

SSACT 13 & OVER CHAMPIONSHIPS - PROGRAM OF EVENTS

Session Start Time	GIRLS						BOYS							Para Athletes	
	13 years	14 Years	15 Years	16 years	17 years	18-19 years	13 years	14 Years	15 Years	16 years	17 years	18-19 years			
8:30am	Discus	High Jump	Shot Put	Triple Jump	Long Jump	Javelin	Discus	High Jump	Shot Put	Triple Jump	Long Jump	Javelin	200	Session 1	
8:45am	200	200	200	200	200	200									
9:00am							200	200	200	200	200	200			
9:15am		Discus	High Jump	Shot Put	Triple Jump	Long Jump		Discus	High Jump	Shot Put	Triple Jump	Long Jump	Long Jump	Session 2	
9:30am	800	800	800	800	800	800									
9:45am							800	800	800	800	800	800	800		
10:00am	Long Jump		Discus	High Jump	Javelin	Triple Jump	Long Jump		Discus	High Jump	Javelin	Triple Jump	100	Session 3	
10:15am	100	100	100	100	100	100									
10:30am							100	100	100	100	100	100			
10:45am	Javelin	Long Jump		Discus	High Jump	Shot Put	Javelin	Long Jump		Discus	High Jump	Shot Put	Javelin		
11:30am	Shot Put	Triple Jump	Javelin	Long Jump	Discus	High Jump	Shot Put	Triple Jump	Javelin	Long Jump	Discus	High Jump	Shot Put	Session 4	
11:45am	1500	1500	1500	1500	1500	1500							1500		
12:00pm							1500	1500	1500	1500	1500	1500			
12:15pm	Triple Jump	Javelin	Long Jump		Shot Put	Discus	Triple Jump	Javelin	Long Jump		Shot Put	Discus	Discus		
12:45pm	100 Metre Gift												400 Metres	Session 5	
1:15pm	High Jump	Shot Put	Triple Jump	Javelin			High Jump	Shot Put	Triple Jump	Javelin					
1:30pm	400	400	400	400	400	400									
1:45pm							400	400	400	400	400	400			