

## 2016 / 2017 Program for “Leo Benning Masters Challenge”

This series is for primarily for the participation of Masters Athletes

Track Events		Throws		Jumps	
13:30	80/100/110m hurdles	12:30	Hammer Throw	14:00	Long Jump
13:45	200m	13:30	Shot Put	15:00	High Jump
14:15	800m	14:30	Discus Throw	16:00	Triple Jump
14:30	200/300/400m hurdles	15:30	Javelin Throw		
14:45	100m	16:30	Weight Throw		
15:15	1,500m				
15:30	400m				
15:45	5,000m Track Walk				
16:30	5,000m				

Entry for an event must be at least **30 minutes** before start of event

Participation Fee: **R30.00** (regardless of how many events you want to participate in)

Due to time constraints (60 minutes per throwing event), the number of attempts in the respective throwing events will unfortunately have to be **FOUR**, or left to the discretion of the technical official, given the number of participants.

Club colours, provincial licence numbers and two age-group tags are **compulsory**. (Front and back)

Temporary licence numbers – **R20 (bring own safety pins)**.

No South African Masters Athletes (SAMA) gear to be worn during local and inter-provincial competitions (except for track-suits, but **not while competing**).

Please note that if you are interested in participating outside Western Province, i.e. at Masters Inter-provincial / National Championships, you must please inform WPA Masters Statistician.

### Fixture List

#### 2016

S.W.D Champs	3 September	Oudtshoorn
Leo Benning No.1	15 October	Parow
World Masters Athletics Champs	26 October – 6 November	Perth, Australia
Free State Champs	12 November	Bloemfontein
Leo Benning No.2	19 November	Green Point
Throws Pentathlon	3 December	Parow

#### 2017

Leo Benning No.3	14 January	Parow
Leo Benning No.4	11 February	Parow
W.P.A. Champs.	16/17/18 March	Green Point
World Masters Athletics Indoor champs	19-25 March	Deagu, South Korea
Leo Benning No.5	8 April	T.B.A
S.A.M.A Champs.	4/5/6 May	Green Point, Cape Town

See WPA website [www.wpa.org.za](http://www.wpa.org.za) for changes to fixtures and competition programs as well as masters' related information as well as for any other WPA related meetings and programs which also allow for Masters' participation.