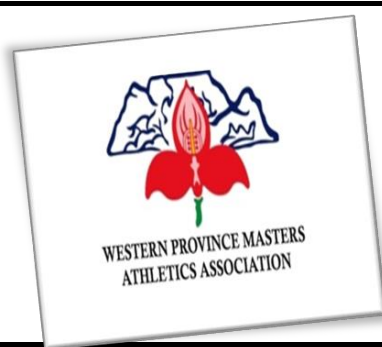




**46th South Africa Masters
Athletics National Championships**
**Green Point Athletics Stadium -
Cape Town**
4 - 6 May 2023



Event No.	Time	Event	Gender / Age-Group
DAY 1 - SAMA Champs - Thursday, 4 May 2023			
1	08:00	5000m Race Walk	Women
2	08:50	5000m Race Walk	Men
3	09:00	Hammer Throw (Pen-1)	W60+
4	09:00	Triple Jump	M30-49
5	09:40	80m Hurdles (Hep-1)	W40+
6	09:45	Hammer Throw (Pen-1)	M60+
7	09:45	Shot Put (Pen-2)	W60+
8	09:50	100m (Dec-1)	Men
9	10:00	100m Hurdles (Hep-1)	W30-39
10	10:20	400m	W50+
11	10:30	Shot Put (Pen-2)	M60+
12	10:30	Discus Throw (Pen-3)	W60+
13	10:30	Hammer Throw (Pen-1)	W30-59
14	10:30	High Jump (Hep-2)	Women
15	10:45	Long Jump (Dec-2)	Men
16	10:45	400m	M50+
17	11:00	400m	W30-49
18	11:15	400m	M30-49
19	11:15	Shot Put (Pen-2)	W30-59
20	11:15	Hammer Throw (Pen-1)	M30-59
21	11:15	Discus Throw (Pen-3)	M60+
22	11:15	Javelin Throw (Pen-4)	W60+
23	11:30	80m Hurdles	W40+
24	11:40	80m Hurdles	M70+
25	11:40	Shot Put (Dec-3)	Men
26	11:55	100m Hurdles	W30-39
27	12:10	100m Hurdles	M50-69
28	12:30	Javelin Throw (Pen-4)	M60+
29	12:45	Weight Throw (Pen-5)	W60+
30	12:45	Discus Throw (Pen-3)	W30-59
31	12:45	Shot Put (Pen-2)	M30-59
32	13:30	Shot Put (Hep-3)	Women

33	13:30	Weight Throw (Pen-5)	M60+
34	13:30	Discus Throw (Pen-3)	M30-59
35	13:30	Javelin Throw (Pen-4)	W30-59
36	14:00	High Jump (Dec-4)	Men
37	14:00	110m Hurdles	M30-49
38	14:15	Javelin Throw (Pen-4)	M30-59
39	14:15	Weight Throw (Pen-5)	W30-59
40	14:30	200m (Hep-4)	Women
41	15:00	Weight Throw (Pen-5)	M30-59
42	15:30	400m (Dec-5)	Men
43	15:40	5000m	Women
44	16:20	5000m	M50+
45	17:00	5000m	M30-49

DAY 2 - SAMA Champs - Friday, 5 May 2023			
46	07:30	Javelin Throw	M30-49
47	07:30	Hammer Throw	M55-69
48	07:30	Discus Throw	M70+
49	07:30	Long Jump	W50+
50	08:20	110m Hurdles (Dec-6)	Men M30 -39
51	08:30	100m hurdles (Dec-6)	Men M50-69
52	08:40	80m Hurdles (Dec-6)	Men M70+
53	09:00	1500m	Women
54	09:15	Hammer Throw	W30-49
55	09:15	Discus Throw (Dec-7)	Men
56	09:15	Shot Put	W50-59
57	09:15	Discus Throw	W60+
58	09:30	Long Jump (Hep-5)	Women
59	10:00	1500m	Men
60	10:30	Pole Vault (Dec-8)	Men
61	11:00	200m	W50+
62	11:00	Javelin Throw (Hep-6)	Women
63	11:00	Triple Jump	M50+
64	11:00	Discus Throw	M30-49
65	11:00	Javelin Throw	M50-64
66	11:00	Hammer Throw	M70+
67	11:15	200m	M50+
68	11:30	200m	W30-49
69	11:45	200m	M30-49
	12h15	OFFICIAL OPENING : 2023 SAMA NATIONAL CHAMPIONSHIP	
70	13:30	300m Hurdles	W50-69
71	13:45	300m Hurdles	M60-79
72	13:30	Discus Throw	M50-69

73	13:30	Javelin Throw	W30-54
74	13:30	Javelin Throw (Dec-9)	Men
75	13:30	Weight Throw	W65+
76	14:00	200m Hurdles	W70
77	14:15	200m Hurdles	M80+
78	14:30	1500m (Dec-10)	Men
79	15:00	800m (Hep-7)	Women
80	15:30	Weight Throw	M30-54
81	15:30	Discus Throw	M60-69
82	15:30	Shot Put	M70+
83	15:30	Long Jump	W30-49
84	15:30	Javelin Throw	W55+
85	16:00	10000m	Women
86	16:00	10000m	Men

DAY 3 - SAMA Champs - Saturday, 6 May 2023

87	07:30	10 & 20km Race Walk	Women
88	07:30	10 & 20km Race Walk	Men
89	07:30	Long Jump	M30-49
90	07:30	High Jump	M50+
91	07:30	Shot Put	W30-49
92	07:30	Discus Throw	W50-59
93	07:30	Hammer Throw	W60+
94	09:00	800m	Women
95	09:00	High Jump	Women
96	09:00	Shot Put	M50-59
97	09:00	Javelin Throw	M65+
98	09:30	800m	Men
99	10:00	400m Hurdles	W30-49
100	10:00	Pole Vault	Women
101	10:15	400m Hurdles	M30-59
102	10:30	100m	W50+
103	10:50	100m	M50+
104	11:00	Discus Throw	W30-49
105	11:00	Weight Throw	W50-64
106	11:00	Shot Put	M30-49
107	11:10	100m	W30-49
108	11:30	100m	M30-49
109	11:30	Pole Vault	Men
110	12:00	Invitational Events (non-Masters)	
111	13:30	Triple Jump	Women
112	13:30	Hammer Throw	M30-54
113	13:30	Shot put	M60-69

114	13:30	Weight Throw	W30-49
115	14:00	2000m Steeplechase	Women
116	14:00	2000m Steeplechase	M60+
117	14:30	3000m Steeplechase	M30-59
118	15:00	4 X 100m Mixed Relay	Men x 2 + Women x 2
119	15:30	High Jump	M30-49
120	15:30	Long Jump	M50+
121	15:30	Weight Throw	M55+
122	15:30	Hammer Throw	W50-59
123	15:30	Shot Put	W60+
124	16:00	4 X 100m Relay	Women
125	16:20	4 X 100m Relay	Men