

 WESTERN PROVINCE ATHLETICS	WPA Track & Field Championship League Series Meeting 3 Parow Athletics Track 27 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	07:45	10000m	Senior Women	Born in 2001 and earlier
2	07:45	10000m	Senior Men	Born in 2001 and earlier
3	08:00	Triple Jump (9m)	Boys U16	Born in 2006&2007
4	08:00	Triple Jump (9 m)	Girls U16	Born in 2006&2007
5	08:00	Triple Jump (9 m)	Women U18	Born in 2004&2005
6	08:00	Triple Jump (9m)	Women U20	Born in 2002&2003
7	08:00	Triple Jump (9m)	Senior Women	Born in 2001 and earlier
8	08:00	High Jump	Boys U16	Born in 2006&2007
9	08:00	High Jump	Men U18	Born in 2004&2005
10	08:00	High Jump	Men U20	Born in 2002&2003
11	08:00	High Jump	Senior Men	Born in 2001 and earlier
12	08:40	3000m	Girls U16	Born in 2006&2007
13	08:40	3000m	Women U18	Born in 2004&2005
14	08:40	3000m	Women U20	Born in 2002&2003
15	09:00	3000m	Boys U16	Born in 2006&2007
16	09:00	3000m	Men U18	Born in 2004&2005
17	09:00	3000m	Men U20	Born in 2002&2003

18	09:30	Long Jump	Boys U16	Born in 2006&2007
19	09:30	Long Jump	Men U18	Born in 2004&2005
20	09:30	Long Jump	Men U20	Born in 2002&2003
21	09:30	Long Jump	Senior Men	Born in 2001 and earlier
22	10:00	High Jump	Girls U16	Born in 2006&2007
23	10:00	High Jump	Women U18	Born in 2004&2005
24	10:00	High Jump	Women U20	Born in 2002&2003
25	10:00	High Jump	Senior Women	Born in 2001 and earlier
26	09:30	90m Hurdles (76.2cm)	Girls U16	Born in 2006&2007
27	09:40	100m Hurdles (76.2cm)	Women U18	Born in 2004&2005
28	09:50	100m Hurdles (83.8cm)	Women U20	Born in 2002&2003
29	09:50	100m Hurdles (83.8cm)	Senior Women	Born in 2001 and earlier
30	10:00	100m Hurdles (83.8cm)	Boys U16	Born in 2006&2007
31	10:10	110m Hurdles (91.4cm)	Men U18	Born in 2004&2005
32	10:20	110m Hurdles (99.1cm)	Men U20	Born in 2002&2003
33	10:30	110m Hurdles (106.7cm)	Senior Men	Born in 2001 and earlier
34	10:40	400m	Girls U16	Born in 2006&2007
35	10:50	400m	Boys U16	Born in 2006&2007
36	11:00	Long Jump	Girls U16	Born in 2006&2007
37	11:00	Long Jump	Women U18	Born in 2004&2005
38	11:00	Long Jump	Women U20	Born in 2002&2003
39	11:00	Long Jump	Senior Women	Born in 2001 and earlier
44	11:00	400m	Women U18	Born in 2004&2005
45	11:10	400m	Men U18	Born in 2004&2005
46	11:20	400m	Women U20	Born in 2002&2003
47	11:30	400m	Men U20	Born in 2002&2003

48	11:40	400m	Senior Women	Born in 2001 and earlier
49	11:50	400m	Senior Men	Born in 2001 and earlier

50	12:00	Triple Jump (11m)	Men U18	Born in 2004&2005
51	12:10	800m	Girls U16	Born in 2006&2007
52	12:20	800m	Boys U16	Born in 2006&2007
53	12:30	800m	Women U18	Born in 2004&2005
54	12:40	800m	Women U20	Born in 2002&2003
55	12:50	800m	Senior Women	Born in 2001 and earlier
56	13:00	Triple Jump (13m)	Men U20	Born in 2002&2003
57	13:00	Triple Jump (13m)	Senior Men	Born in 2001 and earlier
62	13:00	800m	Men U18	Born in 2004&2005
63	13:10	800m	Men U20	Born in 2002&2003
64	13:20	800m	Senior Men	Born in 2001 and earlier
65	13:30	100m	Girls U16	Born in 2006&2007
66	13:40	100m	Boys U16	Born in 2006&2007
67	13:50	100m	Women U18	Born in 2004&2005
68	14:00	100m	Men U18	Born in 2004&2005
69	14:10	100m	Women U20	Born in 2002&2003
70	14:20	100m	Men U20	Born in 2002&2003
71	14:30	100m	Senior Women	Born in 2001 and earlier
72	14:40	100m	Senior Men	Born in 2001 and earlier
73	14:50	1500m Steeple Chase (76.2cm)	Girls U16	Born in 2006&2007
74	14:50	1500m Steeple Chase (76.2cm)	Boys U16	Born in 2006&2007
75	15:00	2000m Steeple Chase (76.2cm)	Women U18	Born in 2004&2005
76	15:15	2000m Steeple Chase (83.8cm)	Men U18	Born in 2004&2005
77	15:30	3000m Steeple Chase (76.2cm)	Women U20	Born in 2002&2003
78	15:30	3000m Steeple Chase (76.2cm)	Senior Women	Born in 2001 and earlier
79	15:45	3000m Steeple Chase (91.4cm)	Men U20	Born in 2002&2003
80	15:45	3000m Steeple Chase (91.4cm)	Senior Men	Born in 2001 and earlier

81	16:00	200m	Girls U16	Born in 2006&2007
82	16:10	200m	Boys U16	Born in 2006&2007
83	16:20	200m	Women U18	Born in 2004&2005
84	16:30	200m	Men U18	Born in 2004&2005
85	16:40	200m	Women U20	Born in 2002&2003
86	16:50	200m	Senior Women	Born in 2001 and earlier
87	17:00	200m	Men U20	Born in 2002&2003
88	17:10	200m	Senior Men	Born in 2001 and earlier
89	17:20	1500m	Girls U16	Born in 2006&2007
90	17:20	1500m	Women U18	Born in 2004&2005
91	17:30	1500m	Women U20	Born in 2002&2003
92	17:30	1500m	Senior Women	Born in 2001 and earlier
93	17:40	1500m	Boys U16	Born in 2006&2007
94	17:40	1500m	Men U18	Born in 2004&2005
95	17:50	1500m	Men U20	Born in 2002&2003
96	17:50	1500m	Senior Men	Born in 2001 and earlier
97	18:00	300m Hurdles (83.8cm)	Boys U16	Born in 2006&2007
98	18:10	300m Hurdles (76.2cm)	Girls U16	Born in 2006&2007
99	18:20	400m Hurdles (76.2cm)	Women U18	Born in 2004&2005
100	18:20	400m Hurdles (76.2cm)	Women U20	Born in 2002&2003
101	18:20	400m Hurdles (76.2cm)	Senior Women	Born in 2001 and earlier
102	18:30	400m Hurdles (83.8cm)	Men U18	Born in 2004&2005

103	18:40	400m Hurdles (91.4cm)	Men U20	Born in 2002&2003
104	18:40	400m Hurdles (91.4cm)	Senior Men	Born in 2001 and earlier
105	18:50	5000m	Senior Women	Born in 2001 and earlier
106	18:50	5000m	Women U20	Born in 2002&2003
107	19:15	5000m	Senior Men	Born in 2001 and earlier
108	19:15	5000m	Men U20	Born in 2002&2003