



**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**



WESTERN PROVINCE ATHLETICS



| Program | | | | |
|---------|-------|------------------|----------------------|----|
| NR | TIME | AGE GROUP | EVENT | |
| 1 | 09:00 | G u/10 | 70m Hurdles (68cm) | HF |
| 2 | | B u/12 | Long Jump – Pit B | F |
| 3 | | G u/12 | Long Jump – Pit A | F |
| 4 | 09:05 | B u/10 | 70m Hurdles (68cm) | HF |
| 5 | 09:10 | G u/12 | 70m Hurdles (68cm) | HF |
| 6 | 09:15 | B u/12 | 70m Hurdles (68cm) | HF |
| 7 | 09:25 | G /14 | 90m Hurdles (76,2cm) | HF |
| 8 | 09:30 | B u/14 | 100m Hurdles (84cm) | HF |
| 9 | 09:45 | Gu/12 | 600m | HF |
| 10 | 09:55 | Bu/12 | 600m | HF |
| 11 | 10:00 | B u/14 | Long Jump – Pit A | F |
| 12 | | | | |
| 13 | 10:20 | B u/10 | 60m | HF |
| 14 | 10:25 | G u/10 | 60m | HF |
| 15 | 10:30 | B u/12 | 80m | HF |
| 16 | 10:35 | G u/12 | 80m | HF |
| 17 | 10:40 | G /14 | 100m | HF |
| 18 | 10:45 | B u/14 | 100m | HF |
| 19 | 11:00 | G u/14 | Long Jump – Pit A | F |
| 20 | | G u/14 | 800m | HF |
| 21 | 11:10 | B u/14 | 800m | HF |
| 22 | 11:20 | B u/12 & u/14 | 800m Walk | F |
| 23 | 11:35 | B u/12 & u/14 | 800m Walk | F |
| 24 | 11:50 | Mixed Relay u/10 | 4x50m | F |
| 25 | 12:00 | Mixed u/12 | 4x100m | F |
| 26 | 12:15 | Mixed u/14 | 4x200m | F |

Age Groups:

Under 10 - born in 2009/10

Under 12 - born in 2007/08

Under 14 - born in 2005/06

ENTRIES CLOSE 60 MINUTES BEFORE THE PUBLISHED TIME OF THE EVENT

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