# 2017 / 2018 Program for “Leo Benning Masters Challenge”

This series is for primarily for the participation of Masters Athletes

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| --- | --- | --- | --- | --- | --- |
| **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

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| --- | --- | --- |
| W.P.M.A.A. Throws Pentathlon Champs. | Saturday 02 December | Parow Track |

**2018**

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| --- | --- | --- |
| 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 13/14 April | Parow Track |
| S.A.M.A.Champs | Thurs/Friday/Saturday 26-28 April | Bloemfontein |

See WPA website [www.wpa.org.za](http://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.

**24 November 2017**