



WPA OPEN MEETING + COMBINED EVENTS & League 1

21 February 2025 PAROW (Day 1)

22 February 2025 PAROW (Day 2)

No entries will be accepted of athletes born in 2011 or later

Friday, 21 February 2025 (Parow)

1	18:00	100m	Men U18	Born 2008/2009		Decathlon
2	18:00	100m	Men U20	Born 2006/2007		Decathlon
3	18:00	100m	Senior Men/23	Born 2005 and earlier		Decathlon
4	18:00	Javelin Throw (500g)	Women U18	Born 2008/2009	Open meet	
5	18:00	Javelin Throw (500g)	Girls U16	Born 2010/2011	Open meet	
6	18:00	Shot Put (4kg)	Senior Women/U23	Born 2002 and earlier	Open meet	
7	18:00	Shot Put (4kg)	Women U20	Born 2006/2007	Open meet	
8	18:00	High Jump	Men U18	Born 2008/2009	Open meet	
9	18:00	High Jump	Boys U16	Born 2010/2011	Open meet	
10	18:15	100m Hurdles (76cm)	Women U18	Born 2008/2009		Heptathlon
11	18:15	100m Hurdles (76cm)	Women U18	Born 2008/2009	Open meet	
12	18:20	100m Hurdles (84cm)	Women U20	Born 2006/2007		Heptathlon
13	18:20	100m Hurdles (84cm)	Senior Women/U23	Born 2005 and earlier		Heptathlon
14	18:20	100m Hurdles (84cm)	Women U20	Born 2006/2007	Open meet	
15	18:20	100m Hurdles (84cm)	Senior Women/U23	Born 2002 and earlier	Open meet	
18	18:30	90m Hurdles (76cm)	Girls U16	Born 2010/2011	Open meet	
19	18:30	Long Jump	Men U18	Born 2008/2009		Decathlon
20	18:30	Long Jump	Men U20	Born 2006/2007		Decathlon
21	18:30	Long Jump	Senior Men/U23	Born 2002 and earlier		Decathlon
22	18:40	100m	Girls U16	Born 2010/2011	Open meet	
23	18:45	100m	Boys U16	Born 2010/2011	Open meet	
24	18:45	Discus Throw (1kg)	Senior Women/U23	Born 2002 and earlier	Open meet	
25	18:45	Discus Throw (1kg)	Women U20	Born 2006/2007	Open meet	
26	18:50	100m	Women U18	Born 2008/2009	Open meet	
27	18:55	100m	Men U18	Born 2008/2009	Open meet	
28	19:00	100m	Women U20	Born 2006/2007	Open meet	
29	19:00	High Jump	Women U18	Born 2008/2009		Heptathlon
30	19:00	High Jump	Women U20	Born 2006/2007		Heptathlon
31	19:00	High Jump	Senior Women/U23	Born 2002 and earlier		Heptathlon
32	19:05	100m	Men U20	Born 2006/2007	Open meet	
33	19:10	100m	Senior Women/U23	Born 2002 and earlier	Open meet	
34	19:15	100m	Senior Men/U23	Born 2002 and earlier	Open meet	
35	19:00	Javelin Throw (600g)	Senior Women/U23	Born 2002 and earlier	Open meet	
36	19:00	Javelin Throw (600g)	Women U20	Born 2006/2007	Open meet	
37	19:20	400m	Senior Men/U23	Born 2002 and earlier	Open meet	

38	19:25	400m	Men U20	Born 2006/2007	Open meet	
39	19:30	Shot Put (5kg)	Men U18	Born 2008/2009		Decathlon
40	19:30	Shot Put (6kg)	Men U20	Born 2006/2007		Decathlon
41	19:30	Shot Put (7.26kg)	Senior Men/U23	Born 2002 and earlier		Decathlon
44	19:30	400m	Men U18	Born 2008/2009	Open meet	
45	19:35	400m	Boys U16	Born 2010/2011	Open meet	
46	19:40	400m	Senior Women/U23	Born 2002 and earlier	Open meet	
47	19:40	400m	Women U20	Born 2006/2007	Open meet	
48	19:45	400m	Women U18	Born 2008/2009	Open meet	
49	19:45	400m	Girls U16	Born 2010/2011	Open meet	
50	19:45	Discus Throw (1kg)	Women U18	Born 2008/2009	Open meet	
51	19:45	Discus Throw (1kg)	Girls U16	Born 2010/2011	Open meet	
52	19:50	1500m	Senior Men/U23	Born 2002 and earlier	Open meet	
53	19:55	1500m	Men U20	Born 2006/2007	Open meet	
54	20:00	Triple Jump	Senior Women/U23	Born 2002 and earlier	Open meet	
55	20:00	Triple Jump	Women U20	Born 2006/2007	Open meet	
56	20:00	Triple Jump	Women U18	Born 2008/2009	Open meet	
57	20:00	Triple Jump	Girls U16	Born 2010/2011	Open meet	
58	20:00	Javelin Throw (700g)	Men U18	Born 2008/2009	Open meet	
59	20:00	Javelin Throw (600g)	Boys U16	Born 2010/2011	Open meet	
60	20:00	1500m	Men U18	Born 2008/2009	Open meet	
61	20:05	1500m	Boys U16	Born 2010/2011	Open meet	
62	20:12	1500m	Senior Women/U23	Born 2002 and earlier	Open meet	
63	20:12	1500m	Women U20	Born 2006/2007	Open meet	
64	20:20	1500m	Women U18	Born 2008/2009	Open meet	
65	20:28	1500m	Girls U16	Born 2010/2011	Open meet	
66	20:30	Shot Put (3kg)	Women U18	Born 2008/2009		Heptathlon
67	20:30	Shot Put (4kg)	Women U20	Born 2006/2007		Heptathlon
68	20:30	Shot Put (4kg)	Senior Women/U23	Born 2002 and earlier		Heptathlon
69	20:35	1500m Steeple Chase (76cm)	Boys U16	Born 2010/2011	Open meet	
70	20:35	1500m Steeple Chase (76cm)	Girls U16	Born 2010/2011	Open meet	
71	20:30	High Jump	Men U18	Born 2008/2009		Decathlon
72	20:30	High Jump	Men U20	Born 2006/2007		Decathlon
73	20:30	High Jump	Senior Men/U23	Born 2002 and earlier		Decathlon
74	20:45	2000m Steeple Chase (76cm)	Women U18	Born 2008/2009	Open meet	
75	20:57	3000m Steeple Chase (76cm)	Senior Women/U23	Born 2002 and earlier	Open meet	
76	20:57	3000m Steeple Chase (76cm)	Women U20	Born 2006/2007	Open meet	
77	21:12	2000m Steeple Chase (83cm)	Men U18	Born 2008/2009	Open meet	
78	21:15	Long Jump	Men U18	Born 2008/2009	Open meet	
79	21:15	Long Jump	Boys U16	Born 2010/2011	Open meet	
80	21:27	3000m Steeple Chase (91cm)	Senior Men	Born 2002 and earlier	Open meet	
81	21:27	3000m Steeple Chase (91cm)	Men U20	Born 2006/2007	Open meet	
82	21:45	200m	Women U18	Born 2008/2009		Heptathlon
83	21:45	200m	Women U20	Born 2006/2007		Heptathlon
84	21:45	200m	Senior Women/U23	Born 2002 and earlier		Heptathlon
85	22:00	400m	Men U18	Born 2008/2009		Decathlon
86	22:00	400m	Men U20	Born 2006/2007		Decathlon
87	22:00	400m	Senior Men/U23	Born 2002 and earlier		Decathlon

Saturday, 22 February 2025 (Parow)

88	09:00	90m Hurdles (76.2cm)	Girls U16	Born 2010/2011		Pentathlon
89	09:00	Triple Jump	Men U18	Born 2008/2009	Open meet	
90	09:00	Triple Jump	Boys U16	Born 2010/2011	Open meet	
91	09:00	Shot Put (7.26kg)	Senior Men/U23	Born 2002 and earlier	Open meet	
92	09:10	110m Hurdles (91cm)	Men U18	Born 2008/2009		Decathlon
93	09:15	110m Hurdles (91cm)	Men U18	Born 2008/2009	Open meet	
94	09:15	Pole Vault	Girls U16	Born 2010/2011	Open meet	
95	09:15	Pole Vault	Women U18	Born 2008/2009	Open meet	
96	09:15	Pole Vault	Women U20	Born 2006/2007	Open meet	
97	09:15	Pole Vault	Senior Women/U23	Born 2002 and earlier	Open meet	
98	09:25	110m Hurdles (98cm)	Men U20	Born 2006/2007		Decathlon
99	09:30	110m Hurdles (98cm)	Men U20	Born 2006/2007	Open meet	
100	09:30	High Jump	Girls U16	Born 2010/2011		Pentathlon
101	09:40	110m Hurdles (106cm)	Senior Men/U23	Born 2002 and earlier		Decathlon
102	09:45	110m Hurdles (106cm)	Senior Men/U23	Born 2002 and earlier	Open meet	
103	09:55	100m Hurdles (84cm)	Boys U16	Born 2008/2009	Open meet	
104	10:00	100m Hurdles (84cm)	Boys U16	Born 2010/2011		Pentathlon
109	10:00	Shot Put (6kg)	Men U20	Born 2006/2007	Open meet	
110	10:00	Discus Throw (1,5kg)	Men U18	Born 2008/2009		Decathlon
111	10:00	Discus Throw (2kg)	Men U20	Born 2006/2007		Decathlon
112	10:00	Discus Throw (2kg)	Senior Men/U23	Born 2002 and earlier		Decathlon
113	10:00	Long Jump	Women U18	Born 2008/2009		Heptathlon
114	10:00	Long Jump	Women U20	Born 2006/2007		Heptathlon
115	10:00	Long Jump	Senior Women/U23	Born 2002 and earlier		Heptathlon
116	10:10	800m	Senior Men/U23	Born 2002 and earlier	Open meet	
117	10:15	800m	Men U20	Born 2006/2007	Open meet	
118	10:20	800m	Men U18	Born 2008/2009	Open meet	
119	10:25	800m	Boys U16	Born 2010/2011	Open meet	
120	10:30	High Jump	Boys U16	Born 2010/2011		Pentathlon
121	10:30	800m	Senior Women/U23	Born 2002 and earlier	Open meet	
122	10:35	800m	Women U20	Born 2006/2007	Open meet	
123	10:40	800m	Women U18	Born 2008/2009	Open meet	
124	10:45	800m	Girls U16	Born 2010/2011	Open meet	
125	10:45	Triple Jump	Senior Men/u23	Born 2002 and earlier	Open meet	
126	10:45	Triple Jump	Men U20	Born 2006/2007	Open meet	
127	10:50	3000m	Men U20	Born 2006/2007	Open meet	
128	11:00	Shot Put (3kg)	Girls U16	Born 2010/2011		Pentathlon
129	11:02	3000m	Men U18	Born 2008/2009	Open meet	
130	11:14	3000m	Boys U16	Born 2010/2011	Open meet	
131	11:30	Pole Vault	Men U18	Born 2008/2009		Decathlon
132	11:30	Pole Vault	Men U20	Born 2006/2007		Decathlon
133	11:30	Pole Vault	Senior Men/U23	Born 2002 and earlier		Decathlon
134	11:30	3000m	Women U20	Born 2006/2007	Open meet	
135	11:30	3000m	Women U18	Born 2008/2009	Open meet	

136	11:30	3000m	Girls U16	Born 2010/2011	Open meet	
137	11:45	400m Hurdles (91cm)	Senior Men/U23	Born 2002 and earlier	Open meet	
138	11:45	High Jump	Girls U16	Born 2010/2011	Open meet	
139	11:45	High Jump	Women U18	Born 2008/2009	Open meet	
140	11:45	Long Jump	Women U18	Born 2008/2009	Open meet	
141	11:45	Long Jump	Girls U16	Born 2010/2011	Open meet	
142	11:50	400m Hurdles (91cm)	Men U20	Born 2006/2007	Open meet	
143	12:00	400m Hurdles (84cm)	Men U18	Born 2008/2009	Open meet	
144	12:00	Shot Put (4kg)	Boys U16	Born 2010/2011	Open meet	
145	12:00	Shot Put (4kg)	Boys U16	Born 2010/2011		Pentathlon
146	12:10	400m Hurdles (76cm)	Senior Women/U23	Born 2002 and earlier	Open meet	
147	12:10	400m Hurdles (76cm)	Women U20	Born 2006/2007	Open meet	
148	12:10	400m Hurdles (76cm)	Women U18	Born 2008/2009	Open meet	
149	12:15	Javelin Throw (500g)	Women U18	Born 2008/2009		Heptathlon
150	12:15	Javelin Throw (600g)	Women U20	Born 2006/2007		Heptathlon
151	12:15	Javelin Throw (600g)	Senior Women/U23	Born 2002 and earlier		Heptathlon
152	12:20	300m Hurdles (76cm)	Girls U16	Born 2010/2011	Open meet	
153	12:30	Long Jump	Girls U16	Born 2010/2011		Pentathlon
154	12:30	300m Hurdles (84cm)	Boys U16	Born 2010/2011	Open meet	
155	12:40	5000m	Senior Men/U23	Born 2002 and earlier	Open meet	
156	12:40	5000m	Men U20	Born 2006/2007	Open meet	
157	12:40	5000m	Senior Women/U23	Born 2002 and earlier	Open meet	
158	12:40	5000m	Women U20	Born 2006/2007	Open meet	
159	13:00	Javelin Throw (800g)	Senior Men/U23	Born 2002 and earlier	Open meet	
160	13:00	Javelin Throw (800g)	Men U20	Born 2006/2007	Open meet	
161	13:00	Discus Throw (1.5kg)	Men U18	Born 2008/2009	Open meet	
162	13:00	Discus Throw (1kg)	Boys U16	Born 2010/2011	Open meet	
163	13:00	Shot Put (5kg)	Men U18	Born 2008/2009	Open meet	
164	13:15	High Jump	Men U20	Born 2006/2007	Open meet	
165	13:15	High Jump	Senior Men/U23	Born 2002 and earlier	Open meet	
166	13:15	Long Jump	Boys U16	Born 2010/2011		Pentathlon
167	13:30	Pole Vault	Boys U16	Born 2010/2011	Open meet	
168	13:30	Pole Vault	Men U18	Born 2008/2009	Open meet	
169	13:30	Pole Vault	Men U20	Born 2006/2007	Open meet	
170	13:30	Pole Vault	Senior Men/U23	Born 2002 and earlier	Open meet	
171	14:00	800m	Girls U16	Born 2010/2011		Pentathlon
172	14:00	Long Jump	Senior Women/U23	Born 2002 and earlier	Open meet	
173	14:00	Long Jump	Women U20	Born 2006/2007	Open meet	
174	14:00	Shot Put (3kg)	Women U18	Born 2008/2009	Open meet	
175	14:00	Shot Put (3kg)	Girls U16	Born 2010/2011	Open meet	
176	14:00	Javelin Throw (700g)	Men U18	Born 2008/2009		Decathlon
177	14:00	Javelin Throw (800g)	Men U20	Born 2006/2007		Decathlon
178	14:00	Javelin Throw (800g)	Senior Men/U23	Born 2002 and earlier		Decathlon
179	14:10	800m	Women U18	Born 2008/2009		Heptathlon
180	14:10	800m	Women U20	Born 2006/2007		Heptathlon
181	14:10	800m	Senior Women/U23	Born 2002 and earlier		Heptathlon
182	14:30	Discus Throw (2kg)	Senior Men/U23	Born 2002 and earlier	Open meet	
183	14:30	Discus Throw (1.75kg)	Men U20	Born 2006/2007	Open meet	

184	14:30	1000m	Boys U16	Born 2010/2011		Pentathlon
185	14:30	High Jump	Women U20	Born 2006/2007	Open meet	
186	14:30	High Jump	Senior Women/U23	Born 2002 and earlier	Open meet	
187	14:45	Long Jump	Senior Men/U23	Born 2002 and earlier	Open meet	
188	14:45	Long Jump	Men U20	Born 2006/2007	Open meet	
189	15:15	1500m	Men U18	Born 2008/2009		Decathlon
190	15:15	1500m	Men U20	Born 2006/2007		Decathlon
191	15:15	1500m	Senior Men/U23	Born 2002 and earlier		Decathlon
192	15:30	200m	Senior Men/U23	Born 2002 and earlier	Open meet	
193	15:35	200m	Men U20	Born 2006/2007	Open meet	
194	15:40	200m	Men U18	Born 2008/2009	Open meet	
195	15:45	200m	Boys U16	Born 2010/2011	Open meet	
196	15:50	200m	Senior Women/U23	Born 2002 and earlier	Open meet	
197	15:55	200m	Women U20	Born 2006/2007	Open meet	
198	16:00	200m	Women U18	Born 2008/2009	Open meet	
199	16:05	200m	Girls U16	Born 2010/2011	Open meet	

No entries will be accepted of athletes born in 2011 or later

Entry fees (payable at the gate):

- WPA Open Meeting events - R50 per athlete per day
- Combined events athletes - R50 per athletes for both days
- Spectators - R30 per day
- Spectators younger than 10 years - R10 per day