WESTERN PROVINCE ATHLETICS

LEAGUE 3

DATE: 9 March 2016
VENUE: Green Point Athletics Stadium

Event No	Time	Event	Gender
1,2	18:30	5000m Walk	M & W
3	19:00	400m	W
4		Pole vault	M
5		Long Jump	F
6		High Jump	M
7,8		Hammer Throw	M & W, B&G U16,18,20
9	19:05	400m	M
10	19:15	800m	M
11	19:20	800m	W
12	19:25	3000m SC	M
13	19:25	Javelin	W, GU 16,18,30
14		Long Jump	M
15	19:40	100m	M
16,17		Discus	M & W, B&G U16,18,20
18	19:55	100m	W
19	19:55	High Jump	W, GU 16,18,20
20		Pole Vault	W
21	20:05	400m H	M
22	20:15	400m H	W
23		Javelin	M, BU 16,18,20
24	20:20	1500m	M
25	20:30	1500m	W
26,27		Triple Jump	M & W, B&G U16,18,20
28	20:45	200m	M
29,30		Shot Put	M & W, B&G U16,18,20
31	21:00	200m	W
32,33	21:10	5000m	M & W
34	21:35	100m H	W
35	21:40	110m H	M
36	21:50	4 x 100m	M
37	21:55	4 x 100m	F

ATHLETES MUST ENTER AT LEAST 45MIN BEFORE EVENT STARTS

ENTRY FEES: Athletes: R20
Spectators: Adults R10 Children R5