



## WPA LEAGUE 6 + COMBINED EVENTS

6 March 2020 PAROW (Day 1)

7 March 2020 PAROW (Day 2)

**ENTRIES FOR COMBINED EVENTS CLOSE AT 17:30 ON FRIDAY, 6 March 2020**

**ENTRIES FOR WPA LEAGUE EVENTS CLOSE 60 MINUTES BEFORE THE SCHEDULED TIMES OF THE EVENTS**

### Friday, 6 March 2020 (Parow)

1	18:00	100m	B.u.18	Born 2003/2004		Decathlon
2	18:00	Javelin Throw (500g)	G.u.18	Born 2003/2004	League 6	
3	18:00	Javelin Throw (500g)	G.u.16	Born 2005/2006	League 6	
4	18:05	100m	B.u.20	Born 2001/2002		Decathlon
5	18:10	100m	Men	Born 2000 and earlier		Decathlon
6	18:20	100m Hurdles (76cm)	G.u.18	Born 2003/2004		Heptathlon
7	18:20	100m Hurdles (76cm)	G.u.18	Born 2003/2004	League 6	
8	18:30	100m Hurdles (84cm)	G.u.20	Born 2001/2002		Heptathlon
9	18:30	100m Hurdles (84cm)	Women	Born 2000 and earlier		Heptathlon
10	18:30	100m Hurdles (84cm)	G.u.20	Born 2000 and earlier	League 6	
11	18:30	100m Hurdles (84cm)	Women	Born 2000 and earlier	League 6	
12	18:30	Hammer Throw (5kg)	B.u.18	Born 2003/2004	League 6	
13	18:30	Hammer Throw (4kg)	B.u.16	Born 2005/2006	League 6	
14	18:40	90m Hurdles (76cm)	G.u.16	Born 2005/2006	League 6	
15	18:45	Long Jump	B.u.18	Born 2003/2004		Decathlon
16	18:45	Long Jump	B.u.20	Born 2001/2002		Decathlon
17	18:45	Long Jump	Men	Born 2000 and earlier		Decathlon
18	18:50	5000m	Men	Born 2000 and earlier	League 6	
19	18:50	5000m	B.u.20	Born 2001/2002	League 6	
20	18:50	5000m	Women	Born 2000 and earlier	League 6	
21	18:50	5000m	G.u.20	Born 2001/2002	League 6	
22	19:00	High Jump	G.u.18	Born 2003/2004		Heptathlon
23	19:00	High Jump	G.u.20	Born 2001/2002		Heptathlon
24	19:00	High Jump	Women	Born 2000 and earlier		Heptathlon
25	19:00	Javelin Throw (600g)	Women	Born 2000 and earlier	League 6	
26	19:00	Javelin Throw (600g)	G.u.20	Born 2001/2002	League 6	
27	19:15	400m	Men	Born 2000 and earlier	League 6	
28	19:25	400m	B.u.20	Born 2001/2002	League 6	
29	19:35	400m	B.u.18	Born 2003/2004	League 6	
30	19:45	Shot Put (5kg)	B.u.18	Born 2003/2004		Decathlon
31	19:45	Shot Put (6kg)	B.u.20	Born 2001/2002		Decathlon
32	19:45	Shot Put (7.26kg)	Men	Born 2000 and earlier		Decathlon
33	19:45	Hammer Throw (7.26kg)	Men	Born 2000 and earlier	League 6	

34	19:45	Hammer Throw (6kg)	B.u.20	Born 2001/2002	League 6	
35	19:45	400m	B.u.16	Born 2005/2006	League 6	
36	19:55	400m	Women	Born 2000 and earlier	League 6	
37	20:00	Triple Jump	Women	Born 2000 and earlier	League 6	
38	20:00	Triple Jump	G.u.20	Born 2001/2002	League 6	
39	20:00	Triple Jump	G.u.18	Born 2003/2004	League 6	
40	20:00	Triple Jump	G.u.16	Born 2005/2006	League 6	
41	20:00	Javelin Throw (700g)	B.u.18	Born 2003/2004	League 6	
42	20:00	Javelin Throw (600g)	B.u.16	Born 2005/2006	League 6	
43	20:05	400m	G.u.20	Born 2001/2002	League 6	
44	20:15	400m	G.u.18	Born 2003/2004	League 6	
45	20:25	400m	G.u.16	Born 2005/2006	League 6	
46	20:30	Shot Put (3kg)	G.u.18	Born 2003/2004		Heptathlon
47	20:30	Shot Put (4kg)	G.u.20	Born 2001/2002		Heptathlon
48	20:30	Shot Put (4kg)	Women	Born 2000 and earlier		Heptathlon
49	20:35	1500m	Men	Born 2000 and earlier	League 6	
50	20:35	1500m	B.u.20	Born 2001/2002	League 6	
51	20:45	High Jump	B.u.18	Born 2003/2004		Decathlon
52	20:45	High Jump	B.u.20	Born 2001/2002		Decathlon
53	20:45	High Jump	Men	Born 2000 and earlier		Decathlon
54	20:45	1500m	B.u.18	Born 2003/2004	League 6	
55	20:45	1500m	B.u.16	Born 2005/2006	League 6	
56	20:55	1500m	Women	Born 2000 and earlier	League 6	
57	20:55	1500m	G.u.20	Born 2001/2002	League 6	
58	20:55	1500m	G.u.18	Born 2003/2004	League 6	
59	20:55	1500m	G.u.16	Born 2005/2006	League 6	
60	21:05	3000m Steeple Chase (91cm)	Men	Born 2000 and earlier	League 6	
61	21:05	3000m Steeple Chase (91cm)	B.u.20	Born 2001/2002	League 6	
62	21:15	Long Jump	B.u.18	Born 2003/2004	League 6	
63	21:15	Long Jump	B.u.16	Born 2005/2006	League 6	
64	21:20	3000m Steeple Chase (76cm)	Women	Born 2000 and earlier	League 6	
65	21:20	3000m Steeple Chase (76cm)	G.u.20	Born 2001/2002	League 6	
66	21:40	2000m Steeple Chase (76cm)	G.u.18	Born 2003/2004	League 6	
67	22:00	2000m Steeple Chase (91cm)	B.u.18	Born 2003/2004	League 6	
68	22:15	1500m Steeple Chase (76cm)	B.u.16	Born 2005/2006	League 6	
69	22:15	1500m Steeple Chase (76cm)	G.u.16	Born 2005/2006	League 6	
70	22:30	200m	G.u.18	Born 2003/2004		Heptathlon
71	22:30	200m	G.u.20	Born 2001/2002		Heptathlon
72	22:30	200m	Women	Born 2000 and earlier		Heptathlon
73	22:35	400m	B.u.18	Born 2003/2004		Decathlon
74	22:40	400m	B.u.20	Born 2001/2002		Decathlon
75	22:45	400m	Men	Born 2000 and earlier		Decathlon

### **Saturday, 7 March 2020 (Parow)**

76	10:15	Pole Vault	G.u.16	Born 2005/2006	League 6	
77	10:15	Pole Vault	G.u.18	Born 2003/2004	League 6	
78	10:15	Pole Vault	G.u.20	Born 2001/2002	League 6	
79	10:15	Pole Vault	Women	Born 2000 and earlier	League 6	

80	10:15	High Jump	B.u.18	Born 2003/2004	League 6	
81	10:15	High Jump	B.u.16	Born 2005/2006	League 6	
82	10:15	Triple Jump	B.u.18	Born 2003/2004	League 6	
83	10:15	Triple Jump	B.u.16	Born 2005/2006	League 6	
84	10:15	Hammer Throw (4kg)	Women	Born 2000 and earlier	League 6	
85	10:15	Hammer Throw (4kg)	G.u.20	Born 2001/2002	League 6	
86	10:15	Hammer Throw (3kg)	G.u.18	Born 2003/2004	League 6	
87	10:15	Hammer Throw (3kg)	G.u.16	Born 2005/2006	League 6	
88	10:15	100m Hurdles (84cm)	B.u.16	Born 2005/2006	League 6	
89	10:30	110m Hurdles (91cm)	B.u.18	Born 2003/2004		Decathlon
90	10:30	110m Hurdles (91cm)	B.u.18	Born 2003/2004	League 6	
91	10:40	110m Hurdles (98cm)	B.u.20	Born 2001/2002		Decathlon
92	10:40	110m Hurdles (98cm)	B.u.20	Born 2001/2002	League 6	
93	10:50	110m Hurdles (106cm)	Men	Born 2000 and earlier		Decathlon
94	10:50	110m Hurdles (106cm)	Men	Born 2000 and earlier	League 6	
95	11:00	Shot Put (7.26kg)	Men	Born 2000 and earlier	League 6	
96	11:00	Shot Put (6kg)	B.u.20	Born 2001/2002	League 6	
97	11:00	3000m	Men	Born 2000 and earlier	League 6	
98	11:00	3000m	B.u.20	Born 2001/2002	League 6	
99	11:00	3000m	B.u.18	Born 2003/2004	League 6	
100	11:00	3000m	B.u.16	Born 2005/2006	League 6	
101	11:20	3000m	Women	Born 2000 and earlier	League 6	
102	11:20	3000m	G.u.20	Born 2001/2002	League 6	
103	11:20	3000m	G.u.18	Born 2003/2004	League 6	
104	11:20	3000m	G.u.16	Born 2005/2006	League 6	
105	11:30	Triple Jump	Men	Born 2000 and earlier	League 6	
106	11:30	Triple Jump	B.u.20	Born 2001/2002	League 6	
107	11:45	100m	Men	Born 2000 and earlier	League 6	
108	11:55	100m	B.u.20	Born 2001/2002	League 6	
109	11:45	High Jump	G.u.16	Born 2005/2006	League 6	
110	11:45	High Jump	G.u.18	Born 2003/2004	League 6	
111	11:45	Discus Throw (1,5kg)	B.u.18	Born 2003/2004		Decathlon
112	11:45	Discus Throw (2kg)	B.u.20	Born 2001/2002		Decathlon
113	11:45	Discus Throw (2kg)	Men	Born 2000 and earlier		Decathlon
114	12:05	100m	B.u.18	Born 2003/2004	League 6	
115	12:15	100m	B.u.16	Born 2005/2006	League 6	
116	12:15	Shot Put (5kg)	B.u.18	Born 2003/2004	League 6	
117	12:15	Shot Put (4kg)	B.u.16	Born 2005/2006	League 6	
118	12:25	100m	Women	Born 2000 and earlier	League 6	
119	12:35	100m	G.u.20	Born 2001/2002	League 6	
120	12:45	100m	G.u.18	Born 2003/2004	League 6	
121	12:55	100m	G.u.16	Born 2005/2006	League 6	
122	13:00	Long Jump	G.u.18	Born 2003/2004		Heptathlon
123	13:00	Long Jump	G.u.20	Born 2001/2002		Heptathlon
124	13:00	Long Jump	Women	Born 2000 and earlier		Heptathlon
125	13:00	Javelin Throw (800g)	Men	Born 2000 and earlier	League 6	
126	13:00	Javelin Throw (800g)	B.u.20	Born 2001/2002	League 6	
127	13:00	Discus Throw (1.5kg)	B.u.18	Born 2003/2004	League 6	
128	13:00	Discus Throw (1kg)	B.u.16	Born 2005/2006	League 6	
129	13:15	High Jump	B.u.20	Born 2001/2002	League 6	

130	13:15	High Jump	Men	Born 2000 and earlier	League 6	
131	13:30	Pole Vault	B.u.18	Born 2003/2004		Decathlon
132	13:30	Pole Vault	B.u.20	Born 2001/2002		Decathlon
133	13:30	Pole Vault	Men	Born 2000 and earlier		Decathlon
134	13:30	Shot Put (4kg)	Women	Born 2000 and earlier	League 6	
135	13:30	Shot Put (4kg)	G.u.20	Born 2001/2002	League 6	
136	13:30	800m	Men	Born 2000 and earlier	League 6	
137	13:40	800m	B.u.20	Born 2001/2002	League 6	
138	13:50	800m	B.u.18	Born 2003/2004	League 6	
139	14:00	800m	B.u.16	Born 2005/2006	League 6	
140	14:10	800m	Women	Born 2000 and earlier	League 6	
141	14:15	Long Jump	Women	Born 2000 and earlier	League 6	
142	14:15	Long Jump	G.u.20	Born 2001/2002	League 6	
143	14:15	Long Jump	G.u.18	Born 2003/2004	League 6	
144	14:15	Long Jump	G.u.16	Born 2005/2006	League 6	
145	14:20	800m	G.u.20	Born 2001/2002	League 6	
146	14:30	800m	G.u.18	Born 2003/2004	League 6	
147	14:30	Javelin Throw (500g)	G.u.18	Born 2003/2004		Heptathlon
148	14:30	Javelin Throw (600g)	G.u.20	Born 2001/2002		Heptathlon
149	14:30	Javelin Throw (600g)	Women	Born 2000 and earlier		Heptathlon
150	14:30	Discus Throw (2kg)	Men	Born 2000 and earlier	League 6	
151	14:30	Discus Throw (1.75kg)	B.u.20	Born 2001/2002	League 6	
152	14:40	800m	G.u.16	Born 2005/2006	League 6	
153	14:45	Shot Put (3kg)	G.u.18	Born 2003/2004	League 6	
154	14:45	Shot Put (3kg)	G.u.16	Born 2005/2006	League 6	
155	15:00	High Jump	G.u.20	Born 2001/2002	League 6	
156	15:00	High Jump	Women	Born 2000 and earlier	League 6	
157	15:00	200m	Men	Born 2000 and earlier	League 6	
158	15:10	200m	B.u.20	Born 2001/2002	League 6	
159	15:20	200m	B.u.18	Born 2003/2004	League 6	
160	15:30	200m	B.u.16	Born 2005/2006	League 6	
161	15:40	200m	Women	Born 2000 and earlier	League 6	
162	15:50	200m	G.u.20	Born 2001/2002	League 6	
163	16:00	200m	G.u.18	Born 2003/2004	League 6	
164	16:00	Long Jump	Men	Born 2000 and earlier	League 6	
165	16:00	Long Jump	B.u.20	Born 2001/2002	League 6	
166	16:00	Javelin Throw (700g)	B.u.18	Born 2003/2004		Decathlon
167	16:00	Javelin Throw (800g)	B.u.20	Born 2001/2002		Decathlon
168	16:00	Javelin Throw (800g)	Men	Born 2000 and earlier		Decathlon
169	16:00	Discus Throw (1kg)	Women	Born 2000 and earlier	League 6	
170	16:00	Discus Throw (1kg)	G.u.20	Born 2001/2002	League 6	
171	16:00	Discus Throw (1kg)	G.u.18	Born 2003/2004	League 6	
172	16:00	Discus Throw (1kg)	G.u.16	Born 2005/2006	League 6	
173	16:00	Pole Vault	B.u.16	Born 2005/2006	League 6	
174	16:00	Pole Vault	B.u.18	Born 2003/2004	League 6	
175	16:00	Pole Vault	B.u.20	Born 2001/2002	League 6	
176	16:00	Pole Vault	Men	Born 2000 and earlier	League 6	
177	16:10	200m	G.u.16	Born 2005/2006	League 6	
178	16:20	800m	G.u.18	Born 2003/2004		Heptathlon
179	16:20	800m	G.u.20	Born 2001/2002		Heptathlon

180	16:20	800m	Women	Born 2000 and earlier		Heptathlon
181	16:30	10,000m	Men	Born 2000 and earlier	League 6	
182	16:30	10,000m	Women	Born 2000 and earlier	League 6	
183	17:20	400m Hurdles (91cm)	Men	Born 2000 and earlier	League 6	
184	17:20	400m Hurdles (91cm)	B.u.20	Born 2001/2002	League 6	
185	17:30	400m Hurdles (84cm)	B.u.18	Born 2003/2004	League 6	
186	17:40	400m Hurdles (76cm)	Women	Born 2000 and earlier	League 6	
187	17:40	400m Hurdles (76cm)	G.u.20	Born 2001/2002	League 6	
188	17:40	400m Hurdles (76cm)	G.u.18	Born 2003/2004	League 6	
189	17:50	300m Hurdles (76cm)	G.u.16	Born 2005/2006	League 6	
190	18:00	300m Hurdles (84cm)	B.u.16	Born 2005/2006	League 6	
191	18:10	1500m	B.u.18	Born 2003/2004		Decathlon
192	18:10	1500m	B.u.20	Born 2001/2002		Decathlon
193	18:10	1500m	Men	Born 2000 and earlier		Decathlon

**Athletes born later than 2006 will not be allowed to compete at this meeting.**

**Entry fees (payable at the gate):**

- WPA League events - R30 per athlete per day
- Combined events athletes - R30 per athletes for both days
- Spectators - R30 per day
- Spectators younger than 10 years - R10 per day

**ENTRIES FOR COMBINED EVENTS CLOSE AT 17:30 ON FRIDAY, 6 March 2020**

**ENTRIES FOR WPA LEAGUE EVENTS CLOSE 60 MINUTES BEFORE THE SCHEDULED TIMES OF THE EVENTS**