

WSAA TRACK & FIELD CHAMPIONSHIP 2019: JUMPS & POLE VAULT TIMETABLE

Note for Y7 LJ: All competitors get 4 attempts only.

LONG JUMP	POLE VAULT / TRIPLE JUMP	HIGH JUMP
JB LONG JUMP (F4) 09.45 NS:5.95 ES:5.80 CS:5.45		IG (F1) SG (F2) HIGH JUMP 09.45 IG: NS:1.70 ES:1.64 CS:1.52 SG: NS:1.72 ES:1.66 CS:1.55
JG LONG JUMP (F14) 11.00 NS:5.25 ES:5.15 CS:4.65	POLE VAULT: ALL AGE GROUPS: 11.00 JG F18 JB: F19 IG: F20 IB: F21 SG: F22 SB: F23	JG HIGH JUMP (F12) 11.00 NS:1.65 ES:1.59 CS:1.45
IB (27) SB (F28) LONG JUMP (12.00 IB: NS:6.80 ES:6.40 CS:6.00 SB: NS:6.80 ES:6.70 CS:6.25	IG (F15) SG (F16) TRIPLE JUMP 12.00 IG: NS:11.20 ES:10.90 CS:10.00 SG: NS:11.40 ES:11.10 CS:9.50	JB HIGH JUMP (F24) 12.00 NS:1.78 ES:1.72 CS:1.60
Y7B LONG JUMP (F35) 13.00 DSt:4.32 SSt:4.16 Note for Y7: All competitors get 4 attempts only		Y7G HIGH JUMP (F32) 13.00 DSt:1.27 SSt:1.23
IG (F42) SG (F43) LONG JUMP 14.00 IG: NS:5.50 ES:5.35 CS:4.80 SG: NS:5.60 ES:5.40 CS:4.85	JB TRIPLE JUMP (F44) 14.00 NS:12.40 ES:12.00 CS:11.45	IB (39) SB (F40) HIGH JUMP 14.00 IB: NS:1.96 ES:1.90 CS:1.75 SB: NS:2.01 ES:1.95 CS:1.83
Y7G LONG JUMP (F50) 15.00 DSt:4.08 SSt:3.94 Note for Y7: All competitors get 4 attempts only.	IB (51) SB (F52) TRIPLE JUMP 15.00 IB: NS:13.70 ES:13.20 CS:12.50 SB: NS:14.20 ES:13.70 CS:12.85	Y7B HIGH JUMP (F48) 15.00 DSt:1.31 SSt:1.28

High jump-starting heights and heights up to CS:

Y7G: 1.06 1.11 1.16 1.21 1.24 1.27 (DSt) **Y7B:** 1.10 1.15 1.20 1.25 1.28 1.31(DSt)
JG: 1.24 1.29 1.34 1.39 1.42 1.45(CS) **JB:** 1.39 1.44 1.49 1.54 1.57 1.60(CS)
IG: 1.31 1.36 1.41 1.46 1.49 1.52(CS) **IB:** 1.54 1.59 1.64 1.69 1.72 1.75(CS)
SG: 1.31 1.36 1.41 1.46 1.49 1.52 1.55(CS) **SB:** 1.54 1.59 1.64 1.69 1.72 1.75 1.78 1.81 1.83(CS)

POLE VAULT: ALL AGE GROUPS 11.00

	NS	ES	CS		NS	ES	CS
JG (F18)	3.00m	2.70m	2.50m	JB (F19)	3.35m	3.00m	2.55m
IG (F20)	3.40m	3.10m	2.80m	IB (F21)	4.20m	3.90m	3.10m
SG (F22)	3.50m	3.20m	2.80m	SB (F23)	4.50m	4.20m	3.30m

Pole vault starting heights:

JG	1.55	1.70	1.80	1.90	2.00	JB	1.70	1.85	1.95	2.05	2.15
IG	1.70	1.85	1.95	2.05	2.15	IB	2.05	2.20	2.30	2.40	2.50
SG	1.70	1.85	1.95	2.05	2.15	SB	2.05	2.20	2.30	2.40	2.50

WSAA TRACK & FIELD CHAMPIONSHIP 2019:

FIELD EVENTS: THROWS TIMETABLE NOTE: HAMMER: ALL AGE GROUPS 09.45pm

Note for Y7: All competitors get 4 attempts only.

SHOT	HAMMER / DISCUS	JAVELIN
JG SHOT (F3) 3kg 09.45 NS:11.20 ES:10.60 CS:9.25	ALL HAMMER EVENTS 09.45: JG (F6) 3 kg JB (F7) 4kg IG (F8) 3 kg IB (F9) 5 kg SG (F10) 4 kg SB (F11) 6kg	Y7B JAVELIN (F5) 400gm 09.45 DSt:26.50 SSt: 24.00 Note for Y7: All competitors get 4 attempts only.
Y7B SHOT (F13) 2.72kg 11.00 DSt:9.40 SSt:8.00 Note for Y7: All competitors get 4 attempts only.	DISCUS:	JB JAVELIN (F17) 600gm 11.00 NS:47.00 ES:44.00 CS:39.00
IG (F25)3kg SG (F26) 4kg SHOT 12.00 IG: NS:12.70 ES:11.60 CS:10.00 SG: NS:11.40 ES: 10.50 CS:8.85	IB(F30)1.50kg SB(F31)1.75kg DISCUS 12.00 IB: NS:44.00 ES:41.00 CS:34.00 SB: NS:46.00 ES:40.00 CS:34.00	Y7G JAVELIN (F29) 400gm 12.00 DSt:18.50 SSt: 16.00 Note for Y7: All competitors get 4 attempts only.
IB (33) 5kg SB (F34) 6kg SHOT 13.00 IB: NS:14.20 ES:13.20 CS:11.90 SB: NS:13.70 ES: 12.80 CS:11.50	IG(F37) 1.0kg SG (F38)1.0kg DISCUS 13.00 IG: NS:37.00 ES:33.00 CS:27.00 SG: NS:39.00 ES:36.00 CS:29.00	JG JAVELIN (F36)500gm 13.00 NS:36.00 ES:34.00 CS:27.50
Y7G SHOT (F41) 2.72kg 14.00 DSt: 7.10 SSt: 6.70 Note for Y7: All competitors get 4 attempts only.	JB DISCUS (F47) 1.25kg 14.00 NS:38.00 ES:35.00 CS:30.50	IB(F45)700gm SB (F46) 800gm JAVELIN 14.00 IB: NS:54.00 ES:52.00 CS:45.00 SB: NS:56.00 ES: 52.00 CS:46.00
JB SHOT (F49) 4kg 15.00 NS:13.30 ES:12.30 CS:11.20	JG DISCUS (F55)1.0kg 15.00 NS:30.00 ES:27.00 CS:23.00	IG(F53)500gm SG(F54) 600gm JAVELIN 15.00 IG: NS:41.00 ES:38.00 CS:33.00 SG: NS:40.00 ES:37.00 CS:32.00

HAMMER: ALL AGE GROUPS 09.45

	NS	ES	CS		NS	ES	CS
JG (F6) 3 kg	44m	36m	30m	JB (F7) 4kg	45m	38m	31m
IG (F8) 3 kg	53m	48m	36m	IB (F9) 5 kg	56m	50m	37m
SG (F10) 4 kg	47m	43m	31m	SB (F11) 6kg	58m	52m	39m