



WESTERN PROVINCE ATHLETICS

**WPA Special Event
Green Point Stadium
28 February 2025**

No entries will be accepted of athletes born in 2012 or later

1	17:00	Hammer Throw (4kg)	Boys U16	Born in 2010 & 2011
2		Hammer Throw (5kg)	Men U18	Born in 2008 & 2009
3		Hammer Throw (6kg)	Men U20	Born in 2006 & 2007
4		Hammer Throw (7.26kg)	Senior Men/U23	Born in 2005 and earlier
5	17:00	Long Jump	Girls U16	Born in 2010 & 2011
6		Long Jump	Women U18	Born in 2008 & 2009
7		Long Jump	Women U20	Born in 2006 & 2007
8		Long Jump	Senior Women/U23	Born in 2005 and earlier
9	17:00	Javelin Throw (800g)	Men U20	Born in 2006 & 2007
10		Javelin Throw (800g)	Senior Men/U23	Born in 2005 and earlier
11		Javelin Throw (700g)	Men U18	Born in 2008 & 2009
12		Javelin Throw (600g)	Boys U16	Born in 2010 & 2011
13	17:00	High Jump	Girls U16	Born in 2010 & 2011
14		High Jump	Women U18	Born in 2008 & 2009
15		High Jump	Women U20	Born in 2006 & 2007
16		High Jump	Senior Women/U23	Born in 2005 and earlier
17	17:00	1500m Steeple Chase (76.2cm)	Girls U16	Born in 2010 & 2011
18		1500m Steeple Chase (76.2cm)	Boys U16	Born in 2010 & 2011
19		2000m Steeple Chase (76.2cm)	Women U18	Born in 2008 & 2009
20		3000m Steeple Chase (76.2cm)	Women U20	Born in 2006 & 2007
21		3000m Steeple Chase (76.2cm)	Senior Women/U23	Born in 2005 and earlier
22		2000m Steeple Chase (83.8cm)	Men U18	Born in 2008 & 2009
23		3000m Steeple Chase (91.4cm)	Men U20	Born in 2006 & 2007
24		3000m Steeple Chase (91.4cm)	Senior Men/U23	Born in 2005 and earlier
25	17:35	400m	Boys U16	Born in 2010 & 2011
26		400m	Girls U16	Born in 2010 & 2011
27		400m	Men U18	Born in 2008 & 2009
28		400m	Women U18	Born in 2008 & 2009
29		400m	Women U20	Born in 2006 & 2007
30		400m	Senior Women/U23	Born in 2005 and earlier
31		400m	Men U20	Born in 2006 & 2007
32		400m	Senior Men/U23	Born in 2005 and earlier
33	18:00	1500m	Girls U16	Born in 2010 & 2011
34		1500m	Women U18	Born in 2008 & 2009
35		1500m	Boys U16	Born in 2008 & 2009
36		1500m	Men U18	Born in 2008 & 2009
37		1500m	Women U20	Born in 2006 & 2007
38		1500m	Men U20	Born in 2006 & 2007
39		1500m	Senior Women/U23	Born in 2005 and earlier
40		1500m	Senior Men/U23	Born in 2005 and earlier
41		Long Jump	Boys U16	Born in 2010 & 2011

42	18:15	Long Jump	Men U18	Born in 2008 & 2009
43		Long Jump	Men U20	Born in 2006 & 2007
44		Long Jump	Senior Men/U23	Born in 2005 and earlier
45	18:15	Javelin Throw (500g)	Girls U16	Born in 2010 & 2011
46		Javelin Throw (500g)	Women U18	Born in 2008 & 2009
47		Javelin Throw (600g)	Women U20	Born in 2006 & 2007
48		Javelin Throw (600g)	Senior Women/U23	Born in 2005 and earlier
49	18:15	Hammer Throw (3kg)	Girls U16	Born in 2010 & 2011
50		Hammer Throw (3kg)	Women U18	Born in 2008 & 2009
51		Hammer Throw (4kg)	Women U20	Born in 2006 & 2007
52		Hammer Throw (4kg)	Senior Women/U23	Born in 2005 and earlier
53	18:15	High Jump	Boys U16	Born in 2010 & 2011
54		High Jump	Men U18	Born in 2008 & 2009
55		High Jump	Men U20	Born in 2006 & 2007
56		High Jump	Senior Men/U23	Born in 2005 and earlier
57	18:35	90m Hurdles (76.2cm)	Girls U16	Born in 2010 & 2011
58		100m Hurdles (76.2cm)	Women U18	Born in 2008 & 2009
59		100m Hurdles (83.8cm)	Women U20	Born in 2006 & 2007
60		100m Hurdles (83.8cm)	Senior Women/U23	Born in 2005 and earlier
61		100m Hurdles (83.8cm)	Boys U16	Born in 2010 & 2011
62		110m Hurdles (91.4cm)	Men U18	Born in 2008 & 2009
63		110m Hurdles (99.1cm)	Men U20	Born in 2006 & 2007
64		110m Hurdles (106.7cm)	Senior Men/U23	Born in 2005 and earlier
65	19:05	5000m	Women U20	Born in 2006 & 2007
66		5000m	Senior Women/U23	Born in 2005 and earlier
67		5000m	Men U20	Born in 2006 & 2007
68		5000m	Senior Men/U23	Born in 2005 and earlier
69	19:15	Shot Put (4kg)	Boys U16	Born in 2010 & 2011
70		Shot Put (5kg)	Men U18	Born in 2008 & 2009
71		Shot Put (6kg)	Men U20	Born in 2006 & 2007
72		Shot Put (7.26kg)	Senior Men/U23	Born in 2005 and earlier
73	19:15	Discus Throw (1kg)	Women U20	Born in 2005 & 2006
74		Discus Throw (1kg)	Senior Women/U23	Born in 2005 and earlier
75		Discus Throw (1kg)	Women U18	Born in 2008 & 2009
76		Discus Throw (1kg)	Girls U16	Born in 2010 & 2011
77	19:35	3000m	Girls U16	Born in 2010 & 2011
78		3000m	Women U18	Born in 2008 & 2009
79		3000m	Women U20	Born in 2006 & 2007
80		3000m	Boys U16	Born in 2010 & 2011
81		3000m	Men U18	Born in 2008 & 2009
82		3000m	Men U20	Born in 2006 & 2007
83		3000m	Men U23	Born in 2003, 2004 & 2005
84	19:35	800m	Girls U16	Born in 2010 & 2011
85		800m	Women U18	Born in 2008 & 2009

86	20:10	800m	Boys U16	Born in 2010 & 2011
87		800m	Men U18	Born in 2008 & 2009
88		800m	Women U20	Born in 2006 & 2007
89		800m	Senior Women/U23	Born in 2005 and earlier
90		800m	Men U20	Born in 2006 & 2007
91		800m	Senior Men/U23	Born in 2005 and earlier
92	20:15	Discus Throw (1kg)	Boys U16	Born in 2010 & 2011
93		Discus Throw (1.5kg)	Men U18	Born in 2008 & 2009
94		Discus Throw (1.75kg)	Men U20	Born in 2006 & 2007
95		Discus Throw (2kg)	Senior Men/U23	Born in 2005 and earlier
96	20:15	Shot Put (3kg)	Women U18	Born in 2008 & 2009
97		Shot Put (3kg)	Girls U16	Born in 2010 & 2011
98		Shot Put (4kg)	Women U20	Born in 2006 & 2007
99		Shot Put (4kg)	Senior Women/U23	Born in 2005 and earlier
100	20:45	200m	Girls U16	Born in 2010 & 2011
101		200m	Boys U16	Born in 2010 & 2011
102		200m	Women U18	Born in 2008 & 2009
103		200m	Men U18	Born in 2008 & 2009
104		200m	Women U20	Born in 2006 & 2007
105		200m	Men U20	Born in 2006 & 2007
106		200m	Senior Women/U23	Born in 2005 and earlier
107		200m	Senior Men/U23	Born in 2005 and earlier