

Free State High Schools Athletics Championships 2024/03/08



Programme

Item	Time	Age	Item description				Records	Heat	Semi Final
2024/03/08									
1	2024/03/08	09:00	B - 17	10000 m Walk			Final	01:05.17	
2	2024/03/08	09:00	B - 19	10000 m Walk			Final	01:08.21	
3	2024/03/08	09:00	G - 15	Discus Throw	B-Circle	1kg	Final	44.28	
4	2024/03/08	09:00	G - 14	Hammer Throw	A-Circle	3kg	Final	50.42	
5	2024/03/08	09:00	G - 17	Shot Put	A-Circle	3kg	Final	18.34	
6	2024/03/08	09:00	G - 16	Shot Put	B-Circle	3kg	Final	16.55	
7	2024/03/08	09:00	B - 19	Triple Jump	C-Pit	13m	Final	15.23	
8	2024/03/08	09:00	B - 14	Long Jump	B-Pit		Final	6.25	
9	2024/03/08	09:00	G - 19	Long Jump	A- Pit		Final	5.70	
10	2024/03/08	09:00	G - 17	High Jump	A-Mat	1.45m	Final	1.75	
11	2024/03/08	09:00	G - 16	High Jump	B-Mat		Final	1.65	
12	2024/03/08	09:00	B - 16	Pole Vault			Final	4.70	
13	2024/03/08	09:00	B - 17	Pole Vault		3.60m	Final	4.73	
14	2024/03/08	10:15	B - 14	Discus Throw	B-Circle	1kg	Final	55.02	
15	2024/03/08	10:15	G - 16	5000 m Walk			Final	28:17.88	
16	2024/03/08	10:15	G - 17	5000 m Walk			Final	26:10.31	
17	2024/03/08	10:20	G - 15	Long Jump	B-Pit		Final	5.40	
18	2024/03/08	10:20	G - 14	Long Jump	A-Pit		Final	5.16	
19	2024/03/08	10:30	B - 16	High Jump	A-Mat		Final	1.97	
20	2024/03/08	10:30	B - 14	High Jump	B-Mat		Final	1.85	
21	2024/03/08	10:30	B - 19	Discus Throw	B-Circle	1.75kg	Final	55.00	
22	2024/03/08	11:00	B - 16	Shot Put	A-Circle	5kg	Final	17.52	
23	2024/03/08	11:00	B - 17	Shot Put	B-Circle	5kg	Final	18.75	
24	2024/03/08	11:00	G - 16	Javelin		500g	Final	44.47	
25	2024/03/08	11:10	G - 16	1500 m			Final	04:32.24	
26	2024/03/08	11:20	B - 16	1500 m			Final	03:53.06	
27	2024/03/08	11:30	G - 17	1500 m			Final	04:36.78	
28	2024/03/08	11:40	B - 17	1500 m			Final	03:50.15	
29	2024/03/08	11:40	B - 14	Pole Vault			Final	3.50	
30	2024/03/08	11:40	B - 15	Pole Vault		2.60m	Final	3.92	
31	2024/03/08	11:50	G - 14	100 m			Heats	00:12.47	103
32	2024/03/08	12:00	G - 17	Triple Jump	C-Pit	9m	Final	12.19	
33	2024/03/08	12:00	B - 15	Discus Throw	A-Circle	1kg	Final	61.97	
34	2024/03/08	12:00	B - 14	100 m			Heats	00:11.21	104
35	2024/03/08	12:10	G - 15	100 m			Heats	00:12.26	105
36	2024/03/08	12:20	B - 15	100 m			Heats	00:10.81	106
37	2024/03/08	12:20	G - 17	Javelin		500g	Final	45.75	
38	2024/03/08	12:20	G - 14	High Jump	A-Mat		Final	1.61	
39	2024/03/08	12:20	G - 15	Shot Put	A-Circle	3kg	Final	15.91	
40	2024/03/08	12:30	G - 16	100 m			Heats	00:12.02	107
41	2024/03/08	12:40	B - 16	100 m			Heats	00:10.68	108
42	2024/03/08	12:50	G - 17	100 m			Heats	00:12.00	109
43	2024/03/08	13:00	B - 17	100 m			Heats	00:10.35	110
44	2024/03/08	13:10	G - 19	100 m			Heats	00:11.88	111
45	2024/03/08	13:20	B - 19	100 m			Heats	00:10.40	112
46	2024/03/08	13:20	B - 16	Discus Throw	B-Circle	1.5kg	Final	54.39	
47	2024/03/08	13:20	B - 16	Long Jump	B- Pit		Final	6.85	
48	2024/03/08	13:20	G - 16	Long Jump	A- Pit		Final	5.46	
49	2024/03/08	13:20	G - 14	Shot Put	B-Circle	3kg	Final	13.26	
50	2024/03/08	13:20	B - 17	High Jump	B-Mat	1.70m	Final	2.00	

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Item	Time	Age	Item description	Records	Heat Semi Final
2024/03/08					
51	2024/03/08	13:40	G - 14	90 m Hurdles	76.2cm Heats 00:13.68 143
52	2024/03/08	13:50	G - 15	90 m Hurdles	76.2cm Heats 00:12.70 144
53	2024/03/08	14:00	G - 14	Pole Vault	Final 3.00
54	2024/03/08	14:00	G - 15	Pole Vault	1.80m Final 2.90
55	2024/03/08	14:00	G - 16	100 m Hurdles	76.2cm Heats 00:14.20 148
56	2024/03/08	14:10	G - 17	100 m Hurdles	76.2cm Heats 00:13.83 149
57	2024/03/08	14:20	G - 19	100 m Hurdles	84cm Heats 00:13.90 150
58	2024/03/08	14:30	B - 14	Shot Put	A-Circle 4kg Final 16.48
59	2024/03/08	14:30	B - 15	High Jump	A-Mat 1.55m Final 1.91
60	2024/03/08	14:30	B - 15	Shot Put	B-Circle 4kg Final 18.17
61	2024/03/08	14:30	G - 14	Javelin	500g Final 41.74
62	2024/03/08	14:40	G - 19	Discus Throw	B-Circle 1kg Final 44.63
63	2024/03/08	14:40	G - 15	Hammer Throw	A-Circle 3kg Final 54.64
64	2024/03/08	14:40	B - 14	100 m Hurdles	84cm Heats 00:13.57 151
65	2024/03/08	14:45	B - 15	100 m Hurdles	84cm Heats 00:12.79 152
66	2024/03/08	14:50	B - 16	110 m Hurdles	91.4cm Heats 00:14.17 153
67	2024/03/08	15:00	B - 17	110 m Hurdles	91.4cm Heats 00:14.10 154
68	2024/03/08	15:10	B - 19	110 m Hurdles	99.5cm Heats 00:13.88 155
69	2024/03/08	15:20	G - 17	Pole Vault	2.20m Final 3.40
70	2024/03/08	15:20	G - 16	Triple Jump	C-Pit 9m Final 11.80
71	2024/03/08	15:20	G - 15	Triple Jump	B-Pit 9m Final 11.28
72	2024/03/08	15:20	G - 14	1500 m	Final 04:41.19
73	2024/03/08	15:30	B - 14	1500 m	Final 04:17.82
74	2024/03/08	15:40	G - 15	1500 m	Final 04:36.26
75	2024/03/08	15:50	B - 15	1500 m	Final 04:11.06
76	2024/03/08	16:00	G - 19	1500 m	Final 04:34.45
77	2024/03/08	16:00	B - 19	1500 m	Final 03:49.27
78	2024/03/08	16:15	B - 16	10000 m Walk	Final 55:19.09
79	2024/03/08	16:15	G - 19	10000 m Walk	Final 52:09.13
80	2024/03/08	16:15	B - 19	Javelin	800g Final 63.96
81	2024/03/08	16:30	G - 14	Discus Throw	B-Circle 1kg Final 39.13
82	2024/03/08	16:30	G - 17	Hammer Throw	A-Circle 3kg Final 65.50
83	2024/03/08	17:25	B - 15	Triple Jump	B-Pit 9m Final 13.41
84	2024/03/08	17:25	G - 14	400 m	Heats 00:57.60 197
85	2024/03/08	17:35	B - 14	400 m	Heats 00:52.65 198
86	2024/03/08	17:45	G - 15	400 m	Heats 00:56.85 201
87	2024/03/08	17:55	B - 15	400 m	Heats 00:50.96 202
88	2024/03/08	18:00	G - 19	High Jump	B-Mat 1.50m Final 1.72
89	2024/03/08	18:00	B - 17	Javelin	700g Final 72.41
90	2024/03/08	18:05	G - 16	400 m	Heats 00:57.16 203
91	2024/03/08	18:15	B - 16	400 m	Heats 00:49.08 204
92	2024/03/08	18:25	G - 17	400 m	Heats 00:55.86 205
93	2024/03/08	18:35	B - 17	400 m	Heats 00:46.93 206
94	2024/03/08	18:45	G - 19	400 m	Heats 00:55.15 208
95	2024/03/08	18:55	B - 19	400 m	Heats 00:47.29 209
96	2024/03/08	19:00	G - 14	Triple Jump	C-Pit 9m Final 10.77
97	2024/03/08	19:00	B - 17	Discus Throw	B-Circle 1.5kg Final 58.81
98	2024/03/08	19:00	G - 16	Hammer Throw	A-Circle 3kg Final 60.03
99	2024/03/08	19:05	B - 14	3000 m	Final 09:23.50
100	2024/03/08	19:15	B - 15	3000 m	Final 09:08.65

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Item	Time	Age	Item description	Records	Heat	Semi Final		
2024/03/08								
101	2024/03/08	19:30	G - 16	2000 m Steeple	76.2cm	Final	07:32.89	
102	2024/03/08	19:45	G - 17	2000 m Steeple	76.2cm	Final	07:41.74	
103	2024/03/08	20:00	G - 14	100 m		Final	00:12.47	31
104	2024/03/08	20:05	B - 14	100 m		Final	00:11.21	34
105	2024/03/08	20:10	G - 15	100 m		Final	00:12.26	35
106	2024/03/08	20:15	B - 15	100 m		Final	00:10.81	36
107	2024/03/08	20:20	G - 16	100 m		Final	00:12.02	40
108	2024/03/08	20:25	B - 16	100 m		Final	00:10.68	41
109	2024/03/08	20:30	G - 17	100 m		Final	00:12.00	42
110	2024/03/08	20:35	B - 17	100 m		Final	00:10.35	43
111	2024/03/08	20:40	G - 19	100 m		Final	00:11.88	44
112	2024/03/08	20:45	B - 19	100 m		Final	00:10.40	45
113	2024/03/08	20:50	B - 16	2000 m Steeple	83.8cm	Final	06:03.90	
114	2024/03/08	21:00	B - 17	2000 m Steeple	83.8cm	Final	06:03.91	
115	2024/03/08	21:10	G - 19	1000m Medley		Final	02:16.99	
116	2024/03/08	21:30	B - 19	1000m Medley		Final	01:55.82	

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Item	Time	Age	Item description				Records	Heat Semi Final	
2024/03/09									
117	2024/03/09	07:00	G - 14	5000 m Walk			Final	29:13.93	
118	2024/03/09	07:00	B - 14	5000 m Walk			Final	30:42.07	
119	2024/03/09	07:40	G - 15	5000 m Walk			Final	26:13.10	
120	2024/03/09	07:40	B - 15	5000 m Walk			Final	26:07.90	
121	2024/03/09	08:00	G - 16	Pole Vault			Final	3.21	
122	2024/03/09	08:00	G - 19	Pole Vault		2.40m	Final	3.50	
123	2024/03/09	08:00	G - 17	Discus Throw	B-Circle	1kg	Final	46.27	
124	2024/03/09	08:00	B - 16	Hammer Throw	A-Circle	5kg	Final	59.37	
125	2024/03/09	08:00	G - 17	Long Jump	B-Pit		Final	5.74	
126	2024/03/09	08:00	B - 19	Long Jump	A- Pit		Final	7.19	
127	2024/03/09	08:00	G - 19	Triple Jump	C-Pit	11m	Final	12.18	
128	2024/03/09	08:20	G - 14	200 m			Heats	00:25.25	167
129	2024/03/09	08:30	B - 14	200 m			Heats	00:22.90	168
130	2024/03/09	08:40	G - 15	200 m			Heats	00:24.93	169
131	2024/03/09	08:50	B - 15	200 m			Heats	00:21.94	170
132	2024/03/09	08:50	B - 15	Javelin		600g	Final	64.67	
133	2024/03/09	09:00	G - 16	200 m			Heats	00:25.12	171
134	2024/03/09	09:10	B - 16	200 m			Heats	00:21.77	172
135	2024/03/09	09:10	B - 17	Hammer Throw	A-Circle	5kg	Final	72.70	
136	2024/03/09	09:20	G - 17	200 m			Heats	00:24.85	173
137	2024/03/09	09:30	B - 17	200 m			Heats	00:20.96	174
138	2024/03/09	09:40	G - 19	200 m			Heats	00:24.59	175
139	2024/03/09	09:50	B - 19	200 m			Heats	00:20.61	176
140	2024/03/09	09:50	B - 17	Triple Jump	B-Pit	11m	Final	14.80	
141	2024/03/09	10:00	B - 19	3000 m Steeple		91.4cm	Final	09:02.99	
142	2024/03/09	10:10	G - 19	3000 m Steeple		76.2cm	Final	12:01.70	
143	2024/03/09	10:20	G - 14	90 m Hurdles		76.2cm	Final	00:13.68	51
144	2024/03/09	10:25	G - 15	90 m Hurdles		76.2cm	Final	00:12.70	52
145	2024/03/09	10:25	G - 15	High Jump	A-Mat	1.40m	Final	1.73	
146	2024/03/09	10:25	B - 19	Shot Put	A-Circle	6kg	Final	17.16	
147	2024/03/09	10:25	G - 19	Javelin		600g	Final	50.14	
148	2024/03/09	10:30	G - 16	100 m Hurdles		76.2cm	Final	00:14.20	55
149	2024/03/09	10:35	G - 17	100 m Hurdles		76.2cm	Final	00:13.83	56
150	2024/03/09	10:40	G - 19	100 m Hurdles		84cm	Final	00:13.90	57
151	2024/03/09	10:45	B - 14	100 m Hurdles		84cm	Final	00:13.57	64
152	2024/03/09	10:50	B - 15	100 m Hurdles		84cm	Final	00:12.79	65
153	2024/03/09	10:55	B - 16	110 m Hurdles		91.4cm	Final	00:14.17	66
154	2024/03/09	11:00	B - 17	110 m Hurdles		91.4cm	Final	00:14.10	67
155	2024/03/09	11:05	B - 19	110 m Hurdles		99.5cm	Final	00:13.88	65
156	2024/03/09	11:05	B - 19	Hammer Throw	A-Circle	6kg	Final	76.34	
157	2024/03/09	11:05	B - 19	Pole Vault			Final	4.87	
158	2024/03/09	11:10	B - 16	3000 m			Final	08:50.60	
159	2024/03/09	11:15	B - 16	Triple Jump	C-Pit	11m	Final	14.43	
160	2024/03/09	11:20	B - 17	3000 m			Final	08:34.52	
161	2024/03/09	11:30	G - 14	3000 m			Final	10:45.85	
162	2024/03/09	11:30	G - 15	3000 m			Final	09:51.85	
163	2024/03/09	11:30	B - 19	High Jump	A-Mat	1.80m	Final	2.06	
164	2024/03/09	11:30	B - 16	Javelin		700g	Final	62.94	
165	2024/03/09	11:30	G - 19	Shot Put	A-Circle	4kg	Final	13.01	
166	2024/03/09	11:40	G - 16	3000 m			Final	09:51.46	

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Item	Time	Age	Item description				Records	Heat Semi Final
2024/03/09								
167	2024/03/09	11:55	G - 14	200 m			Final	00:25.25 128
168	2024/03/09	12:00	B - 14	200 m			Final	00:22.90 129
169	2024/03/09	12:05	G - 15	200 m			Final	00:24.93 130
170	2024/03/09	12:10	B - 15	200 m			Final	00:21.94 131
171	2024/03/09	12:15	G - 16	200 m			Final	00:25.12 133
172	2024/03/09	12:20	B - 16	200 m			Final	00:21.77 134
173	2024/03/09	12:25	G - 17	200 m			Final	00:24.85 136
174	2024/03/09	12:30	B - 17	200 m			Final	00:20.96 137
175	2024/03/09	12:35	G - 19	200 m			Final	00:24.59 138
176	2024/03/09	12:40	B - 19	200 m			Final	00:20.61 139
177	2024/03/09	12:50	G - 16	Discus Throw	B-Circle	1kg	Final	46.16
178	2024/03/09	12:50	B - 14	1500 m Steeple		76.2cm	Final	04:49.86
179	2024/03/09	13:00	B - 15	1500 m Steeple		76.2cm	Final	04:36.13
180	2024/03/09	13:00	G - 19	Hammer Throw	A-Circle	4kg	Final	57.01
181	2024/03/09	13:00	B - 14	Triple Jump	C- Pit	9m	Final	12.12
182	2024/03/09	13:00	B - 15	Long Jump	B-Pit		Final	6.78
183	2024/03/09	13:00	B - 17	Long Jump	A-Pit		Final	7.10
184	2024/03/09	13:10	G - 14	300 m Hurdles		76.2cm	Final	00:45.40
185	2024/03/09	13:15	G - 15	300 m Hurdles		76.2cm	Final	00:44.05
186	2024/03/09	13:20	B - 14	300 m Hurdles		84cm	Final	00:41.81
187	2024/03/09	13:25	B - 15	300 m Hurdles		84cm	Final	00:39.38
188	2024/03/09	13:35	G - 16	400 m Hurdles		76.2cm	Final	00:61.74
189	2024/03/09	13:40	G - 17	400 m Hurdles		76.2cm	Final	00:60.69
190	2024/03/09	13:45	G - 19	400 m Hurdles		76.2cm	Final	00:58.84
191	2024/03/09	13:45	B - 14	Javelin		600g	Final	60.31
192	2024/03/09	13:50	B - 16	400 m Hurdles		84cm	Final	00:54.04
193	2024/03/09	13:55	B - 17	400 m Hurdles		84cm	Final	00:52.84
194	2024/03/09	14:00	B - 19	400 m Hurdles		91.4cm	Final	00:51.30
195	2024/03/09	14:15	G - 14	1500 m Steeple		76.2cm	Final	05:26.63
196	2024/03/09	14:15	G - 15	1500 m Steeple		76.2cm	Final	05:19.82
197	2024/03/09	14:25	G - 14	400 m			Final	00:57.60 84
198	2024/03/09	14:30	B - 14	400 m			Final	00:52.65 85
199	2024/03/09	14:30	B - 14	Hammer Throw	B-Circle	4kg	Final	49.36
200	2024/03/09	14:30	B - 15	Hammer Throw	A-Circle	4kg	Final	59.41
201	2024/03/09	14:35	G - 15	400 m			Final	00:56.85 86
202	2024/03/09	14:40	B - 15	400 m			Final	00:50.96 87
203	2024/03/09	14:45	G - 16	400 m			Final	00:57.16 90
204	2024/03/09	14:50	B - 16	400 m			Final	00:49.08 91
205	2024/03/09	14:55	G - 17	400 m			Final	00:55.86 92
206	2024/03/09	15:00	B - 17	400 m			Final	00:46.93 93
207	2024/03/09	15:00	G - 15	Javelin		500g	Final	47.21
208	2024/03/09	15:05	G - 19	400 m			Final	00:55.15 94
209	2024/03/09	15:10	B - 19	400 m			Final	00:47.29 95
210	2024/03/09	15:15	G - 17	3000 m			Final	09:52.04
211	2024/03/09	15:35	G - 19	5000 m			Final	16:47.24
212	2024/03/09	16:05	B - 19	5000 m			Final	14:40.34
213	2024/03/09	16:20	G - 14	800 m			Final	02:13.42
214	2024/03/09	16:25	B - 14	800 m			Final	01:59.57
215	2024/03/09	16:30	G - 15	800 m			Final	02:10.22
216	2024/03/09	16:35	B - 15	800 m			Final	01:56.50

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Item	Time	Age	Item description	Records	Heat	Semi Final	Final	Records	Heat	Semi Final
2024/03/09										
217	2024/03/09	16:40	G - 16	800 m			Final	02:12.27		
218	2024/03/09	16:45	B - 16	800 m			Final	01:53.66		
219	2024/03/09	16:50	G - 17	800 m			Final	02:14.61		
220	2024/03/09	16:55	B - 17	800 m			Final	01:51.83		
221	2024/03/09	17:00	G - 19	800 m			Final	02:13.22		
222	2024/03/09	17:05	B - 19	800 m			Final	01:49.58		
223	2024/03/09	17:15	G - 14	4X100 m Relay			Final	00:51.56		
224	2024/03/09	17:20	B - 14	4X100 m Relay			Final	00:46.60		
225	2024/03/09	17:25	G - 15	4X100 m Relay			Final	00:50.54		
226	2024/03/09	17:30	B - 15	4X100 m Relay			Final	00:44.16		
227	2024/03/09	17:35	G - 16	4X100 m Relay			Final	00:50.90		
228	2024/03/09	17:40	B - 16	4X100 m Relay			Final	00:43.52		
229	2024/03/09	17:45	G - 17	4X100 m Relay			Final	00:50.31		
230	2024/03/09	17:50	B - 17	4X100 m Relay			Final	00:43.00		
231	2024/03/09	17:55	G - 19	4X100 m Relay			Final	00:49.45		
232	2024/03/09	18:00	B - 19	4X100 m Relay			Final	00:41.69		