



WESTERN PROVINCE ATHLETICS

WPA COMBINED EVENTS, MASTERS AND OPEN MEET

21 November 2025 UWC (Day 1)

22 November 2025 UWC (Day 2)

PROVISIONAL

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

v1.1

Friday, 21 November 2025 (UWC)

1	18:00	100m	Men	U18	Decathlon
2	18:00	Javelin Throw (500g)	Women	U18	
3	18:00	Javelin Throw (500g)	Girls	U16	
4	18:05	100m	Men	U20	Decathlon
5	18:10	100m	Men	SEN/U23	Decathlon
6	18:15	90m Hurdles (76cm)	Girls	U16	
7	18:20	100m Hurdles (76cm)	Women	U18	Heptathlon
8	18:20	100m Hurdles (76cm)	Women	U18	
9	18:25	100m Hurdles (84cm)	Women	U20	Heptathlon
10	18:25	100m Hurdles (84cm)	Women	SEN/U23	Heptathlon
11	18:25	100m Hurdles (84cm)	Women	U20	
12	18:25	100m Hurdles (84cm)	Women	SEN/U23	
13	18:45	Long Jump	Men	U18	Decathlon
14	18:45	Long Jump	Men	U20	Decathlon
15	18:45	Long Jump	Men	SEN/U23	Decathlon
16	18:55	5000m	Men	MAS/SEN/U23	
17	18:55	5000m	Men	U20	
18	18:55	5000m	Women	MAS/SEN/U23	
19	18:55	5000m	Women	U20	
20	19:00	High Jump	Women	U18	Heptathlon
21	19:00	High Jump	Women	U20	Heptathlon
22	19:00	High Jump	Women	SEN/U23	Heptathlon
23	19:00	Javelin Throw (600g)	Women	SEN/U23	
24	19:00	Javelin Throw (600g)	Women	U20	
25	19:25	400m	Men	SEN/U23	
26	19:30	400m	Men	U20	
27	19:40	Shot Put (5kg)	Men	U18	Decathlon
28	19:40	Shot Put (6kg)	Men	U20	Decathlon
29	19:40	Shot Put (7.26kg)	Men	SEN/U23	Decathlon
30	19:35	400m	Men	U18	
31	20:00	Triple Jump	Women	SEN/U23	
32	20:00	Triple Jump	Women	U20	
33	20:00	Triple Jump	Women	U18	
34	20:00	Triple Jump	Girls	U16	

35	20:00	Javelin Throw (700g)	Men	U18	
36	20:00	Javelin Throw (600g)	Boys	U16	
37	19:40	400m	Boys	U16	
38	19:45	400m	Women	SEN/U23	
39	19:45	400m	Women	U20	
40	19:50	400m	Women	U18	
41	19:55	400m	Girls	U16	
42	20:05	1500m	Men	SEN/U23	
43	20:15	1500m	Men	U20	
44	20:30	Shot Put (3kg)	Women	U18	Heptathlon
45	20:30	Shot Put (4kg)	Women	U20	Heptathlon
46	20:30	Shot Put (4kg)	Women	SEN/U23	Heptathlon
47	20:25	1500m	Men	U18	
48	20:35	1500m	Boys	U16	
49	20:40	High Jump	Men	U18	Decathlon
50	20:40	High Jump	Men	U20	Decathlon
51	20:40	High Jump	Men	SEN/U23	Decathlon
52	20:40	1500m	Women	SEN/U23	
53	20:40	1500m	Women	U20	
54	20:47	1500m	Women	U18	
55	20:47	1500m	Girls	U16	
56	20:55	3000m Steeple Chase (91cm)	Men	SEN	
57	20:55	3000m Steeple Chase (91cm)	Men	U20	
58	21:00	Long Jump	Men	U18	
59	21:00	Long Jump	Boys	U16	
60	21:15	3000m Steeple Chase (76cm)	Women	SEN/U23	
61	21:15	3000m Steeple Chase (76cm)	Women	U20	
62	21:30	1500m Steeple Chase (76cm)	Boys	U16	
63	21:30	1500m Steeple Chase (76cm)	Girls	U16	
64	21:45	2000m Steeple Chase (76cm)	Women	U18	
65	21:50	2000m Steeple Chase (83cm)	Men	U18	
66	22:00	200m	Women	U18	Heptathlon
67	22:00	200m	Women	U20	Heptathlon
68	22:00	200m	Women	SEN/U23	Heptathlon
69	22:10	400m	Men	U18	Decathlon
70	22:15	400m	Men	U20	Decathlon
71	22:20	400m	Men	SEN/U23	Decathlon

Saturday, 22 November 2025 (UWC)

76	09:00	5000mRW	M/W	MAS/SEN/U23	
77	09:00	Long Jump	M/W	MAS	
78	09:00	Shot put (A)	Women	MAS	
79	09:00	Discus Throw	Men	MAS	
80	10:00	800m	M/W	MAS	
81	10:00	Javelin Throw	Women	MAS	
82	10:00	Shot Put	Men	MAS	
83	10:00	High Jump	M/W	MAS	
84	10:10	110m Hurdles (91cm)	Men	U18	Decathlon
85	10:15	110m Hurdles (98cm)	Men	U20	Decathlon
86	10:20	110m Hurdles (106cm)	Men	SEN/U23	Decathlon

87	10:25	200m	M/W	MAS	
88	11:00	1500m	M/W	MAS	
89	11:00	Javelin Throw	Men	MAS	
90	11:00	Triple Jump (B)	M/W	MAS	
91	11:00	Discus Throw	Men	SEN/U23/U20/U18	Decathlon
92	11:30	100m	M/W	MAS	
93	11:30	Discus Throw	Women	MAS	
94	11:45	Triple Jump (B)	Men	SEN/U23/U20	
95	12:00	Javelin Throw	Men	SEN/U23/U20	
96	12:00	High Jump	Girls	U18/U16	
97	12:00	Hammer (Parow)	Men	All	
98	12:15	Shot Put	Men	U18/U16	
99	12:20	400m	M/W	MAS	
100	12:35	100m Hurdles (84cm)	Boys	U16	
101	12:45	110m Hurdles (91cm)	Men	U18	
102	12:45	Long Jump	Women	SEN/U23/U20/U18	Heptathlon
103	12:45	Pole Vault (Parow)	Men	SEN/U23/U20/U18	Decathlon
104	12:45	Pole Vault (Parow)	M/W	All	
105	12:50	110m Hurdles (98cm)	Men	U20	
106	12:55	110m Hurdles (106cm)	Men	SEN/U23	
107	13:00	Hammer (Parow)	Women	All	
108	13:00	Discus Throw	Men	U18/U16	
109	13:00	Long Jump	Women	SEN/U23/U20/U18/U16	
110	13:00	High Jump	Men	SEN/U23/U20	
111	13:00	90m Hurdles (76.2cm)	Girls	U16	Pentathlon
112	13:05	100m Hurdles (84cm)	Boys	U16	Pentathlon
113	13:30	400m Hurdles (91cm)	Men	SEN/U23/U20	
114	13:30	Shot Put	Women	SEN/U23/U20	
115	13:35	400m Hurdles (84cm)	Men	U18	
116	13:40	400m Hurdles (76cm)	Women	SEN/U23/U20/U18	
117	13:50	300m Hurdles (76cm)	Girls	U16	
118	13:55	300m Hurdles (84cm)	Boys	U16	
119	14:00	100m	Men	SEN/U23/U20/U18/U16	
120	14:00	High Jump (A)	Girls	U16	Pentathlon
121	14:00	High Jump (B)	Boys	U16	Pentathlon
122	14:15	Shot Put	Women	U18/U16	
123	14:30	100m	Women	SEN/U23/U20/U18/U16	
124	14:30	Discus Throw	Men	SEN/U23/U20	
125	14:30	Triple Jump	Men	U18/U16	
126	15:00	3000m	Men	U20/U18/U16	
127	15:00	High Jump	Women	SEN/U23/U20	
128	15:00	Long Jump	Men	SEN/U23/U20	
129	15:00	Javelin Throw	Women	SEN/U23/U20/U18	Heptathlon
130	15:00	Shot Put (A)	Girls	U16	Pentathlon
131	15:00	Shot Put (B)	Boys	U16	Pentathlon
132	15:15	3000m	Women	U20/U18/U16	
133	15:30	800m	Men	SEN/U23/U20/U18/U16	
134	15:40	800m	Women	SEN/U23/U20/U18/U16	
135	15:45	Javelin Throw	Men	SEN/U23/U20/U18	Decathlon
136	15:45	Long Jump (A)	Girls	U16	Pentathlon
137	15:45	Long Jump (B)	Boys	U16	Pentathlon
138	15:50	200m	Women	SEN/U23/U20/U18/U16	

139	16:00	200m	Men	SEN/U23/U20/U18/U16	
140	16:00	Shot Put	Men	SEN/U23/U20	
141	16:00	Discus Throw	Women	SEN/U23/U20/U18/U16	
142	16:00	High Jump	Men	U18/U16	
143	16:25	1500m	Men	SEN/U23/U20/U18	Decathlon
144	16:35	800m	Girls	U16	Pentathlon
145	16:39	800m	Women	SEN/U23/U20/U18	Heptathlon
146	16:44	1000m	Boys	U16	Pentathlon

No entries will be accepted of athletes born in 2012 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 - R50 per day
- Spectators younger than 10 years - R20 per day