

SOUTH AFRICAN SENIOR TRACK & FIELD + RELAYS & COMBINED EVENTS CHAMPIONSHIPS

UNIVERSITY OF STELLENBOSCH STADIUM : 16 - 18 April 2026

TIME TABLE

Held under Rules of WA and ASA

Version 1

DAY 1 - THURSDAY, 16 April 2026



MORNING SESSION

Event No	Time	Event	Category	Round		Comments	Next Round
1	08:00	10000m	Senior Men	Final			
2	09:00	100m Hurdles	Senior Women	Heptathlon		83,8cm	
3	09:10	100m	Senior Women	Heats			Semi-Final 14
4	09:40	100m	Senior Men	Heats			Semi-Final 15
5	09:45	High Jump	Senior Women	Heptathlon	A		
6	10:10	400m	Senior Women	Heats			Semi-Final 38
7	10:15	Long Jump	Senior Women	Qualifiers	A		Final 65
8	10:40	400m	Senior Men	Heats			Semi-Final 40
9	11:00	Shot Put	Men	Final		7,26kg	
10	11:10	400mH	Senior Men	Heats		91,4cm	Final 46
11	11:40	400mH	Senior Women	Heats		76,2cm	Final 47
12	12:00	High Jump	Senior Men	Qualifiers	A&B		Final 39

Day 1

AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round		Comments	Next Round
13	13:30	Discus Throw	Senior Women	Final		1kg	
14	13:30	100m	Senior Women	Semi-Final			Final 25
15	13:45	100m	Senior Men	Semi-Final			Final 26
16	14:00	Long Jump	Senior Men	Qualifiers	A		Final 53
17	14:00	Shot Put	Senior Women	Heptathlon		4kg	
18	14:00	3000m Steeple Chase	Senior Men	Heats		91,4cm	Final 68
19	14:15	Pole Vault	Senior Men	Final			
20	14:20	800m	Senior Women	Heats			Final 71
21	14:30	800m	Senior Men	Heats			Semi-Final 50
22	15:00	5000m	Senior Women	Final			
23	15:30	Javelin Throw	Senior Men	Final		800g	
24	16:00	200m	Senior Women	Heptathlon			
25	16:15	100m	Senior Women	Final			
26	16:30	100m	Senior Men	Final			
27	16:40	4*400m Mixed Relay	Senior Men/Women	Final			

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DAY 2 - FRIDAY, 17 April 2026

MORNING SESSION



Event No	Time	Event	Category	Round		Comments	Next Round
28	09:00	Long Jump	Senior Women	Heptathlon	A		
29	09:00	100m	Senior Men	Decathlon			
30	09:30	200m	Senior Women	Heats			Semi-Final 51
31	09:45	Hammer Throw	Senior Women	Final		4kg	
32	10:00	200m	Senior Men	Heats			Semi-Final 52
33	10:15	Pole Vault	Senior Women	Final			
34	10:30	1500m	Senior Women	Heats			Final 84
35	10:45	Long Jump	Senior Men	Decathlon	B		
36	11:00	1500m	Senior Men	Heats			Final 85
37	11:15	Javelin Throw	Senior Women	Heptathlon		600g	
38	11:30	400m	Senior Women	Semi-Finals			Final 82
39	11:40	High Jump	Senior Men	Final	A		
40	11:45	400m	Senior Men	Semi-Finals			Final 83
41	12:00	3000m Steeple Chase	Senior Women	Final		76,2cm	

Day 2

AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round		Comments	Next Round
42	13:00	Triple Jump	Senior Women	Final	A	11m	
43	13:15	4*100m Mixed Relay	Senior Women/Men	Heats			Final 59
44	13:15	Shot Put	Senior Men	Decathlon		7,26kg	
45	13:45	800m	Senior Women	Heptathlon			
46	14:05	400m Hurdles	Senior Men	Final		91,4cm	
47	14:30	400m Hurdles	Senior Women	Final		76,2cm	
48	14:30	Discus Throw	Senior Men	Final		2kg	
49	14:30	High Jump	Senior Men	Decathlon	A		
50	14:50	800m	Senior Men	Semi-Finals			Final 70
51	15:05	200m	Senior Women	Semi-Final			Final 74
52	15:15	200m	Senior Men	Semi-Final			Final 75
53	15:30	Long Jump	Senior Men	Final	B		
54	16:15	110m Hurdles	Senior Men	Heats		106,7cm	Final 77
55	16:30	100m Hurdles	Senior Women	Heats		83,8cm	Final 79
56	16:45	400m	Senior Men	Decathlon			
57	17:00	4*400m Relay	Senior Women	Heats			Final 90
58	17:10	4*400m Relay	Senior Men	Heats			Final 91
59	17:15	4*100 Mixed Relay	Senior Women/Men	Final			

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DAY 3 - SATURDAY, 18 April 2026



MORNING SESSION

Event No	Time	Event	Category	Round		Comments	Next Round
60	06:30	Half Marathon Walk	Senior Women	Final			
61	06:45	Half Marathon Walk	Senior Men	Final			
62	08:00	10000m	Senior Women	Final			
63	09:00	110m Hurdles	Senior Men	Decathlon		106,7cm	
64	09:15	4*100m Relay	Senior Women	Heats			Final 87
65	09:30	Long Jump	Senior Women	Final	B		
66	09:40	4*100m Relay	Senior Men	Heats			Final 88
67	10:00	Discus Throw	Senior Men	Decathlon		2kg	
68	10:15	3000m Steeple Chase	Senior Men	Final		91,4cm	
69	10:30	Javelin Throw	Senior Women	Final		600g	
70	10:40	800m	Senior Men	Final			
71	10:50	800m	Senior Women	Final			
72	11:30	Pole Vault	Senior Men	Decathlon			

Day 3

AFTERNOON / EVENING SESSION

Event No	Time	Event	Category	Round		Comments	Next Round
73	13:00	Hammer Throw	Senior Men	Final		7,26kg	
74	13:00	200m	Senior Women	Final			
75	13:10	200m	Senior Men	Final			
76	13:15	Triple Jump	Senior Men	Final	A	13m	
77	13:20	110m Hurdles	Senior Men	Final		106,7cm	
78	13:30	High Jump	Senior Women	Final	A		
79	13:30	100m Hurdles	Senior Women	Final		83,8cm	
80	14:00	Shot Put	Senior Women	Final		4kg	
81	14:30	Javelin Throw	Senior Men	Decathlon		800g	
82	14:45	400m	Senior Women	Final			
83	14:55	400m	Senior Men	Final			
84	15:15	1500m	Senior Women	Final			
85	15:30	1500m	Senior Men	Final			
86	15:45	5000m	Senior Men	Final			
87	16:30	4*100m Relay	Senior Women	Final			
88	16:40	4*100m Relay	Senior Men	Final			
89	16:50	1500m	Senior Men	Decathlon			
90	17:00	4*400m Relay	Senior Women	Final			
91	17:10	4*400m Relay	Senior Men	Final			