



WESTERN PROVINCE ATHLETICS

REVISED LITTLE ATHLETICS PROGRAM

08-Nov



NR	TIME	AGE GROUP	EVENT	
1	18:30	G - u/12	Shot Put	HF
2		B - u/ 12 & u/14	High Jump	
3		G - u/12	Long jump	
4		B - u/12	1200m	HF
5	18:40	B - u/14	1200m	HF
6	18:50	B - u/10	80m	HF
7	19:00	G - u/10	80m	HF
8	19:10	B -u/12	150m	HF
9	19:20	G - u/12	150m	HF
10	19:30	B - u/14	200m	HF
11		G- u/14	Long jump	
12		B - u/14	Shot Put	
13	19:40	G - u/14	200m	HF
14		G – u/12 & u/14	High Jump	
15	19:50	G -u/12	1200m	HF
16	20:00	G- u/14	1200m	HF
17	20:15	G - u/12	150m Hurdles (68cm)	HF
18	20:25	B -u/12	150m Hurdles (68cm)	HF
19	20:40	G- u/14	200m Hurdles (68cm)	HF
20	20:50	B -u/14	200m Hurdles (68cm)	HF
21	21:00	B & G -u/14	800m Walk	HF
22	21:10	Mixed Relay - u/10	4x50m	F
23	21:15	Mixed Relay - u/12	4x100m	F
24	21:25	Parents/Helpers/TO's	100m	
25	21:30	Mixed Medley - u/14	(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****Field events: Each athlete gets 4 jumps/throws****ENTRIES CLOSE 60 MINUTES BEFORE THE SCHEDULED TIME OF EVENT**