



WESTERN PROVINCE ATHLETICS

LITTLE ATHLETICS & OPEN COMBINED**26-Oct**

NR	TIME	AGE GROUP	EVENT	
1	10:00	G - u/12	Long jump (Pit A)	
2		G - u/12	1200m	HF
3		B - u/12	High Jump	
4	10:10	G - u/14	1200m	HF
5	10:15	G-u/12 & u/14	Shotput	
6	10:20	Open W	1200m	F
7	10:35	Open M	60m	F
8	10:45	Open W	60m	F
9	11:00	B - u/10	80m	HF
10	11:15	G - u/10	80m	HF
11	11:30	B -u/12	150m	HF
12		B - u/14	High Jump	
13	11:45	G - u/12	150m	HF
14		B - u/14	Long jump (Pit A)	
15	12:00	B - u/14	200m	HF
16	12:10	G - u/14	200m	HF
17	12:30	Open M	300m	HF
18	12:45	Open W	300m	
19		B - 12 & 14	Shotput	
20	13:00	B -u/12	1200m	HF
21	13:10	B- u/14	1200m	HF
22	13:20	Open M	1200m	F
23		G - u/12 & u/14	High Jump	
24		G - u/14	Long jump (Pit A)	
25	13:30	G - u/12	150m Hurdles (68cm)	HF
	13:40	B - u/12	150m Hurdles (68cm)	
26	13:50	G- u/14	200m Hurdles (68cm)	HF
27	14:00	B -u/14	200m Hurdles (68cm)	HF
29	14:10	B & G -u/14	800m Walk	HF
	14:20	Mixed Relay - u/10	4 x 50m	
32	14:25	Mixed Relay - u/12	4x100m	F
33	14:35	Mixed Medley - u/14	(100 female) (200 male) (300 female) (400 male)	F
34	14:45	Open Mixed Medley	(100 female) (200 male) (300 female) (400 male)	F

Under 10 - born in 2010 and 2011**Under 12 - born in 2008 and 2009****Under 14 - born in 2006 and 2007****Open - 14 and older****Field events: Each athlete gets 4 jumps/throws**