

WPMAA 2022 CHAMPIONSHIPS

Saturday, 2022-05-28 @ Green Point Athletics Stadium

Track				Throws				Jumps				Throws Pentathlon			
Event No	Time	Event	M/W	Event No	Time	Event	M/W	Event No	Time	Event	M/W	Event No	Time	Event	M/W
1	07h30	5000m Run	M	2	07h30	Hammer Throw	W	7	08h45	Long Jump	W	39	13h15	Hammer Throw	W
3	08h00	5000m Run	W	5	08h30	Hammer Throw	M	8	09h00	High Jump	M	41	14h00	Hammer Throw	M
4	08h30	5000m Walk	M	6	08h45	Shot Put	W	12	09h45	Long Jump	M	42	14h00	Shot Put	W
9	09h15	5000m Walk	W	10	09h45	Shot Put	M	14	10h00	High Jump	W	43	14h45	Shot Put	M
13	10h00	80m Hurdles	W 40+	11	09h45	Discus Throw	W	22	10h45	Triple Jump	W	44	14h45	Discus Throw	W
15	10h05	100m Hurdles	W 30-39	20	10h45	Discus Throw	M	23	10h45	Pole Vault	M/W	45	15h30	Discus Throw	M
16	10h15	100m Hurdles	M 50-69	21	10h45	Javelin Throw	W	31	11h45	Triple Jump	M	46	15h30	Javelin Throw	W
17	10h25	110m Hurdles	M 30-49	29	11h45	Javelin Throw	M					47	16h15	Javelin Throw	M
18	10h35	200m	M	30	11h45	Weight Throw	W					48	16h15	Weight Throw	W
19	10h45	200m	W	37	12h45	Weight Throw	M					49	17h00	Weight Throw	M
24	10h55	800m	M												
25	11h05	800m	W												
26	11h15	400m Hurdles	W 30-49												
27	11h25	400m Hurdles	M 30-59												
28	11h35	100m	M												
32	11h50	100m	W												
33	12h05	1500m	M												
34	12h20	1500m	W												
35	12h30	400m	M												
36	12h45	400m	W												
38	13h15	3000m Steeplechase	M 30-59												
40	13h45	2000m Steeplechase	W30+/M60+												

NOTE:

1. ONLY Athletes 30 years and older may participate in the WPMAA Championships
2. Permanent 2022 ASA numbers to be worn front and back of your vest
3. Age tags to be worn front and back
4. Athletes to be registered and paid-up members with WPM Athletics
5. Athletes from other provinces should be registered and paid-up members of their province
6. WP Athletes to compete in full club colours
7. Athletes from other provinces to compete in provincial colours