

2017 / 2018 Program for “Leo Benning Masters Challenge”
This series is for primarily for the participation of Masters Athletes

Track Events		Throws		Jumps	
13:30	80/100/110m hurdles	12:30	Hammer Throw	14:00	Long Jump
13:45	200m	13:30	Shot Put	15:00	High Jump
14:15	800m	14:30	Discus Throw	16:00	Triple Jump
14:30	200/300/400m hurdles	15:30	Javelin Throw		
14:45	100m	16:30	Weight Throw		
15:15	1,500m				
15:30	400m				
15:45	5,000m Track Walk				
16:30	5,000m				

Entry for an event must be at least **30 minutes** before start of event

Participation Fee: **R30.00** (regardless of how many events you want to participate in)

Due to time constraints (60 minutes per throwing event), the number of attempts in the respective throwing events will unfortunately have to be **FOUR**, or left to the discretion of the technical official, given the number of participants.

Club colours, provincial licence numbers and two age-group tags are **compulsory**. (Front and back)

Temporary licence numbers – **R20 (bring own safety pins)**.

No South African Masters Athletes (SAMA) gear to be worn during local and inter-provincial competitions (except for track-suits, but **not while competing**).

Please note that if you are interested in participating outside Western Province, i.e. at Masters Inter-provincial / National Championships, you must please inform WPA Masters Statistician.

Fixture List

2017

Leo Benning Challenge Series No. 1	Saturday 07 October	Parow Track
S.W.D. Masters Champs.	Friday / Saturday 27/28 October	Oudtshoorn
Free State Masters Champs.	Saturday 11 November	Bloemfontein
Leo Benning challenge Series No. 2	Saturday 25 November	Parow Track
W.P.M.A.A. Throws Pentathlon Champs.	Saturday 02 December	Parow Track
(Programme to follow: scheduled for morning)		

2018

January No scheduled Leo Benning Challenge Series meeting		
Leo Benning No.3	Saturday 17 February	Green Point
Leo Benning No.4	Saturday 10 March	Parow Track
W.P.M.A.A. Champs	Friday/Saturday 6/7 April	Green Point Athletics Stadium
S.A.M.A.Champs	Date (T.B.A : Apr or May)	Bloemfontein

See WPA website www.wpa.org.za for changes to fixtures and competition programs as well as masters' related information as well as for any other WPA related meetings and programs which also allow for Masters' participation.