

**WPA Track and Field Middle Distance Meeting.**

**SATURDAY 7th December 2019**

**PAROW Track**

09:00 3000m Men and Woman

09:30 1500m Steeple Chase (W)

2000m Steeple Chase (M)

09:50 1000m Men and Women

10:30 1 Mile Men and Women

10:40 4 x 400m Mixed Relay

Entries 30 min before event at the track.

Entry fee: R30.00.

All athletes must wear ASA number or buy a temp. number at the meeting.