



★ club /school gazebos welcome ★

★★★  
**17 NOVEMBER &  
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**



**Program  
17 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

# 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**

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



- 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.