



WESTERN PROVINCE ATHLETICS

**LITTLE ATHLETICS PROGRAM**

15-Nov



<b>NR</b>	<b>TIME</b>	<b>AGE GROUP</b>	<b>EVENT</b>	
1	16:00	B - u/12	Long jump (Pit A)	
2		G - u/10	80m	HF
3		G- u/14	Shotput	
4		G - u/12	High Jump	
5	16:10	B - u/10	80m	HF
6	16:20	G - u/12	150m	HF
7	16:30	B -u/12	150m	HF
8	16:40	G - u/14	200m	HF
9	16:50	B - u/14	200m	HF
10		G - u/14	High Jump	
11		B - u/14	Long jump (Pit A)	
12		B - u/12	Shotput	
13	17:00	B & G -u/14	800m Walk	HF
14	17:10	G - u/12	1000m	HF
15	17:20	B - u/12	1000m	HF
16	17:30	G -u/14	1000m	HF
17	17:40	B- u/14	1000m	HF
18	17:50	Relay - G u/10	4 x 50m	F
19	17:55	Relay - B u/10	4 x 50m	F
20	18:00	Relay - G u/12	4 x 100m	F
21	18:05	Relay - B u/12	4 x 100m	F
22	18:10	Relay - G u/14	4 x 100m	F
23	18:15	Relay - B u/14	4 x 100m	F

**Under 10 - born in 2010 and 2011****Under 12 - born in 2008 and 2009****Under 14 - born in 2006 and 2007****Field events: Each athlete gets 4 jumps/throws****ENTRIES CLOSE 60 MINUTES BEFORE THE SCHEDULED TIME OF EVENT**

