



**WPA Age Groups Championships**  
**Parow Track**  
**10, 11 & 12 March 2022**

**FINAL TIMETABLE**

**Thursday, 10 March 2022**

1		400m	Heats	Girls U16	<b>Final only</b>
2	18:30	Triple Jump (9m)	Final	Women U20	Born in 2003 & 2004
3	18:30	Shot Put (4kg)	Final	Boys U16	Born in 2007 & 2008
4	18:30	Javelin Throw (500g)	Final	Women U18	Born in 2005 & 2006
5	18:30	Hammer Throw (3kg)	Final	Girls U16	Born in 2007 & 2008
6		400m	Heats	Boys U16	<b>Final only</b>
7		400m	Heats	Women U18	<b>Final only</b>
8	18:51	400m	Heats	Men U18	<b>No Semi's</b>
9		400m	Heats	Women U20	<b>Final only</b>
10	19:06	400m	Heats	Men U20	<b>No Semi's</b>
11	19:15	Triple Jump (9m)	Final	Girls U16	Born in 2007 & 2008
12	19:15	Shot Put (5kg)	Final	Men U18	Born in 2005 & 2006
13	19:15	Hammer Throw (3kg)	Final	Women U18	Born in 2005 & 2006
14	19:25	3000m	Final	Girls U16	Born in 2007 & 2008
15	19:30	Javelin Throw (600g)	Final	Women U20	Born in 2003 & 2004
16	19:40	3000m	Final	Boys U16	Born in 2007 & 2008
17	19:53	3000m	Final	Women U18	Born in 2005 & 2006
18	20:00	Triple Jump (9m)	Final	Women U18	Born in 2005 & 2006
19	20:00	Shot Put (6kg)	Final	Men U20	Born in 2003 & 2004
20	20:00	Hammer Throw (4kg)	Final	Women U20	Born in 2003 & 2004
21	20:08	3000m	Final	Men U18	Born in 2005 & 2006
22	20:21	3000m	Final	Women U20	Born in 2003 & 2004
23	20:30	Javelin Throw (500g)	Final	Girls U16	Born in 2007 & 2008
24	20:36	3000m	Final	Men U20	Born in 2003 & 2004
25		90m Hurdles (76.2cm)	Heats	Girls U16	<b>Final only</b>
26		100m Hurdles (76.2cm)	Heats	Women U18	<b>Final only</b>
27		100m Hurdles (83.8cm)	Heats	Women U20	<b>Final only</b>
28		100m Hurdles (83.8cm)	Heats	Boys U16	<b>Final only</b>
29		110m Hurdles (91.4cm)	Heats	Men U18	<b>Final only</b>
30		110m Hurdles (99.1cm)	Heats	Men U20	<b>Final only</b>
31		800m	Heats	Girls U16	<b>Final only</b>
32		800m	Heats	Boys U16	<b>Final only</b>
33		800m	Heats	Women U18	<b>Final only</b>
34	20:50	800m	Heats	Men U18	Born in 2005 & 2006
35		800m	Heats	Women U20	<b>Final only</b>
36	21:00	800m	Heats	Men U20	Born in 2003 & 2004

**Friday, 11 March 2022**

37		300m Hurdles (83.8cm)	Heats	Boys U16	<b>Final only</b>
38		300m Hurdles (76.2cm)	Heats	Girls U16	<b>Final only</b>

39		400m Hurdles (76.2cm)	Heats	Women U18	No entries
40		400m Hurdles (76.2cm)	Heats	Women U20	Final only
41		400m Hurdles (83.8cm)	Heats	Men U18	Final only
42		400m Hurdles (91.4cm)	Heats	Men U20	Final only
43	18:05	100m	Heats	Girls U16	No Semi's
44	18:14	100m	Heats	Boys U16	No Semi's
45	18:26	100m	Heats	Women U18	No Semi's
46	18:30	Triple Jump (13m)	Final	Men U20	Born in 2003 & 2004
47	18:30	Shot Put (3kg)	Final	Girls U16	Born in 2007 & 2008
48	18:30	Javelin Throw (700g)	Final	Men U18	Born in 2005 & 2006
49	18:30	Hammer Throw (4kg)	Final	Boys U16	Born in 2007 & 2008
50	18:35	100m	Heats	Men U18	Heats/Semi's/Final
51	18:47	100m	Heats	Women U20	No Semi's
52	18:53	100m	Heats	Men U20	No Semi's
53	19:10	1500m Steeple Chase (76.2cm)	Final	Girls U16	Born in 2007 & 2008
54	19:18	1500m Steeple Chase (76.2cm)	Final	Boys U16	Born in 2007 & 2008
55	19:26	2000m Steeple Chase (76.2cm)	Final	Women U18	Born in 2005 & 2006
56	19:30	Triple Jump (9m)	Final	Boys U16	Born in 2007 & 2008
57	19:30	Shot Put (3kg)	Final	Women U18	Born in 2005 & 2006
58	19:30	Javelin Throw (800g)	Final	Men U20	Born in 2003 & 2004
59	19:30	Hammer Throw (5kg)	Final	Men U18	Born in 2005 & 2006
60	19:36	2000m Steeple Chase (83.8cm)	Final	Men U18	Born in 2005 & 2006
61	19:46	3000m Steeple Chase (76.2cm)	Final	Women U20	Born in 2003 & 2004
62		3000m Steeple Chase (91.4cm)	Final	Men U20	No entries
63	20:15	200m	Heats	Girls U16	No Semi's
64	20:24	200m	Heats	Boys U16	No Semi's
65	20:30	Triple Jump (11m)	Final	Men U18	Born in 2005 & 2006
66	20:30	Shot Put (4kg)	Final	Women U20	Born in 2003 & 2004
67	20:30	Javelin Throw (600g)	Final	Boys U16	Born in 2007 & 2008
68	20:30	Hammer Throw (6kg)	Final	Men U20	Born in 2003 & 2004
69		200m	Heats	Women U18	Final only
70	20:45	200m	Heats	Men U18	Heats/Semi's/Final
71	20:57	200m	Heats	Women U20	No Semi's
72	21:06	200m	Heats	Men U20	No Semi's
73		1500m	Heats	Girls U16	Final only
74		1500m	Heats	Boys U16	Final only
75		1500m	Heats	Women U18	Final only
76	21:20	1500m	Heats	Men U18	Born in 2005 & 2006
77		1500m	Heats	Women U20	Final only
78		1500m	Heats	Men U20	Final only
79		400m	Semi	Girls U16	Final only
80		400m	Semi	Boys U16	Final only
81		400m	Semi	Women U18	Final only
82		400m	Semi	Men U18	Heats to final
83		400m	Semi	Women U20	Final only
84		400m	Semi	Men U20	Heats to final

### Saturday, 12 March 2022

85	07:00	5000m Race Walking	Final	Girls U16	Born in 2007 & 2008
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86	07:00	5000m Race Walking	Final	Women U18	Born in 2005 & 2006
87	07:00	5000m Race Walking	Final	Boys U16	Born in 2007 & 2008
88		10km Race Walking	Final	Women U20	<b>No entries</b>
89		10km Race Walking	Final	Men U18	<b>No entries</b>
90	07:40	10km Race Walking	Final	Men U20	Born in 2003 & 2004
91		100m	Semi	Girls U16	<b>Heats to final</b>
92		100m	Semi	Boys U16	<b>Heats to final</b>
93		100m	Semi	Women U18	<b>Heats to final</b>
94	09:10	100m	Semi	Men U18	Born in 2005 & 2006
95		100m	Semi	Women U20	<b>Heats to final</b>
96		100m	Semi	Men U20	<b>Heats to final</b>
97	09:35	5000m	Final	Women U20	Born in 2003 & 2004
98	10:00	5000m	Final	Men U20	Born in 2003 & 2004
99		Pole Vault	Final	Boys U16	<b>No entries</b>
100		Pole Vault	Final	Men U18	<b>No entries</b>
101		Pole Vault	Final	Men U20	<b>No entries</b>
102	10:00	High Jump	Final	Girls U16	Born in 2007 & 2008
103	10:00	Long Jump	Final	Women U20	Born in 2003 & 2004
104	10:00	Discus Throw (1kg)	Final	Boys U16	Born in 2007 & 2008
105		200m	Semi	Girls U16	<b>Heats to final</b>
106		200m	Semi	Boys U16	<b>Heats to final</b>
107		200m	Semi	Women U18	<b>Heats to final</b>
108	10:35	200m	Semi	Men U18	Born in 2005 & 2006
109		200m	Semi	Women U20	<b>Heats to final</b>
110		200m	Semi	Men U20	<b>Heats to final</b>
111	11:00	800m	Final	Girls U16	Born in 2007 & 2008
112		High Jump	Final	Women U18	<b>No entries</b>
113	11:00	Long Jump	Final	Girls U16	Born in 2007 & 2008
114	11:00	Discus Throw (1.5kg)	Final	Men U18	Born in 2005 & 2006
115	11:05	800m	Final	Boys U16	Born in 2007 & 2008
116	11:10	800m	Final	Women U18	Born in 2005 & 2006
117	11:15	800m	Final	Men U18	Born in 2005 & 2006
118	11:20	800m	Final	Women U20	Born in 2003 & 2004
119	11:25	800m	Final	Men U20	Born in 2003 & 2004
120	11:35	400m	Final	Girls U16	Born in 2007 & 2008
121	11:40	400m	Final	Boys U16	Born in 2007 & 2008
122	11:45	400m	Final	Women U18	Born in 2005 & 2006
123	11:50	400m	Final	Men U18	Born in 2005 & 2006
124	11:55	400m	Final	Women U20	Born in 2003 & 2004
125	12:00	400m	Final	Men U20	Born in 2003 & 2004
126		Pole Vault	Final	Girls U16	<b>No entries</b>
127		Pole Vault	Final	Women U18	<b>No entries</b>
128		Pole Vault	Final	Women U20	<b>No entries</b>
129	12:00	High Jump	Final	Women U20	Born in 2003 & 2004
130	12:00	Long Jump	Final	Women U18	Born in 2005 & 2006
131	12:00	Discus Throw (1.75kg)	Final	Men U20	Born in 2003 & 2004
132	12:15	90m Hurdles (76.2cm)	Final	Girls U16	Born in 2007 & 2008
133	12:25	100m Hurdles (76.2cm)	Final	Women U18	Born in 2005 & 2006
134	12:35	100m Hurdles (83.8cm)	Final	Women U20	Born in 2003 & 2004
135	12:40	100m Hurdles (83.8cm)	Final	Boys U16	Born in 2007 & 2008

136	12:50	110m Hurdles (91.4cm)	Final	Men U18	Born in 2005 & 2006
137	13:00	110m Hurdles (99.1cm)	Final	Men U20	Born in 2003 & 2004
138	13:00	High Jump	Final	Men U20	Born in 2003 & 2004
139	13:00	Long Jump	Final	Boys U16	Born in 2007 & 2008
140	13:00	Discus Throw (1kg)	Final	Girls U16	Born in 2007 & 2008
141	14:00	100m	Final	Girls U16	Born in 2007 & 2008
142	14:05	100m	Final	Boys U16	Born in 2007 & 2008
143	14:10	100m	Final	Women U18	Born in 2005 & 2006
144	14:15	100m	Final	Men U18	Born in 2005 & 2006
145	14:20	100m	Final	Women U20	Born in 2003 & 2004
146	14:25	100m	Final	Men U20	Born in 2003 & 2004
147	14:30	High Jump	Final	Men U18	Born in 2005 & 2006
148	14:30	Long Jump	Final	Men U20	Born in 2003 & 2004
149	14:30	Discus Throw (1kg)	Final	Women U18	Born in 2005 & 2006
150	14:40	300m Hurdles (83.8cm)	Final	Boys U16	Born in 2007 & 2008
151	14:50	300m Hurdles (76.2cm)	Final	Girls U16	Born in 2007 & 2008
152	15:00	400m Hurdles (76.2cm)	Final	Women U18	Born in 2005 & 2006
153	15:05	400m Hurdles (76.2cm)	Final	Women U20	Born in 2003 & 2004
154	15:15	400m Hurdles (83.8cm)	Final	Men U18	Born in 2005 & 2006
155	15:25	400m Hurdles (91.4cm)	Final	Men U20	Born in 2003 & 2004
156	15:30	High Jump	Final	Boys U16	Born in 2007 & 2008
157	15:30	Long Jump	Final	Men U18	Born in 2005 & 2006
158	15:30	Discus Throw (1kg)	Final	Women U20	Born in 2003 & 2004
159	15:40	200m	Final	Girls U16	Born in 2007 & 2008
160	15:45	200m	Final	Boys U16	Born in 2007 & 2008
161	15:50	200m	Final	Women U18	Born in 2005 & 2006
162	15:55	200m	Final	Men U18	Born in 2005 & 2006
163	16:00	200m	Final	Women U20	Born in 2003 & 2004
164	16:05	200m	Final	Men U20	Born in 2003 & 2004
165	16:20	1500m	Final	Girls U16	Born in 2007 & 2008
166	16:28	1500m	Final	Boys U16	Born in 2007 & 2008
167	16:36	1500m	Final	Women U18	Born in 2005 & 2006
168	16:44	1500m	Final	Men U18	Born in 2005 & 2006
169	16:52	1500m	Final	Women U20	Born in 2003 & 2004
170	17:00	1500m	Final	Men U20	Born in 2003 & 2004
171	17:15	4 x 100m Relays	Final	Girls U16	Born in 2007 & 2008
172	17:20	4 x 100m Relays	Final	Boys U16	Born in 2007 & 2008
173	17:25	4 x 100m Relays	Final	Women U18	Born in 2005 & 2006
174	17:30	4 x 100m Relays	Final	Men U18	Born in 2005 & 2006
175	17:35	4 x 100m Relays	Final	Women U20	Born in 2003 & 2004
176	17:40	4 x 100m Relays	Final	Men U20	Born in 2003 & 2004