



★ club /school gazebos welcome ★

08 & 22 SEPTEMBER - 13 & 20 OCTOBER  
10 & 24 NOVEMBER 2018  
9AM - 1PM

WESTERN CAPE SPORT SCHOOL (WCSS)



WESTERN PROVINCE ATHLETICS

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



**Program**  
**13 October 2018 and 10 November 2018**

NR	TIME	AGE GROUP	EVENT	
1	09:00	Girls -10	70m Hurdles (68cm)	HF
2		Boys -12	Long Jump	F
3		G- 12	High Jump	F
4	09:05	B- 10	70m Hurdles (68cm)	HF
5	09:10	G- 11	70m Hurdles (68cm)	HF
6	09:15	B- 11	70m Hurdles (68cm)	HF
7	09:20	G- 12	75m Hurdles (68cm)	HF
8	09:25	B- 12	75m Hurdles (76,2cm)	HF
9	09:30	G- 13	75m Hurdles (76,2cm)	HF
10	09:35	B- 13	80m Hurdles (76,2cm)	HF
11	09:45	G-12	600m	HF
12	09:55	B- 12	600m	HF
13		G- 13	High Jump	F
14		B -13	Long Jump	F
15	10:10	G- 8 & 9	60m	F
16	10:15	B -8 & 9	60m	F
17	10:20	B -10	60m	HF
18	10:25	G- 10	60m	HF
19	10:30	B- 11	80m	HF
20	10:35	G- 11	80m	HF
21	10:40	B -12	100m	HF
22	10:45	G- 12	100m	HF
23	10:50	G- 13	100m	HF
24	10:55	B- 13	100m	HF
25	11:00	B -11	Long Jump	F
26		G- 11	High Jump	F
27	11:10	G- 13	800m	HF
28	11:15	B- 13	800m	HF
29	11:25	G -12 & 13	800m Walk	F
30	11:35	B- 12 & 13	800m Walk	F
31	11:45	Mixed 10	4x50m	F
32	11:50	Mixed 11	4x100m	F
33	11:55	Mixed 12	4 x 100m	F
34	12:00	Mixed 13	4x200m	F

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**



**Program**  
**20 October 2018**

NR	TIME	AGE GROUP	EVENT	
1	09:00	Girls 11	1200m	HF
2		Boys – 11	High Jump	F
3		G - 11	Long jump	
4	09:10	B - 11	1200m	HF
5	09:15	G - 12	1200m	
6	09:25	B - 12	1200m	
7	09:30	G - 8 & 9	80m	HF
8	09:35	B - 8 & 9	80m	HF
9	09:40	G - 10	80m	
10	09:45	B - 10	80m	
11	09:50	G - 11	100m	HF
12	09:55	B - 11	100m	HF
13	10:00	G - 12	150m	HF
		G - 13	Long jump	
		B - 13	High Jump	
14	10:05	B - 12	150m	HF
15	10:10	G - 13	200m	HF
16	10:15	B - 13	200m	HF
19	10:20	G - 13	1500m	HF
20	10:30	B - 13	1500m	HF
21	10:45	G - 10	70m Hurdles (68cm)	HF
22	10:50	B - 10	70m Hurdles (68cm)	HF
		B - 12	High Jump	
		G - 12	Long Jump	
23	10:55	G - 11	70m Hurdles (68cm)	HF
24	11:00	B - 11	70m Hurdles (68cm)	HF
25	11:05	G - 12	150m Hurdles (68cm)	HF
26	11:10	B - 12	150m Hurdles (68cm)	HF
27	11:20	G - 13	200m Hurdles (68cm)	HF
28	11:25	B - 13	200m Hurdles (68cm)	HF
29	11:30	G - 12 & 13	800m Walk	HF
30	11:40	B - 12 & 13	800m Walk	HF
33	11:50	Mixed Relay 10	4x50m	F
34	11:55	Mixed Relay 11	4x100m	F
35	12:00	Mixed Relay 12	4x100m	
36	12:10	Mixed Medley Boys- & Girls 13	(100 female) (200 male)(300 female) (400 male)	F

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.