

## Competition Schedule (Tentative)

### SA Inter Club Championships 29 & 30 Oct 2022 Home Of Athletics

Day 1: AM								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				830	14	Long Jump (Flight 1)	Men Open	Final
9	5000m Race Walk	Women Open	Timed Finals	830	14	Long Jump (Flight 2)	Men Open	Final
7	5000m Race Walk	Men Open	Timed Finals	910				
31	100m	Women Open	Heats	945	9	Javelin (600g)	Women Open	Final
Victory Ceremony								
50	100m	Men Open	Heats	1010				
18	400m	Women Open	Heats	1045	9	High Jump	Women Open	Final
45	400m	Men Open	Heats	1100	14	Shot Put (7.26 kg)	Men Open	Final
Victory Ceremony								

Day 1: PM								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				1330	11	High Jump	Men Open	Final
				1330	8	Shot Put (4kg)	Women Open	Final
8	100m	Women Open	Final	1430				
8	100m	Men Open	Final	1440				
8	400m	Women Open	Final	1450	15	Javelin (800g)	Men Open	Final
8	400m	Men Open	Final	1500				
Victory Ceremony								
18	1500m	Women Open	Timed Finals	1510				
35	1500m	Men Open	Timed Finals	1530	15	Long Jump	Women Open	Final
Victory Ceremony								
7	4x100m	Women Open	Timed Finals	1615				
13	4x100m	Men Open	Timed Finals	1630				
15	5000m	Women Open	Timed Finals	1700				
Victory Ceremony								
18	5000m	Men Open	Timed Finals 1	1730				
17	5000m	Men Open	Timed Finals 2	1800				
Victory Ceremony								

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Day 2: AM								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				830	5	Hammer (7.26kg)	Men Open	Final
6	10000m	Women Open	Timed Finals	830	5	Hammer (4kg)	Women Open	Final
				900	3	Pole Vault	Women Open	Final
23	800m	Women Open	Timed Finals	930				
38	800m	Men Open	Timed Finals	945				
Victory Ceremony								
21	200m	Women Open	Heats	1015	7	Triple Jump	Women Open	Final
41	200m	Men Open	Heats	1030				
Victory Ceremony								
Day 2: PM								
No.	Event	Category	Status	Time	No.	Event	Category	Status
7	110m Hurdles (1.067m)	Men Open	Final	1330	13	Discus (1kg)	Women Open	Final
7	100m Hurdles (0.838m)	Women Open	Final	1340				
8	200m	Women Open	Final	1400	13	Pole Vault	Men Open	Final
8	200m	Men Open	Final	1410				
19	400m Hurdles (0.914m)	Men Open	Timed Finals	1430				
4	400m Hurdles (0.762m)	Women Open	Timed Finals	1445				
Victory Ceremony								
18	3000mSC (0.914m)	Men Open	Timed Finals	1500	14	Discus (2kg)	Men Open	Final
1	3000mSC (0.762m)	Women Open	Timed Finals	Cancelled				
4	4x100m	Mixed Open	Timed Finals	1530				
Victory Ceremony								
7	4x400m	Women Open	Timed Finals	1600	15	Triple Jump	Men Open	Final
11	4x400m	Men Open	Timed Finals	1620				
Victory Ceremony								
25	10000m	Men Open	Timed Finals	1700				
Victory Ceremony								