAL	3:45 PM								3:45 PM
Sun	3:50 PM				3:50 PM								3:50 PM
Sun	3:55 PM	200 metres	U14 Men	FINAL	3:55 PM								3:55 PM
Sun	4:00 PM	200 metres	U14 Women	FINAL	4:00 PM								4:00 PM
Sun	4:05 PM	200 metres	U15 Women	FINAL	4:05 PM								4:05 PM
Sun	4:10 PM	200 metres	U15 Men	FINAL	4:10 PM								4:10 PM
Sun	4:15 PM	200 metres	U16 Women	FINAL	4:15 PM								4:15 PM
Sun	4:20 PM	200 metres	U16 Men	FINAL	4:20 PM								4:20 PM
Sun	4:25 PM	200 metres	U17 Women	FINAL	4:25 PM								4:25 PM
Sun	4:30 PM	200 metres	U17 Men	FINAL	4:30 PM								4:30 PM
Sun	4:35 PM	200 metres	U18 Women	FINAL	4:35 PM								4:35 PM
Sun	4:40 PM	200 metres	U18 Men	FINAL	4:40 PM								4:40 PM
Sun	4:45 PM	200 metres	U20 Women	FINAL	4:45 PM								4:45 PM
Sun	4:50 PM	200 metres	U20 Men	FINAL	4:50 PM								4:50 PM
Sun	4:55 PM	200 metres	Open Women	FINAL	4:55 PM								4:55 PM
Sun	5:00 PM	200 metres	Open Men	FINAL	5:00 PM	Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer