

 WESTERN PROVINCE ATHLETICS	WPA Track & Field Championship League Series Meeting 2 Parow Athletics Track 20 March 2021
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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	06:30	10 000m Race Walking	Women U20	Born in 2002&2003
2	06:30	10 000m Race Walking	Men U18	Born in 2004&2005
3	06:30	10 000m Race Walking	Men U20	Born in 2002&2003
4	06:30	10 000m Race Walking	Senior Women	Born in 2001 and earlier
5	06:30	10 000m Race Walking	Senior Men	Born in 2001 and earlier
6	07:45	5000m	Senior Women	Born in 2001 and earlier
7	07:45	5000m	Senior Men	Born in 2001 and earlier
8	07:45	5000m	Women U20	Born in 2002&2003
9	07:45	5000m	Men U20	Born in 2002&2003
10	08:00	Triple Jump (9m)	Boys U16	Born in 2006&2007
11	08:00	Triple Jump (9 m)	Girls U16	Born in 2006&2007
12	08:00	Triple Jump (9 m)	Women U18	Born in 2004&2005
13	08:00	Triple Jump (9m)	Women U20	Born in 2002&2003
14	08:00	Triple Jump (9m)	Senior Women	Born in 2001 and earlier
15	08:00	High Jump	Boys U16	Born in 2006&2007
16	08:00	High Jump	Men U18	Born in 2004&2005
17	08:00	High Jump	Men U20	Born in 2002&2003
18	08:00	High Jump	Senior Men	Born in 2001 and earlier
19	08:15	3000m	Girls U16	Born in 2006&2007
20	08:15	3000m	Women U18	Born in 2004&2005
21	08:15	3000m	Women U20	Born in 2002&2003
22	08:30	3000m	Boys U16	Born in 2006&2007
23	08:30	3000m	Men U18	Born in 2004&2005
24	08:30	3000m	Men U20	Born in 2002&2003

25	09:00	300m Hurdles (83.8cm)	Boys U16	Born in 2006&2007
26	09:10	300m Hurdles (76.2cm)	Girls U16	Born in 2006&2007
27	09:20	400m Hurdles (76.2cm)	Women U18	Born in 2004&2005
28	09:20	400m Hurdles (76.2cm)	Women U20	Born in 2002&2003
29	09:20	400m Hurdles (76.2cm)	Senior Women	Born in 2001 and earlier
30	09:30	400m Hurdles (83.8cm)	Men U18	Born in 2004&2005
31	09:30	Long Jump	Boys U16	Born in 2006&2007
32	09:30	Long Jump	Men U18	Born in 2004&2005
33	09:30	Long Jump	Men U20	Born in 2002&2003
34	09:30	Long Jump	Senior Men	Born in 2001 and earlier
35	09:40	400m Hurdles (91.4cm)	Men U20	Born in 2002&2003
36	09:40	400m Hurdles (91.4cm)	Senior Men	Born in 2001 and earlier
37	09:50	400m	Girls U16	Born in 2006&2007
38	10:00	High Jump	Girls U16	Born in 2006&2007
39	10:00	High Jump	Women U18	Born in 2004&2005
40	10:00	High Jump	Women U20	Born in 2002&2003
41	10:00	High Jump	Senior Women	Born in 2001 and earlier
42	10:00	400m	Boys U16	Born in 2006&2007
43	10:10	400m	Women U18	Born in 2004&2005

44	10:20	400m	Men U18	Born in 2004&2005
45	10:30	400m	Women U20	Born in 2002&2003
46	10:40	400m	Men U20	Born in 2002&2003
47	10:50	400m	Senior Women	Born in 2001 and earlier
48	11:00	Long Jump	Girls U16	Born in 2006&2007
49	11:00	Long Jump	Women U18	Born in 2004&2005
50	11:00	Long Jump	Women U20	Born in 2002&2003
51	11:00	Long Jump	Senior Women	Born in 2001 and earlier
52	11:00	400m	Senior Men	Born in 2001 and earlier

53	11:30	1500m	Girls U16	Born in 2006&2007
54	11:30	1500m	Women U18	Born in 2004&2005
55	11:40	1500m	Women U20	Born in 2002&2003
56	11:40	1500m	Senior Women	Born in 2001 and earlier
57	11:50	1500m	Boys U16	Born in 2006&2007
58	11:50	1500m	Men U18	Born in 2004&2005
59	12:00	Triple Jump (11m)	Men U18	Born in 2004&2005
60	12:00	1500m	Men U20	Born in 2002&2003
61	12:00	1500m	Senior Men	Born in 2001 and earlier
62	12:10	200m	Girls U16	Born in 2006&2007
63	12:20	200m	Boys U16	Born in 2006&2007
64	12:30	200m	Women U18	Born in 2004&2005
65	12:40	200m	Men U18	Born in 2004&2005
66	12:50	200m	Women U20	Born in 2002&2003
67	13:00	200m	Senior Women	Born in 2001 and earlier
68	13:10	200m	Men U20	Born in 2002&2003
69	13:20	200m	Senior Men	Born in 2001 and earlier
70	13:00	Triple Jump (13m)	Men U20	Born in 2002&2003
71	13:00	Triple Jump (13m)	Senior Men	Born in 2001 and earlier
72	13:30	1500m Steeple Chase (76.2cm)	Girls U16	Born in 2006&2007
73	13:30	1500m Steeple Chase (76.2cm)	Boys U16	Born in 2006&2007
74	13:40	2000m Steeple Chase (76.2cm)	Women U18	Born in 2004&2005
75	13:55	2000m Steeple Chase (83.8cm)	Men U18	Born in 2004&2005
76	14:10	3000m Steeple Chase (76.2cm)	Women U20	Born in 2002&2003
77	14:10	3000m Steeple Chase (76.2cm)	Senior Women	Born in 2001 and earlier
78	14:25	3000m Steeple Chase (91.4cm)	Men U20	Born in 2002&2003
79	14:25	3000m Steeple Chase (91.4cm)	Senior Men	Born in 2001 and earlier

80	15:00	100m	Girls U16	Born in 2006&2007
81	15:10	100m	Boys U16	Born in 2006&2007
82	15:20	100m	Women U18	Born in 2004&2005
83	15:30	100m	Men U18	Born in 2004&2005
84	15:40	100m	Women U20	Born in 2002&2003
85	15:50	100m	Men U20	Born in 2002&2003
86	16:00	100m	Senior Women	Born in 2001 and earlier
87	16:10	100m	Senior Men	Born in 2001 and earlier
88	16:20	800m	Girls U16	Born in 2006&2007
89	16:30	800m	Boys U16	Born in 2006&2007
90	16:40	800m	Women U18	Born in 2004&2005
91	16:50	800m	Women U20	Born in 2002&2003
92	17:00	800m	Senior Women	Born in 2001 and earlier
93	17:10	800m	Men U18	Born in 2004&2005
94	17:20	800m	Men U20	Born in 2002&2003

95	17:30	800m	Senior Men	Born in 2001 and earlier
96	17:45	90m Hurdles (76.2cm)	Girls U16	Born in 2006&2007
97	17:55	100m Hurdles (76.2cm)	Women U18	Born in 2004&2005
98	18:05	100m Hurdles (83.8cm)	Women U20	Born in 2002&2003
99	18:05	100m Hurdles (83.8cm)	Senior Women	Born in 2001 and earlier
100	18:05	100m Hurdles (83.8cm)	Boys U16	Born in 2006&2007
101	18:20	110m Hurdles (91.4cm)	Men U18	Born in 2004&2005
102	18:30	110m Hurdles (99.1cm)	Men U20	Born in 2002&2003
103	18:40	110m Hurdles (106.7cm)	Senior Men	Born in 2001 and earlier
144	19:00	10 000m	Senior Women	Born in 2001 and earlier
145	19:00	10 000m	Senior Men	Born in 2001 and earlier