

2023 WPMAA Championship**Saturday, 2023-04-22**

TRACK				JUMPS				THROWS EVENTS			
Event No	Time	Event	M / W	Event No	Time	Event	M / W	Event No	Time	Event	M / W
21	07h30	5000m Run	M / W 30 -49	25	09h00	Long Jump	W	23	08h00	Hammer Throw	M
22	08H00	5000m Run	M/ W 50+	26	09h00	High Jump	M	27	09h00	Hammer Throw	W
24	08H30	5000m Walk	M	30	09h30	Pole Vault	M / W	28	09h00	Shot Put	M
29	09h15	5000m Walk	W	37	10h30	High Jump	W	32	10h00	Shot Put	W
31	10h00	80m Hurdles	W 40+	38	10h30	Long Jump	M	33	10h00	Discus Throw	M
34	10h05	100m Hurdles	W 30 - 39	49	12h00	Triple Jump	W	42	11h00	Discus Throw	W
35	10h15	100m Hurdles	M 50 -69	57	13h00	Triple Jump	M	43	11h00	Javelin Throw	M
36	10h25	110m Hurdles	M 30 - 49					50	12h00	Javelin Throw	W
39	10h35	200m	M					51	12h00	Weight Throw	M
40	10h45	200m	W					58	13h00	Weight Throw	W
41	10h55	800m	M								
44	11h05	800m	W								
45	11h15	400m Hurdles	W 30 -49								
46	11h25	400m Hurdles	M 30 -59								
47	11h35	100m	M								
48	11h50	100m	W								
52	12h05	1500m	M								
53	12h20	1500m	W								
54	12h30	400m	M								
55	12h45	400m	W								
56	13h00	2000m Steeple Chase	M 60+ / W 30+								
59	13h15	3000m Steeple Chase	M 30 - 59								

PLEASE NOTE:

1. ONLY Athletes 30 years and older may participate in the WPMAA Championships
2. Permanent 2023 ASA numbers to be worn front and back of your vest
3. Age tags to be worn front and back
4. WP Masters Athletes to be registered and paid-up members with WP Masters Athletics
5. Athletes from other provinces to be registered + paid-up with their Province
6. WP Masters Athletes to compete in full club colours
7. Athletes from other provinces to compete in provincial colours