

7th January 2023 Saturday Venue SAF Decathlon and Heptathlon Championships

- 8.00 **100m Decathlon**
Heavy Weight Throws Pentathlon Men and Women - North/West Corner
Pole Vault
- 8.10 100m
- 8.30 **Hurdles Heptathlon**
Long Jump Decathlon
- 8.45 60m
- 8.55 **High Jump Heptathlon**
- 9.00 1500m run/walk
- 9.15 200m
Shot Put Decathlon
- 9.30 Sprint Hurdles
Long Jump
- 9.45 **Shot Put Heptathlon**
- 10.00 400m
High Jump Decathlon
- 10.30 **200m Heptathlon**
- 11.00 **400m Decathlon**

8th January 2023 Sunday Venue SAF

- 8.00 **Hurdles Decathlon**
56 lb weight M30+, W30+ North/West Corner
- 8.15 3000m Run/Walk
Long Jump Heptathlon
- 8.30 **Discus Decathlon** Northern Cage
- 8.45 60m
- 9.00 100m
Javelin Heptathlon Southern End
Super Weight M30+, W30+ North Corner
- 9.15 High Jump
Pole Vault Decathlon
- 9.30 800m Run/Walk
- 9.45 **800m Heptathlon**
- 10.00 300m
100 lb weight M30+, W30+ North/West Corner
- 10.30 **Javelin Decathlon** Northern End

11.15 **1500m Decathlon**

14th January 2023 Saturday Venue SAF

Men's Throws Pentathlon Championship. Entries close at 7.30am

8.00 3000m Run/Walk
Pole Vault
Hammer Men Southern Cage (Gp 1 and Gp 2)
Discus W30+ Northern Cage

8.30 Long Hurdles
Shot Put Men Gp 1

8.45 60m

8.50 **Shot Put** Men Gp 2

9.00 High Jump
Discus Men Gp 1 Northern Cage
Hammer W30+ Southern Cage

9.05 200m

9.20 **Discus** Men Gp 2 Northern Cage

9.30 2000m Steeplechase 0.76m height
3000m Steeplechase 0.838m height
Javelin Men Gp 1 Northern End

9.50 Long/Triple Jump
Javelin Men Gp 2 Northern End

10.00 100m
Shot Put W30+
Weight Men Gp 1 North/West Corner

10.20 **Weight** Men Gp 2 Northern Corner

10.30 300m

21st January 2023 Saturday Venue SAF

Throws Pentathlon Women Entries close at 7.30am

8.00 5000m Run/Walk
Hammer W30+ Pent Southern Cage
Discus M30+ Northern Cage
Pole Vault

8.30 Sprint Hurdles

8.30 **Shot Put W30+ Pent**

8.45 60m

9.00 800m
4 x 800m
Discus W30+ Pent Northern Cage
Weight M30+ North/West Corner
High Jump

9.10 300m

9.30 2km Steeplechase 0.76m height
3km Steeplechase 0.838m height
Javelin W30+ Pent Northern End

9.45 Long/Triple Jump

9.55 100m

10.00 Hammer M30+ Southern Cage
Weight W30+ Pent North/West Corner

10.25 200m