



**Final Time Table of the
WPA u.16 + u.18 & u.20 Track and Field Championships
Parow Athletics Track**

Friday, 13 March 2020

24	18:00	G.u.16	Born in 2005/2006	400m	Heats
29	18:00	B.u.16	Born in 2005/2006	Shot Put (4kg)	FINAL
30	18:00	G.u.16	Born in 2005/2006	Javelin Throw (500g)	FINAL
31	18:00	G.u.18	Born in 2003/2004	Javelin Throw (500g)	FINAL
32	18:00	G.u.20	Born in 2001/2002	Javelin Throw (600g)	FINAL
33	18:00	G.u.20	Born in 2001/2002	Triple Jump	FINAL
25	18:10	G.u.18	Born in 2003/2004	400m	Heats
26	18:20	B.u.16	Born in 2005/2006	400m	Heats
27	18:30	B.u.18	Born in 2003/2004	400m	Heats
28	18:45	B.u.20	Born in 2001/2002	400m	Heats
34	18:55	B.u.16	Born in 2005/2006	1500m	Heats
38	19:00	B.u.18	Born in 2003/2004	Triple Jump	FINAL
40	19:00	G.u.16	Born in 2005/2006	Shot Put (3kg)	FINAL
35	19:15	B.u.18	Born in 2003/2004	1500m	Heats
41	19:30	B.u.16	Born in 2005/2006	Javelin Throw (600g)	FINAL
42	19:30	B.u.18	Born in 2003/2004	Javelin Throw (700g)	FINAL
43	19:30	B.u.20	Born in 2001/2002	Javelin Throw (800g)	FINAL
	19:35	G.u.20	Born in 2001/2002	100m	Heats
36	19:45	G.u.16	Born in 2005/2006	100m	Heats
37	19:55	G.u.18	Born in 2003/2004	100m	Heats
47	20:00	G.u.18	Born in 2003/2004	Shot Put (3kg)	FINAL
48	20:00	G.u.20	Born in 2001/2002	Shot Put (4kg)	FINAL
49	20:00	B.u.20	Born in 2001/2002	Triple Jump	FINAL
47	20:00	G.u.18	Born in 2003/2004	Shot Put (3kg)	FINAL
48	20:00	G.u.20	Born in 2001/2002	Shot Put (4kg)	FINAL
49	20:00	B.u.20	Born in 2001/2002	Triple Jump	FINAL
39	20:10	B.u.16	Born in 2005/2006	100m	Heats
44	20:30	B.u.18	Born in 2003/2004	100m	Heats
45	20:50	B.u.20	Born in 2001/2002	100m	Heats
Medal Presentation					
58	21:00	B.u.18	Born in 2003/2004	Shot Put (5kg)	FINAL
59	21:00	B.u.20	Born in 2001/2002	Shot Put (6kg)	FINAL
Medal Presentation					
55	21:10	G.u.16	Born in 2005/2006	1500m Steeple Chase (76cm)	FINAL
56	21:20	B.u.16	Born in 2005/2006	1500m Steeple Chase (84cm)	FINAL
57	21:40	B.u.18	Born in 2003/2004	2000m Steeple Chase (84cm)	FINAL
60	21:55	G.u.18	Born in 2003/2004	2000m Steeple Chase (76cm)	FINAL
61	22:15	G.u.20	Born in 2001/2002	3000m Steeple Chase (76cm)	FINAL
62	22:30	B.u.20	Born in 2001/2002	3000m Steeple Chase (91cm)	FINAL
Medal Presentation					

Saturday, 14 March 2020

63	08:00	B.u.18	Born in 2003/2004	10000m Race Walk	FINAL
64	08:00	B.u.20	Born in 2001/2002	10000m Race Walk	FINAL
65	08:00	G.u.16	Born in 2005/2006	High Jump	FINAL
66	08:00	G.u.20	Born in 2001/2002	Long Jump	FINAL

67	08:00	G.u.16	Born in 2005/2006	Discus Throw (1kg)	FINAL
Medal Presentation					
68	09:15	B.u.16	Born in 2005/2006	High Jump	FINAL
69	09:30	G.u.20	Born in 2001/2002	5000m	FINAL
70	09:30	B.u.20	Born in 2001/2002	5000m	FINAL
71	09:30	B.u.16	Born in 2005/2006	Long Jump	FINAL
72	10:00	G.u.18	Born in 2003/2004	Discus Throw (1kg)	FINAL
73	10:00	G.u.20	Born in 2001/2002	Discus Throw (1kg)	FINAL
Medal Presentation					
74	10:00	G.u.16	Born in 2005/2006	800m	FINAL
75	10:05	G.u.18	Born in 2003/2004	800m	FINAL
76	10:10	G.u.20	Born in 2001/2002	800m	FINAL
77	10:15	B.u.16	Born in 2005/2006	800m	FINAL
78	10:20	B.u.18	Born in 2003/2004	800m	FINAL
79	10:25	B.u.20	Born in 2001/2002	800m	FINAL
80	10:30	G.u.16	Born in 2005/2006	200m	Heats
81	10:40	G.u.18	Born in 2003/2004	200m	Heats
82	10:45	G.u.18	Born in 2003/2004	High Jump	FINAL
83	10:55	G.u.20	Born in 2001/2002	200m	Heats
84	11:05	B.u.16	Born in 2005/2006	200m	Heats
85	11:25	B.u.18	Born in 2003/2004	200m	Heats
86	11:30	G.u.18	Born in 2003/2004	Long Jump	FINAL
87	11:45	B.u.20	Born in 2001/2002	200m	Heats
88	12:15	B.u.18	Born in 2003/2004	High Jump	FINAL
Medal Presentation					
Lunch - 12h00 - 13h00					
46	12:00	G.u.16	Born in 2005/2006	400m	FINAL
50	12:05	G.u.18	Born in 2003/2004	400m	FINAL
51	12:10	G.u.20	Born in 2001/2002	400m	FINAL
52	12:15	B.u.16	Born in 2005/2006	400m	FINAL
53	12:20	B.u.18	Born in 2003/2004	400m	FINAL
54	12:25	B.u.20	Born in 2001/2002	400m	FINAL
89	13:00	B.u.18	Born in 2003/2004	Discus Throw (1.5kg)	FINAL
90	13:00	B.u.20	Born in 2001/2002	Discus Throw (1.75kg)	FINAL
91	13:00	B.u.16	Born in 2005/2006	Discus Throw (1kg)	FINAL
92	13:00	B.u.18	Born in 2003/2004	Long Jump	FINAL
93	13:00	B.u.16	Born in 2005/2006	300m Hurdles (84cm)	FINAL
94	13:10	G.u.16	Born in 2005/2006	300m Hurdles (76cm)	FINAL
95	13:15	G.u.20	Born in 2001/2002	High Jump	FINAL
96	13:20	G.u.18	Born in 2003/2004	400m Hurdles (76cm)	FINAL
97	13:30	G.u.20	Born in 2001/2002	400m Hurdles (76cm)	FINAL
98	13:40	B.u.18	Born in 2003/2004	400m Hurdles (84cm)	FINAL
99	13:50	B.u.20	Born in 2001/2002	400m Hurdles (91cm)	FINAL
Medal Presentation					
100	14:00	G.u.16	Born in 2005/2006	100m	FINAL
101	14:10	G.u.18	Born in 2003/2004	100m	FINAL
102	14:15	B.u.20	Born in 2001/2002	High Jump	FINAL
103	14:20	G.u.20	Born in 2001/2002	100m	FINAL
104	14:30	B.u.16	Born in 2005/2006	100m	FINAL
105	14:30	B.u.20	Born in 2001/2002	Long Jump	FINAL
106	14:40	B.u.18	Born in 2003/2004	100m	FINAL
107	14:50	B.u.20	Born in 2001/2002	100m	FINAL
108	15:00	G.u.16	Born in 2005/2006	1500m	FINAL
109	15:10	G.u.18	Born in 2003/2004	1500m	FINAL
110	15:20	G.u.20	Born in 2001/2002	1500m	FINAL
111	15:30	B.u.16	Born in 2005/2006	1500m	FINAL

112	15:40	B.u.18	Born in 2003/2004	1500m	FINAL
113	15:50	B.u.20	Born in 2001/2002	1500m	FINAL
Medal Presentation					
114	16:00	G.u.16	Born in 2005/2006	Long Jump	FINAL
115	16:00	G.u.16	Born in 2005/2006	200m	FINAL
116	16:10	G.u.18	Born in 2003/2004	200m	FINAL
117	16:20	G.u.20	Born in 2001/2002	200m	FINAL
118	16:30	B.u.16	Born in 2005/2006	200m	FINAL
119	16:40	B.u.18	Born in 2003/2004	200m	FINAL
120	16:50	B.u.20	Born in 2001/2002	200m	FINAL
121	17:00	G.u.16	Born in 2005/2006	5000m Race Walk	FINAL
122	17:00	G.u.18	Born in 2003/2004	5000m Race Walk	FINAL
123	17:00	B.u.16	Born in 2005/2006	5000m Race Walk	FINAL
Medal Presentation					
124	17:40	G.u.16	Born in 2005/2006	4 x 100m Relay	FINAL
125	17:50	G.u.18	Born in 2003/2004	4 x 100m Relay	FINAL
126	18:00	G.u.20	Born in 2001/2002	4 x 100m Relay	FINAL
127	18:10	B.u.16	Born in 2005/2006	4 x 100m Relay	FINAL
128	18:20	B.u.18	Born in 2003/2004	4 x 100m Relay	FINAL
129	18:30	B.u.20	Born in 2001/2002	4 x 100m Relay	FINAL
Medal Presentation					

19:00

Announcement of the WPA u.16/18/20 Team

ENTRY FEES (PAYABLE AT THE GATE):

Athletes - R50 for event

Spectators - R30 per spectator per day

Children younger than 10 years - R10 per child per day

The following u.18/20 events will take place during the WPA Senior & Combined Events Championships on 20 and 21 March 2020 (Green Point Athletics Stadium):

B.u.18 & B.u.20 Decathlon

G.u.18 & G.u.20 Heptathlon