



★ club /school gazebos welcome ★



**24 NOVEMBER 2018**

**9AM - 1PM**

**VENUE - UWC**



**WESTERN PROVINCE ATHLETICS**

FREE ENTRANCE - FOR REGISTRATION CONTACT RICARDO  
JAFTHA ON YOUTH@WPATHLETICS.CO.ZA - 078 173 9102



24 November 2018				
NR	TIME	AGE GROUP	EVENT	
1	09:00	G - 11	1200m	HF
2		B - 11	High Jump	F
3		G - 11	Long jump	
4	09:10	B - 11	1200m	HF
5	09:15	G - 12	1200m	HF
6	09:25	B - 12	1200m	HF
7	09:35	G - 10	70m Hurdles (68cm)	HF
8	09:40	B - 10	70m Hurdles (68cm)	HF
9	09:50	G - 11	70m Hurdles (68cm)	HF
10	09:55	B - 11	70m Hurdles (68cm)	HF
11		G - 13	Long jump	
12		B - 13	High Jump	
13	10:10	G - 12	150m Hurdles (68cm)	HF
14	10:15	B - 12	150m Hurdles (68cm)	HF
15	10:30	G - 13	200m Hurdles (68cm)	HF
16	10:35	B - 13	200m Hurdles (68cm)	HF
17	10:45	G - 13	1500m	HF
18		B - 12	High Jump	
19		G - 12	Long Jump	
20	10:55	B - 13	1500m	HF
21	11:10	G - 8 - 9	80m	HF
22	11:15	B - 8 - 9	80m	HF
23	11:20	G - 10	80m	
24	11:25	B - 10	80m	
25	11:30	G - 11	100m	HF
26	11:35	B - 11	100m	HF
27	11:40	G - 12	150m	HF
28	11:45	B - 12	150m	HF
29	11:50	G - 13	200m	HF
30	11:55	B - 13	200m	HF
31	12:00	G - 12 & 13	800m Walk	HF
32	12:10	B - 12 & 13	800m Walk	HF
33	12:20	PARENTS RACE	100m	
34	12:25	COACHES RACE	100m	
35	12:30	Mixed Relay 10	4 x 50m	F
36	12:35	Mixed Relay 11	4 x 100m	F
37	12:40	Mixed Relay 12	4 x 100m	
38	12:45	Mixed Relay - 13	4 x 100m	F

**Age Groups:**

8 – 9 years – born in 2009 & 2010	10 years - born in 2008	11 years - born in 2007
12 years - born in 2006		13 years – born in 2005

ENTRIES CLOSE 60 MINUTES PRIOR TO THE START OF PUBLISHED EVENT

# REGISTRATION SHEET

<b>Girls 8 &amp; 9:</b>	<b>2009 &amp; 2010</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>
<b>Boys 8 &amp; 9:</b>	<b>2009 &amp; 2010</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>
<b>Girls 10:</b>	<b>2008</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>
<b>Boys 10:</b>	<b>2008</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>
<b>Girls 11:</b>	<b>2007</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>
<b>Boys 11:</b>	<b>2007</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>

<b>Girls 12:</b>	<b>2006</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>
<b>Boys 12:</b>	<b>2006</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>
<b>Girls 13:</b>	<b>2005</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>
<b>Boys 13:</b>	<b>2005</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>

**NB!!!**

**ENTRIES CLOSE THE WEDNESDAY BEFORE THE EVENT**

**CLUB/SCHOOLS WITH A MINIMUM OF FIVE (5) ATHLETES ARE ENCOURAGED TO PRE-ENTER**

**AGE GROUPS**

8 – 9 years – born in 2009 & 2010
10 years - born in 2008
11 years - born in 2007
12 years - born in 2006
13 years – born in 2005



WESTERN PROVINCE ATHLETICS



**LITTLE ATHLETICS SERIES**

**REVISED INTER-PROVINCIAL COMPETITION EVENTS QUALIFYING STANDARDS**

EVENT	BOYS				GIRLS		
	11	12	13		11	12	13
80m	10.90	x	x		11.30	x	x
70mH	11.80	x	x		12.20	x	x
75mH	x	12.40	x		x	12.40	x
80mH	x	x	12.30		x	x	12.30
100m	13.60	13.10	12.10		14.00	13.50	13.10
150mH	x	22.50	x		x	24.30	x
200mH	x	x	29.20		x	x	32.10
150m	x	19.44	x		x	20.50	x
200m	x	x	25.00		x	x	27.50
800m	x	x	2:16:00		x	x	2:26:00
1200m	3:54:00	3:50:00	x		4:10:00	4:00:00	x
1500m	x	x	4:40:00		x	x	5:00:00
High Jump	1.45m	1.52m	1.61m		1.35	1.45	1.52
Long Jump	4.50m	4.70m	5.50m		4.10m	4.40m	4.60m



- Program will change from third (3<sup>rd</sup>) event – 13 October 2018: See WPA website.
- Pre-entries will be excepted for groups with at least five (5) or more athletes.
- Development committee will be selecting the 30 best athletes that met the qualifying criteria for an Inter-Provincial Track & Field meeting in Port Elizabeth from 1 – 2 December 2018.
- For an athlete to be considered for selection, he/she must at least participate in three (3) or more Little Athletics events.
- Qualifying standards are available on the website.