

## WSAA TRACK & FIELD CHAMPIONSHIP 2022: JUMPS & POLE VAULT TIMETABLE

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

LONG JUMP	POLE VAULT / TRIPLE JUMP	HIGH JUMP
<b>JB LONG JUMP</b> (F4) <b>09.45</b> NS:5.95 ES:5.80 CS:5.45		<b>IG</b> (F1) <b>SG</b> (F2) <b>HIGH JUMP</b> <b>09.45</b> IG: NS:1.71 ES:1.65 CS:1.52 SG: NS:1.72 ES:1.66 CS:1.55
<b>JG LONG JUMP</b> (F14) <b>11.00</b> NS:5.30 ES:5.20 CS:4.65	<b>POLE VAULT:</b> ALL AGE GROUPS: <b>11.00</b> JG F18 JB: F19 IG: F20 IB: F21 SG: F22 SB: F23	<b>JG HIGH JUMP</b> (F12) <b>11.00</b> NS:1.65 ES:1.59 CS:1.45
<b>IB</b> (27) <b>SB</b> (F28) <b>LONG JUMP</b> ( <b>12.00</b> IB: NS:6.80 ES:6.40 CS:6.00 SB: NS:6.80 ES:6.70 CS:6.25	<b>IG</b> (F15) <b>SG</b> (F16) <b>TRIPLE JUMP</b> <b>12.00</b> IG: NS:11.30 ES:10.90 CS:10.00 SG: NS:11.40 ES:11.10 CS:9.50	<b>JB HIGH JUMP</b> (F24) <b>12.00</b> NS:1.78 ES:1.72 CS:1.60
<b>Y7B LONG JUMP</b> (F35) <b>13.00</b> DSt:4.32 SSt:4.16 Note for Y7: All competitors get 4 attempts only		<b>Y7G HIGH JUMP</b> (F32) <b>13.00</b> DSt:1.27 SSt:1.23
<b>IG</b> (F42) <b>SG</b> (F43) <b>LONG JUMP</b> <b>14.00</b> IG: NS:5.55 ES:5.40 CS:4.80 SG: NS:5.60 ES:5.40 CS:4.85	<b>JB TRIPLE JUMP</b> (F44) <b>14.00</b> NS:12.40 ES:12.00 CS:11.45	<b>IB</b> (39) <b>SB</b> (F40) <b>HIGH JUMP</b> <b>14.00</b> IB: NS:1.94 ES:1.88 CS:1.75 SB: NS:2.01 ES:1.95 CS:1.83
<b>Y7G LONG JUMP</b> (F50) <b>15.00</b> DSt:4.08 SSt:3.94 Note for Y7: All competitors get 4 attempts only.	<b>IB</b> (51) <b>SB</b> (F52) <b>TRIPLE JUMP</b> <b>15.00</b> IB: NS:13.70 ES:13.20 CS:12.50 SB: NS:14.20 ES:13.50 CS:12.85	<b>Y7B HIGH JUMP</b> (F48) <b>15.00</b> 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
<b>JG</b> (F18)	3.00m	2.70m	2.50m	<b>JB</b> (F19)	3.30m	3.00m	2.55m
<b>IG</b> (F20)	3.40m	3.10m	2.80m	<b>IB</b> (F21)	4.20m	3.90m	3.10m
<b>SG</b> (F22)	3.50m	3.20m	2.80m	<b>SB</b> (F23)	4.50m	4.20m	3.30m

### Pole vault starting heights:

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

**WSAA TRACK & FIELD CHAMPIONSHIP 2022:**

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

Note for Y7: All competitors get 4 attempts only.

<b>SHOT</b>	<b>HAMMER / DISCUS</b>	<b>JAVELIN</b>
<b>JG SHOT (F3) 3kg</b> <b>09.45</b> NS:11.20 ES:10.60 CS:9.25	<b>ALL HAMMER EVENTS 09.45:</b> JG (F6) 3 kg JB (F7) 4kg IG (F8) 3 kg IB (F9) 5 kg SG (F10) 4 kg SB (F11) 6kg	<b>Y7B JAVELIN (F5) 400gm</b> <b>09.45</b> DSt:26.50 SSt: 24.00 Note for Y7: All competitors get 4 attempts only.
<b>Y7B SHOT (F13) 2.72kg</b> <b>11.00</b> DSt:9.40 SSt:8.00 Note for Y7: All competitors get 4 attempts only.	<b>DISCUS:</b>	<b>JB JAVELIN (F17) 600gm</b> <b>11.00</b> NS:47.00 ES:44.00 CS:39.00
<b>IG (F25) 3kg SG (F26) 4kg</b> <b>SHOT</b> <b>12.00</b> IG: NS:12.70 ES:11.60 CS:10.00 SG: NS:11.40 ES: 10.50 CS:8.85	<b>IB(F30) 1.50kg SB(F31) 1.75kg</b> <b>DISCUS</b> <b>12.00</b> IB: NS:44.00 ES:41.00 CS:34.00 SB: NS:46.00 ES:40.00 CS:34.00	<b>Y7G JAVELIN (F29) 400gm</b> <b>12.00</b> DSt:18.50 SSt: 16.00 Note for Y7: All competitors get 4 attempts only.
<b>IB (33) 5kg SB (F34) 6kg</b> <b>SHOT</b> <b>13.00</b> IB: NS:14.20 ES:13.20 CS:11.90 SB: NS:13.70 ES: 12.80 CS:11.50	<b>IG(F37) 1.0kg SG (F38) 1.0kg</b> <b>DISCUS</b> <b>13.00</b> IG: NS:37.00 ES:33.00 CS:27.00 SG: NS:39.00 ES:36.00 CS:29.00	<b>JG JAVELIN (F36) 500gm</b> <b>13.00</b> NS:36.00 ES:34.00 CS:27.50
<b>Y7G SHOT (F41) 2.72kg</b> <b>14.00</b> DSt: 7.10 SSt: 6.70 Note for Y7: All competitors get 4 attempts only.	<b>JB DISCUS (F47) 1.25kg</b> <b>14.00</b> NS:38.00 ES:35.00 CS:30.50	<b>IB(F45) 700gm SB (F46) 800gm</b> <b>JAVELIN</b> <b>14.00</b> IB: NS:54.00 ES:52.00 CS:45.00 SB: NS:56.00 ES: 52.00 CS:46.00
<b>JB SHOT (F49) 4kg</b> <b>15.00</b> NS:13.30 ES:12.30 CS:11.20	<b>JG DISCUS (F55) 1.0kg</b> <b>15.00</b> NS:30.00 ES:27.00 CS:23.00	<b>IG(F53) 500gm SG(F54) 600gm</b> <b>JAVELIN</b> <b>15.00</b> 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
<b>JG (F6) 3 kg</b>	43m	37m	30m	<b>JB (F7) 4kg</b>	45m	38m	31m
<b>IG (F8) 3 kg</b>	53m	48m	36m	<b>IB (F9) 5 kg</b>	56m	49m	37m
<b>SG (F10) 4 kg</b>	47m	43m	31m	<b>SB (F11) 6kg</b>	58m	50m	39m