



2016/17 TRACK & FIELD BOLAND ATHLETICS MIDDLE DISTANCE AND TRIPLE JUMP COMPETITION

This Competition forms part of Boland Athletics preparations for the 2017 Junior and Senior SA Championships and it will be used as criteria for selection to National Championships. The Track and Field Meeting will start at 19h00 and the last event will take place at 20h30.

Notes:

1. An entry fee: R20.00 (ALL Athletes and Spectators).
2. Any socially acceptable clothing can be worn during competition, as long as the athlete wears a license number.
3. License numbers is a prerequisite. Temporary numbers will be available at the track : R15.00
4. Entries for track events close 15min before the start of the event.
5. Entries for field events take place on the track and close 15 minutes before the start of the event.

PROGRAMME

Date: Thursday, 16 March 2017		Venue: Dal Josaphat Stadium	
1.	19:00	Triple Jump	Women
2.	19:30	800m	Women
3.	19:35	800m (might have 2 heats)	Men
4.	19:45	3000m	Women
5.	20:00	3000m (or 5000)	Men
6.	20h00	Triple Jump	Men
7.	20:20	1500m	Women
8.	20:30	1500m	Men

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This competition shall be held under the rules of Boland Athletics, ASA and the IAAF.