



**WPA Track & Field Championship League  
Series Meeting 1  
Parow Athletics Track  
13 March 2021**

No entries will be accepted of athletes born in 2008 or later

**Athletes must please not arrive more than 1 hour before they are scheduled to compete.**

**NO SPECTATORS ARE ALLOWED AT THE VENUE**

1	07:00	5000m Race Walking	Girls U16	Born in 2006&2007
2	07:00	5000m Race Walking	Women U18	Born in 2004&2005
3	07:00	5000m Race Walking	Boys U16	Born in 2006&2007
4	07:45	10,000m	Senior Women	Born in 2001 and earlier
5	07:45	10,000m	Senior Men	Born in 2001 and earlier
6	08:00	Triple Jump (9m)	Boys U16	Born in 2006&2007
7	08:00	Triple Jump (9 m)	Girls U16	Born in 2006&2007
8	08:00	Triple Jump (9 m)	Women U18	Born in 2004&2005
9	08:00	Triple Jump (9m)	Women U20	Born in 2002&2003
10	08:00	Triple Jump (9m)	Senior Women	Born in 2001 and earlier
11	08:00	High Jump	Boys U16	Born in 2006&2007
12	08:00	High Jump	Men U18	Born in 2004&2005
13	08:00	High Jump	Men U20	Born in 2002&2003
14	08:00	High Jump	Senior Men	Born in 2001 and earlier
15	08:40	3000m	Girls U16	Born in 2006&2007
16	08:40	3000m	Women U18	Born in 2004&2005
17	08:40	3000m	Women U20	Born in 2002&2003
18	09:00	3000m	Boys U16	Born in 2006&2007
19	09:00	3000m	Men U18	Born in 2004&2005
20	09:00	3000m	Men U20	Born in 2002&2003

21	09:30	Long Jump	Boys U16	Born in 2006&2007
22	09:30	Long Jump	Men U18	Born in 2004&2005
23	09:30	Long Jump	Men U20	Born in 2002&2003
24	09:30	Long Jump	Senior Men	Born in 2001 and earlier
25	10:00	High Jump	Girls U16	Born in 2006&2007
26	10:00	High Jump	Women U18	Born in 2004&2005
27	10:00	High Jump	Women U20	Born in 2002&2003
28	10:00	High Jump	Senior Women	Born in 2001 and earlier
29	09:30	90m Hurdles (76.2cm)	Girls U16	Born in 2006&2007
30	09:40	100m Hurdles (76.2cm)	Women U18	Born in 2004&2005
31	09:50	100m Hurdles (83.8cm)	Women U20	Born in 2002&2003
32	09:50	100m Hurdles (83.8cm)	Senior Women	Born in 2001 and earlier
33	10:00	100m Hurdles (83.8cm)	Boys U16	Born in 2006&2007
34	10:10	110m Hurdles (91.4cm)	Men U18	Born in 2004&2005
35	10:20	110m Hurdles (99.1cm)	Men U20	Born in 2002&2003
36	10:30	110m Hurdles (106.7cm)	Senior Men	Born in 2001 and earlier
37	10:40	400m	Girls U16	Born in 2006&2007
38	10:50	400m	Boys U16	Born in 2006&2007
39	11:00	Long Jump	Girls U16	Born in 2006&2007
40	11:00	Long Jump	Women U18	Born in 2004&2005
41	11:00	Long Jump	Women U20	Born in 2002&2003
42	11:00	Long Jump	Senior Women	Born in 2001 and earlier
47	11:00	400m	Women U18	Born in 2004&2005

48	11:10	400m	Men U18	Born in 2004&2005
49	11:20	400m	Women U20	Born in 2002&2003
50	11:30	400m	Men U20	Born in 2002&2003
51	11:40	400m	Senior Women	Born in 2001 and earlier
52	11:50	400m	Senior Men	Born in 2001 and earlier

53	12:00	Triple Jump (11m)	Men U18	Born in 2004&2005
54	12:10	800m	Girls U16	Born in 2006&2007
55	12:20	800m	Boys U16	Born in 2006&2007
56	12:30	800m	Women U18	Born in 2004&2005
57	12:40	800m	Women U20	Born in 2002&2003
58	12:50	800m	Senior Women	Born in 2001 and earlier
59	13:00	Triple Jump (13m)	Men U20	Born in 2002&2003
60	13:00	Triple Jump (13m)	Senior Men	Born in 2001 and earlier
65	13:00	800m	Men U18	Born in 2004&2005
66	13:10	800m	Men U20	Born in 2002&2003
67	13:20	800m	Senior Men	Born in 2001 and earlier
68	13:30	100m	Girls U16	Born in 2006&2007
69	13:40	100m	Boys U16	Born in 2006&2007
70	13:50	100m	Women U18	Born in 2004&2005
71	14:00	100m	Men U18	Born in 2004&2005
72	14:10	100m	Women U20	Born in 2002&2003
73	14:20	100m	Men U20	Born in 2002&2003
74	14:30	100m	Senior Women	Born in 2001 and earlier
75	14:40	100m	Senior Men	Born in 2001 and earlier
76	14:50	1500m Steeple Chase (76.2cm)	Girls U16	Born in 2006&2007
77	14:50	1500m Steeple Chase (76.2cm)	Boys U16	Born in 2006&2007
78	15:00	2000m Steeple Chase (76.2cm)	Women U18	Born in 2004&2005
79	15:15	2000m Steeple Chase (83.8cm)	Men U18	Born in 2004&2005
80	15:30	3000m Steeple Chase (76.2cm)	Women U20	Born in 2002&2003
81	15:30	3000m Steeple Chase (76.2cm)	Senior Women	Born in 2001 and earlier
82	15:45	3000m Steeple Chase (91.4cm)	Men U20	Born in 2002&2003
83	15:45	3000m Steeple Chase (91.4cm)	Senior Men	Born in 2001 and earlier

84	16:00	200m	Girls U16	Born in 2006&2007
85	16:10	200m	Boys U16	Born in 2006&2007
86	16:20	200m	Women U18	Born in 2004&2005
87	16:30	200m	Men U18	Born in 2004&2005
88	16:40	200m	Women U20	Born in 2002&2003
89	16:50	200m	Senior Women	Born in 2001 and earlier
90	17:00	200m	Men U20	Born in 2002&2003
91	17:10	200m	Senior Men	Born in 2001 and earlier
92	17:20	1500m	Girls U16	Born in 2006&2007
93	17:20	1500m	Women U18	Born in 2004&2005
94	17:30	1500m	Women U20	Born in 2002&2003
95	17:30	1500m	Senior Women	Born in 2001 and earlier
96	17:40	1500m	Boys U16	Born in 2006&2007
97	17:40	1500m	Men U18	Born in 2004&2005
98	17:50	1500m	Men U20	Born in 2002&2003
99	17:50	1500m	Senior Men	Born in 2001 and earlier
100	18:00	300m Hurdles (83.8cm)	Boys U16	Born in 2006&2007
101	18:10	300m Hurdles (76.2cm)	Girls U16	Born in 2006&2007
102	18:20	400m Hurdles (76.2cm)	Women U18	Born in 2004&2005

103	18:20	400m Hurdles (76.2cm)	Women U20	Born in 2002&2003
104	18:20	400m Hurdles (76.2cm)	Senior Women	Born in 2001 and earlier
105	18:30	400m Hurdles (83.8cm)	Men U18	Born in 2004&2005
106	18:40	400m Hurdles (91.4cm)	Men U20	Born in 2002&2003
107	18:40	400m Hurdles (91.4cm)	Senior Men	Born in 2001 and earlier