



WESTERN PROVINCE ATHLETICS

1	8h00	10 000m	Men	Born 2007 and Earlier	
2	8h00	10 000m	Women	Born 2007 and Earlier	
3	9h00	400m	Senior Men		
4	9h00	Discus Throw	U/14 - U/18 Girls	Born 2009 - 2004	
5	9h00	Javelin	U/20 - Senior Men		
6	9h00	Shot Put	Master Women		Pit A
7	9h00	Shot Put	Master Men		Pit B
8	9h00	Long Jump	U/20 - Master Women		Pit A
9	9h00	Long Jump	U/20 - Master Men		Pit B
10	9h00	Pole Vault	Female	All Ages	
11	9h00	High Jump	U/20 - Master Men		
12	9h10	400m	Senior Women		
13	9h20	400m	U/20 Men	Born 2003 & 2002	
14	9h30	400m	U/20 Women	Born 2003 & 2002	
15	9h40	400m	U/18 Boys	Born 2005 & 2004	
16	9h50	400m	U/18 Girls	Born 2005 & 2004	
17	10h00	400m	U/16 Boys	Born 2007 & 2006	
18	10h00	Discus Throw	U/14 - U/18 Boys	Born 2009 - 2004	
19	10h00	Shot Put	U/12 - U/14 Girls	Born 2011 - 2008	Pit A
20	10h00	Shot Put	U/12 Boys	Born 2011 - 2010	Pit B
21	10h00	Javelin	U/20 - Senior Women		
22	10h00	Long Jump	U/16 - U/18 Girls	Born 2007 - 2004	Pit A
23	10h00	Long Jump	U/16 - U/18 Boys	Born 2007 - 2004	Pit B
24	10h10	400m	U/16 Girls	Born 2007 & 2006	
25	10h20	400m	U/14 Boys	Born 2009 & 2008	
26	10h30	400m	U/14 Girls	Born 2009 & 2008	
27	10h30	High Jump	U/20 - Senior Women		
28	10h40	400m	Master Men		
29	10h50	400m	Master Women		
30	11h00	1500m SC	U/16 Boys & Girls	Born 2007 & 2006	76.2cm
31	11h00	Discus Throw	U/20 - Master Women		
32	11h00	Shot Put	U/16 - U/18 Girls	Born 2007 - 2004	Pit A
33	11h00	Shot Put	U/14 - U/18 Boys	Born 2007 - 2004	Pit B
34	11h15	2000m SC	U/18 Girls + Master Women		76.2cm
35	11h15	Javelin	U/14 - U/18 Boys	Born 2009 - 2004	
36	11h30	2000m SC	U/18 Boys + Master Men 60+		83.8cm
37	11h30	Long Jump	U/12 - U/14 Girls	Born 2011 - 2008	Pit A
38	11h30	Long Jump	U/12 - U/14 Boys	Born 2011 - 2008	Pit B
39	11h30	High Jump	U/16 - U/18 Boys	Born 2007 - 2004	
40	11h45	3000m SC	U/20 & Senior Women		76.2cm
41	12h00	Shot Put	U/20 - Senior Women		Pit A
42	12h00	Shot Put	U/20 - Senior Men		Pit B
43	12h05	3000m SC	U/20 & Senior Men + Master Men (30 - 59)		91.4cm
44	12h30	800m	U/10 - U/14 Boys	Born 2013 - 2008	
45	12h30	Discus Throw	U/20 - Master Men		
46	12h30	Javelin	U/14 - U/18 Girls	Born 2009 - 2004	
47	12h30	High Jump	U/16 - U/18 Girls	Born 2007 - 2004	
48	12h40	800m	U/10 - U/14 Girls	Born 2013 - 2008	
49	12h50	800m	U/20 & Senior Men	Born 2003 - 1992	
50	13h00	800m	U/20 & Senior Women	Born 2003 - 1992	
51	13h00	Triple Jump	U/16 - U/18 & Master Women		9m
52	13h00	Shot Put	Seated Para-athlete		
53	13h00	Paul Vault	Male	All Ages	
54	13h10	800m	U/16 - U/18 Boys	Born 2007 - 2004	
55	13h20	800m	U/16 - U/18 Girls	Born 2007 - 2004	
56	13h30	800m	Master Men		
57	13h30	High Jump	U/12 - U/14 Boys	Born 2011 - 2008	
58	13h40	800m	Master Women		
59	13h50	150m	Senior Men		
60	14h00	150m	Senior Women		
61	14h00	Hammer Throw	U/16 - U/18 Girls	Born 2007 - 2004	
62	14h00	Javelin	Master Men		
63	14h00	Triple Jump	U/16 - U/18 & Master Men		11m
64	14h10	150m	U/20 Men	Born 2003 & 2002	
65	14h20	150m	U/20 Women	Born 2003 & 2002	
66	14h30	150m	U/18 Boys	Born 2005 & 2004	
67	14h30	High Jump	U/12 - U/14 & Master Women		
68	14h40	150m	U/18 Girls	Born 2005 & 2004	
69	14h50	150m	U/16 Boys	Born 2007 & 2006	
70	15h00	150m	U/16 Girls	Born 2007 & 2006	
71	15h00	Triple Jump	U/20 - Senior Women		11m
72	15h00	Javelin	Master Women		
73	15h10	150m	U/10 - U14 Boys	Born 2013 - 2008	
74	15h20	150m	U/10 - U14 Girls	Born 2013 - 2008	
75	15h30	150m	Master Men		
76	15h30	Hamer Throw	U/16 - U/18 Boys	Born 2007 - 2004	
77	15h40	150m	Master Women		
78	16h00	Medley Relay	Men	All Ages	200m, 200m, 400m & 800m
79	16h00	Triple Jump	U/20 - Senior Men		13m
80	16h15	Medley Relay	Women	All Ages	200m, 200m, 400m & 800m
81	17h00	Hammer Throw	U/20 - Master Women		
82	17h00	100m	Male & Female	All Ages	
83	18h00	Hammer Throw	U/20 - Master Men		
Age groups:					
Boys & Girls U/10 (Born 2013 & 2012)					
Boys & Girls U/12 (Born 2011 & 2010)					
Boys & Girls U/14 (Born 2009 & 2008)					
Boys & Girls U/16 (Born 2007 & 2006)					
Boys & Girls U/18 (Born 2005 & 2004)					
Men & Women U/20 (Born 2003 & 2002)					
Senior Men & Women (Born 2001 - 1992)					
Master Men & Women (Born 1991 and earlier)					
Entry fees (payable EFT / at the gate):					
Primary School Athletes (Born 2013 - 2008)					
High School Athletes (Born 2007 - 2002)					
Senior & Master Athletes					
Spectator (Kids under 12 Free)					