

WPA Middle Distance Meeting

- Parow Athletics Stadium
- 23 February 2019
- 09h00 – 11h00

Music – Coffee – Ice Cream – Food – Great Athletics



	Time	EVENT	
1	09:00	5000m	Men & Women
2	09:30	800m	Men
3	09:40	800m	Women
4	09:50	3000m SC	Men
5	10:15	3000m SC	Women
6	10:45	1500m	Men
7	11:00	1500m	Women

ENTRY FEES (AT GATE)

R20 per athlete

R25 per temp license

R20 per spectator

R10 per child younger than 10

For more info

<http://www.wpa.org.za>

events@wpathletics.co.za

021 418 3232



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WESTERN PROVINCE ATHLETICS