



WESTERN PROVINCE ATHLETICS

**WPA Open Meeting
Parow Athletics Track
9 April 2022**

No entries will be accepted of athletes born in 2009 or later

1	11:00	5000m	Women U20	Born in 2003 & 2004
2	11:00	5000m	Senior Women	Born in 2002 and earlier
3	11:00	5000m	Men U20	Born in 2003 & 2004
4	11:00	5000m	Senior Men	Born in 2002 and earlier
5	11:00	Triple Jump (9m)	Girls U16	Born in 2007 & 2008
6	11:00	Triple Jump (9m)	Women U18	Born in 2005 & 2006
7	11:00	Triple Jump (9m)	Boys U16	Born in 2007 & 2008
8	11:30	Triple Jump (11m)	Women U20	Born in 2003 & 2004
9	11:30	Triple Jump (11m)	Senior Women	Born in 2002 and earlier
10	11:30	Triple Jump (11m)	Men U18	Born in 2005 & 2006
11	11:30	3000m Steeple Chase	Senior Women	Born in 2002 and earlier
12	11:45	3000m Steeple Chase	Senior Men	Born in 2002 and earlier
13	12:00	Triple Jump (13m)	Men U20	Born in 2003 & 2004
14	12:00	Triple Jump (13m)	Senior Men	Born in 2002 and earlier
15	12:00	90m Hurdles (76.2cm)	Girls U16	Born in 2007 & 2008
16	12:10	100m Hurdles (76.2cm)	Women U18	Born in 2005 & 2006
17	12:15	100m Hurdles (83.8cm)	Women U20	Born in 2003 & 2004
18	12:15	100m Hurdles (83.8cm)	Senior Women	Born in 2002 and earlier
19	12:20	100m Hurdles (83.8cm)	Boys U16	Born in 2007 & 2008
20	12:30	110m Hurdles (91.4cm)	Men U18	Born in 2005 & 2006
21	12:40	110m Hurdles (99.1cm)	Men U20	Born in 2003 & 2004
22	12:45	110m Hurdles (106.7cm)	Senior Men	Born in 2002 and earlier
23	13:00	High Jump	Men U20	Born in 2003 & 2004
24	13:00	High Jump	Senior Men	Born in 2002 and earlier
25	13:00	Pole Vault	Boys U16	Born in 2007 & 2008
26	13:00	Pole Vault	Men U18	Born in 2005 & 2006
27	13:00	Pole Vault	Men U20	Born in 2003 & 2004
28	13:00	Pole Vault	Senior Men	Born in 2002 and earlier
29	13:00	Long Jump	Girls U16	Born in 2007 & 2008
30	13:00	Long Jump	Women U18	Born in 2005 & 2006
31	13:00	Long Jump	Women U20	Born in 2003 & 2004
32	13:00	Long Jump	Senior Women	Born in 2002 and earlier
33	13:00	Shot Put (3kg)	Girls U16	Born in 2007 & 2008
34	13:00	Shot Put (3kg)	Women U18	Born in 2005 & 2006
35	13:00	800m	Girls U16	Born in 2007 & 2008
36	13:00	Shot Put (4kg)	Women U20	Born in 2003 & 2004
37	13:00	Shot Put (4kg)	Senior Women	Born in 2002 and earlier
38	13:00	Hammer Throw (4kg)	Boys U16	Born in 2007 & 2008
39	13:00	Hammer Throw (5kg)	Men U18	Born in 2005 & 2006
40	13:00	Hammer Throw (6kg)	Men U20	Born in 2003 & 2004
41	13:00	Hammer Throw (7.26kg)	Senior Men	Born in 2002 and earlier
42	13:05	800m	Boys U16	Born in 2007 & 2008
43	13:10	800m	Women U18	Born in 2005 & 2006
44	13:15	800m	Men U18	Born in 2005 & 2006
45	13:20	800m	Women U20	Born in 2003 & 2004

46	13:25	800m	Senior Women	Born in 2002 and earlier
47	13:30	800m	Men U20	Born in 2003 & 2004
48	13:35	800m	Senior Men	Born in 2002 and earlier
49	13:45	100m	Girls U16	Born in 2007 & 2008
50	13:50	100m	Boys U16	Born in 2007 & 2008
51	13:55	100m	Women U18	Born in 2005 & 2006
52	14:00	100m	Men U18	Born in 2005 & 2006
53	14:00	Javelin Throw (600g)	Boys U16	Born in 2007 & 2008
54	14:00	Javelin Throw (700g)	Men U18	Born in 2005 & 2006
55	14:00	Javelin Throw (800g)	Men U20	Born in 2003 & 2004
56	14:00	Javelin Throw (800g)	Senior Men	Born in 2002 and earlier
57	14:05	100m	Women U20	Born in 2003 & 2004
58	14:10	100m	Men U20	Born in 2003 & 2004
59	14:15	100m	Senior Women	Born in 2002 and earlier
60	14:20	100m	Senior Men	Born in 2002 and earlier
61	14:30	High Jump	Men U18	Born in 2005 & 2006
62	14:30	High Jump	Boys U16	Born in 2007 & 2008
63	14:30	Long Jump	Boys U16	Born in 2007 & 2008
64	14:30	Long Jump	Men U18	Born in 2005 & 2006
65	14:30	Shot Put (4kg)	Boys U16	Born in 2007 & 2008
66	14:30	Shot Put (5kg)	Men U18	Born in 2005 & 2006
67	14:30	Hammer Throw (3kg)	Girls U16	Born in 2007 & 2008
68	14:30	Hammer Throw (3kg)	Women U18	Born in 2005 & 2006
69	14:30	Hammer Throw (4kg)	Women U20	Born in 2003 & 2004
70	14:30	Hammer Throw (4kg)	Senior Women	Born in 2002 and earlier
71	14:30	3000m	Girls U16	Born in 2007 & 2008
72	14:30	3000m	Women U18	Born in 2005 & 2006
73	14:30	3000m	Women U20	Born in 2003 & 2004
74	14:50	3000m	Boys U16	Born in 2007 & 2008
75	14:50	3000m	Men U18	Born in 2005 & 2006
76	14:50	3000m	Men U20	Born in 2003 & 2004
77	15:00	Shot Put (6kg)	Men U20	Born in 2003 & 2004
78	15:00	Shot Put (7.26kg)	Senior Men	Born in 2002 and earlier
79	15:10	300m Hurdles (83.8cm)	Boys U16	Born in 2007 & 2008
80	15:15	300m Hurdles (76.2cm)	Girls U16	Born in 2007 & 2008
81	15:25	400m Hurdles (76.2cm)	Women U18	Born in 2005 & 2006
82	15:25	400m Hurdles (76.2cm)	Women U20	Born in 2003 & 2004
83	15:25	400m Hurdles (76.2cm)	Senior Women	Born in 2002 and earlier
84	15:30	High Jump	Women U20	Born in 2003 & 2004
85	15:30	High Jump	Senior Women	Born in 2002 and earlier
86	15:30	Discus Throw (1kg)	Boys U16	Born in 2007 & 2008
87	15:30	Discus Throw (1.5kg)	Men U18	Born in 2005 & 2006
88	15:30	Discus Throw (1.75kg)	Men U20	Born in 2003 & 2004
89	15:30	Discus Throw (2kg)	Senior Men	Born in 2002 and earlier
90	15:30	400m Hurdles (83.8cm)	Men U18	Born in 2005 & 2006
91	15:35	400m Hurdles (91.4cm)	Men U20	Born in 2003 & 2004
92	15:35	400m Hurdles (91.4cm)	Senior Men	Born in 2002 and earlier
93	15:50	200m	Girls U16	Born in 2007 & 2008
94	15:55	200m	Boys U16	Born in 2007 & 2008
95	16:00	Long Jump	Men U20	Born in 2003 & 2004

96	16:00	Long Jump	Senior Men	Born in 2002 and earlier
97	16:00	Javelin Throw (600g)	Women U20	Born in 2003 & 2004
98	16:00	Javelin Throw (600g)	Senior Women	Born in 2002 and earlier
99	16:00	Javelin Throw (500g)	Girls U16	Born in 2007 & 2008
100	16:00	Javelin Throw (500g)	Women U18	Born in 2005 & 2006
101	16:00	High Jump	Girls U16	Born in 2007 & 2008
102	16:00	200m	Women U18	Born in 2005 & 2006
103	16:00	Pole Vault	Girls U16	Born in 2007 & 2008
104	16:00	Pole Vault	Women U18	Born in 2005 & 2006
105	16:00	Pole Vault	Women U20	Born in 2003 & 2004
106	16:00	Pole Vault	Senior Women	Born in 2002 and earlier
107	16:05	200m	Men U18	Born in 2005 & 2006
108	16:10	200m	Women U20	Born in 2003 & 2004
109	16:15	200m	Men U20	Born in 2003 & 2004
110	16:20	200m	Senior Women	Born in 2002 and earlier
111	16:25	200m	Senior Men	Born in 2002 and earlier
112	16:35	1500m	Girls U16	Born in 2007 & 2008
113	16:35	1500m	Women U18	Born in 2005 & 2006
114	16:45	1500m	Women U20	Born in 2003 & 2004
115	16:45	1500m	Senior Women	Born in 2002 and earlier
116	16:55	1500m	Boys U16	Born in 2007 & 2008
117	17:00	High Jump	Women U18	Born in 2005 & 2006
118	17:00	Discus Throw (1kg)	Girls U16	Born in 2007 & 2008
119	17:00	Discus Throw (1kg)	Women U18	Born in 2005 & 2006
120	17:00	Discus Throw (1kg)	Women U20	Born in 2003 & 2004
121	17:00	Discus Throw (1kg)	Senior Women	Born in 2002 and earlier
122	17:00	1500m	Men U18	Born in 2005 & 2006
123	17:05	1500m	Men U20	Born in 2003 & 2004
124	17:10	1500m	Senior Men	Born in 2002 and earlier
125	17:20	400m	Girls U16	Born in 2007 & 2008
126	17:25	400m	Boys U16	Born in 2007 & 2008
127	17:30	400m	Women U18	Born in 2005 & 2006
128	17:35	400m	Men U18	Born in 2005 & 2006
129	17:40	400m	Women U20	Born in 2003 & 2004
130	17:45	400m	Men U20	Born in 2003 & 2004
131	17:50	400m	Senior Women	Born in 2002 and earlier
132	17:55	400m	Senior Men	Born in 2002 and earlier