



PRESS RELEASE – FRIDAY 10 MARCH 2017
BOLAND SENIOR AND MASTERS TRACK & FIELD CHAMPIONSHIPS 2017

The 2017 Boland Senior and Masters Track and Field Championships will be held at the Dal Josaphat Stadium in Paarl on 22/24/25 March 2017.

The purpose of the 2017 Boland Senior & Masters Track & Field Championships will be to:

1. Determine who the 2017 Boland Senior Champion is for both men and women in the events listed in the attached time table. The first three athletes in each event final will receive a medal to commemorate their achievement.
2. Identify new talent for the 2017 and 2020 Olympic Games.
 - 2.1. The first step to reach this objective is to qualify for the 2017 IAAF World Championships and the 2017 All Africa Games. The teams for these events are selected at the 2017 SA Senior Track and Field Championships.

Athletes can enrol for the 2017 Boland Senior and Masters Track and Field Championships at www.meetpro.co.za from Monday, 13 March 2017.

1. The programme for the 2017 Boland Senior and Masters T&F Championships is attached
2. Closing date: Monday 20 March 2017
3. Enquiries Boland Athletics Office Tel 021 868 0007
4. Cost per entry: R20.00 to be paid at the gate
5. Cost per spectator: R20.00
6. Athletes must turn at least 16 in the year of competition to participate at the 2017 Boland Senior T&F Championships.

From the Boland Athletics Office.
For more information e-Mail: office@bolandathletics.com
Website: www.bolandathletics.com



2017 BOLAND SENIOR/ MASTERS TRACK AND FIELD CHAMPIONSHIPS 22/ 24/ 25 MARCH 2017, DALJOSAFAT, PAARL

Please Note: All Masters Events on the track will be after Senior Events, and Field Events will be in the same competition.

<u>22 March 2017</u>			
<u>Boland Athletics Senior/ Masters Championships Events *</u>			
<u>Paarl Summer League 2017 - Daljosafat</u>			
Item No	Time	Event	Category
1	19:00	100m Hurdles	Senior Women*
2	19:00	Triple Jump	Senior Women*
3	19:10	110m Hurdles	Senior Men*
4	19:15	80m Hurdles	Master Women
5	19:24	80m Hurdles	Master Men
6	19:30	Hammer Throw	Senior Women*
7	19:30	Hammer Throw	Senior Men*
8	19:35	3000m Steeplechase	Senior Women*
9	19:45	3000m Steeplechase	Senior Men*
10	20:00	400m	Senior Women*
11	20:10	400m	Senior Men*
12	20:10	Triple Jump	Senior Men*
13	20:20	5000m	Senior Women*
14	20:50	5000m	Senior Men*
15	21:15	1500m	Senior Women*
16	21:25	1500m	Senior Men*
17	21:35	2000mSC	Master Women
18	21:35	2000mSC	Master Men

Rules: Athletes entering for the **CHAMPIONSHIPS EVENTS MUST ENTER BEFORE THE DEADLINE (MONDAY, 20 MARCH 2017 at 12H00)** at www.meetpro.co.za . Entries on this website will be open as from **Monday, 13 March 2017**.

This competition shall be held under the rules of Boland Athletics, ASA and the IAAF. Athletes & spectators R20.00 entry. Championship medals will be presented after the event.



Friday, 24 March 2017

Boland Athletics Senior/Masters Championships

Item No	Time	Event	Category
19	15:00	100m DEC	Men
20	15:10	100mH HEP	Women
21	15:20	Weight Throw	Master Women
22	15:20	Weight Throw	Master Men
23	15:20	20km Race Walk	Women
24	15:20	20km Race Walk	Men
25	15:40	High Jump HEP	Women
26	15:50	Long Jump DEC	Men
27	16:40	Shot Put DEC	Men
28	16:50	10000m	Men
29	16:50	Shot Put HEP	Women
30	17:30	High Jump DEC	Men
31	17:40	10000m	Women
32	18:50	200m HEP	Women
33	19:00	400m DEC	Men
34	19:10	10km Walk	Master Men and Women

Saturday, 25 March 2017

35	08:30	5000m	Master Men
36	08:30	5000m	Master Women
37	09:00	90mH PEN	Girls
38	09:10	100mH PEN	Boys
39	9:10	Pole Vault	Women
40	9:15	110mH DEC	Men
41	9:30	Long Jump HEP	Women
42	9:30	Long Jump	Men
43	9:30	High Jump	Women
44	9:30	High Jump PEN	Girls
45	9:30	High Jump PEN	Boys
46	9:30	Javelin	Men
47	9:30	800m	Men

48	9:40	800m	Women
49	10:00	Discus DEC	Men
50	10:30	Discus	Men
51	10:30	Long Jump	Women
52	10:30	High Jump	Men
53	10:30	Shot Put	Women
54	10:30	400mH	Women
55	10:45	400mH	Men
56	10:55	300mH	Master Men
57	11:05	300mH	Master Women
58	11:15	200mH	Master Men
59	11:25	200mH	Master Women
60	11:25	Shot Put PEN	Girls
61	11:25	Shot Put PEN	Boys
62	11:25	Pole Vault DEC	Men
63	11:30	100m	Men
64	11:30	Javelin HEP	Women
65	11:30	Discus	Women
66	11:30	Shot Put	Men
67	11:30	High Jump	Women
68	11:30	Pole Vault	Men
69	11:45	100m	Women
70	12:00	Long Jump PEN	Girls
71	12:00	Long Jump PEN	Boys
72	12:30	Javelin	Women
73	13:00	Javelin DEC	Men
74	13:00	800m HEP	Women
75	14:10	1500m DEC	Men
76	14:20	800m PEN	Girls
77	14:25	1000m PEN	Boys
78	14:35	200m	Men
79	14:40	200m	Women
80	14:50	5km Walk	Master Men and Women

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