



WESTERN CAPE HIGH SCHOOLS/ LSEN ATHLETICS CHAMPIONSHIP
DALJOSAFAT ATHLETICS STADIUM
17 AND 18 MARCH 2017

Final

DAY 1 – FRIDAY 17 MARCH 2017

EVENT	TIME	GENDER AND AGE	ITEM	DESIGN ATION	STATUS
1	14:00	Boys – 15,14	5000m walk		Final
2	14:00	Girls -14,15 (LSEN)	LJ	Area A	Final
3	14:00	Boys -14,15 (LSEN)	JAVELIN		Final
4	14:00	Boys -14,15 (LSEN)	HJ		Final
5	14:00	Girls-17 (LSEN)	SP	Circle A	Final
6	14:00	Boys -17 (LSEN)	SP	Circle B	Final
7	14:00	Boys – 14	POLE VAULT*		Final
8	14:00	Girls – 15	HAMMER - 3 kg		Final
9	14:35	Girls – 15,14	5000m walk		Final
10	14:45	Boys – 15	HAMMER - 4 kg		Final
11	15:00	Girls – 14*	POLE VAULT*		Final
		Medal Presentation			
12	15:10	Boys – 19	400mH - 91,4 cm		Semi-Final
13	15:15	Boys – 17	400mH - 84,0 cm		Semi-Final
14	15:20	Girls – 19	400mH - 76,2 cm		Semi-Final
15	15:25	Girls – 17	400mH - 76,2 cm		Semi-Final
16	15:30	Boys – 15	300mH - 84,0 cm		Semi-Final
17	15:30	Boys 17 (LSEN)	HJ	Area A	Final
18	15:30	Boys 19 (LSEN)	HJ	Area B	Final
19	15:30	Girls-14,15 (LSEN)	SP	Circle A	Final
20	15:30	Boys-14,15 (LSEN)	SP	Circle B	Final
21	15:30	Boys-14,15 (LSEN)	LJ	Area B	Final
22	15:30	Girls -14,15 (LSEN)	JAVELIN		Final
23	15:30	Girls-14,15 (LSEN)	HJ		Final
24	15:30	Boys – 15	POLE VAULT		Final
25	15:30	Girls – 17	HAMMER - 3 kg		Final
		Medal Presentation			
26	15:35	Boys- 14	300mH - 84,0 cm		Semi-Final
27	15:40	Girls – 14	300mH - 76,2 cm		Semi-Final
28	15:45	Girls - 15	300mH - 76,2 cm		Semi-Final
29	15:50	Girls-14 (LSEN)	1500m		Final
30	15:55	Boys-14 (LSEN)	1500m		Final
31	16:00	Girls-15 (LSEN)	1500m		Final
32	16:05	Boys-15 (LSEN)	1500m		Final
33	16:10	Girls-17,19 (LSEN)	1500m		Final
34	16:15	Boys-17,19 (LSEN)	1500m		Final

35	16:20	Girls-14 (LSEN)	400m		Final
36	16:25	Boys-14 (LSEN)	400m		Final
37	16:30	Girls-15 (LSEN)	400m		Final
38	16:30	Boys- 17	HAMMER – 5kg		Final
		Medal Presentation			
39	16:35	Boys-15 (LSEN)	400m		Final
40	16:40	Girls-17 (LSEN)	400m		Final
41	16:45	Boys-17 (LSEN)	400m		Final
42	16:50	Girls - 19 (LSEN)	400m		Final
43	16:55	Boys- 19 (LSEN)	400m		Final
44	17:00	Girls-19	5000m		Final
45	17:00	Girls-19 (LSEN)	SP	Circle A	Final
46	17:00	Boys -19 (LSEN)	SP	Circle B	Final
47	17:00	Girls 17 (LSEN)	HJ	Area A	Final
48	17:00	Girls 19 (LSEN)	HJ	Area B	Final
		Medal Presentation			
49	17:00	Boys- 17	POLE VAULT		Final
50	17:00	Boys -17 (LSEN)	JAVELIN		Final
51	17:30	Girls – 19	HAMMER - 4 kg		Final
52	17:35	Boys – 19	400mH - 91,4 cm		Final
53	17:40	Boys – 17	400mH - 84,0 cm		Final
54	17:45	Girls – 19	400mH - 76,2 cm		Final
55	17:50	Girls – 17	400mH - 76,2 cm		Final
56	17:55	Boys– 15	300mH - 84,0 cm		Final
57	18:00	Boys– 14	300mH - 84,0 cm		Final
58	18:00	Girls – 17	POLEVAULT		Final
		Medal Presentation			
59	18:00	Girls 17 (LSEN)	LJ	Area A	Final
60	18:00	Girls 19 (LSEN)	LJ	Area B	Final
61	18:00	Boys 19 (LSEN)	JAVELIN		Final
62	18:00	Boys 17 (LSEN)	LJ	Area B	Final
63	18:00	Boys 19 (LSEN)	LJ	Area A	Final
64	18:00	Girls – 19	POLEVAULT		Final
65	18:15	Girls- 19	HJ		Final
66	18:05	Girls– 15	300mH - 76,2 cm		Final
67	18:10	Girls – 14	300mH - 76,2 cm		Final
		Medal Presentation			
68	18:15	Girls – 17	5000m walk		Final
69	18:45	Boys– 17	10km walk		Final
70	19:15	Boys-19	HAMMER- 6kg		Final
71	19:20	Boys- 19	POLEVAULT		Final
72	19:30	Girls -14,15 (LSEN)	DISCUS		Final
73	19:45	Girls – 19	10km walk		Final
74	20:45	Boys – 19	10km walk		Final
		Medal Presentation			

DAY 2 – SATURDAY 18 MARCH 2017

EVENT	TIME	GENDER	ITEM	DESIGNATION	STATUS
75	08:00	Girls– 14	90mH - 76,2 cm		Semi-Final
76	08:00	Girls – 17	LJ	Area A	Final
77	08:00	Girls – 15	HJ	Area A	Final
78	08:00	Girls – 15	JAVELIN - 500 gm		Final
79	08:00	Boys – 15	SP - 4 kg	Circle B	Final
80	08:00	Boys – 19	DISCUS - 1,75 kg		Final
81	08:00	Boys - 19 (LSEN)	DISCUS- 1,75 kg		Final
82	08:05	Girls – 15	90mH - 76,2 cm		Semi-Final
83	08:10	Boys – 14	100mH - 84,0 cm		Semi-Final
84	08:15	Boys – 15	100mH - 84,0 cm		Semi-Final
85	08:20	Girls – 17	100mH - 76,2 cm		Semi-Final
86	08:25	Girls – 19	100mH - 84,0 cm		Semi-Final
87	08:30	Boys – 17	110mH - 91,4 cm		Semi-Final
88	08:35	Boys – 19	110mH - 99,5 cm		Semi-Final
89	08:40	Girls- 14;15 (LSEN)	800m		Final
90	08:45	Boys-14;15 (LSEN)	800m		Final
91	08:50	Girls-17 (LSEN)	800m		Final
92	08:55	Boys-17 (LSEN)	800m		Final
93	09:00	Girls - 19 (LSEN)	800m		Final
		Medal Presentation			
94	09:00	Boys- 17	LJ	Area A	Final
95	09:00	Girls- 19	JAVELIN - 600 gm		Final
96	09:00	Girls - 19 (LSEN)	JAVELIN- 600 gm		Final
97	09:00	Girls- 15	POLEVAULT		Final
98	09:00	Boys-14	HJ	Area B	Final
99	09:00	Girls– 15	SP - 3 kg	Circle A	Final
100	09:05	Boys - 19 (LSEN)	800m		Final
101	09:10	Girls – 14	100m		Semi-Final
102	09:15	Boys – 14	100m		Semi-Final
103	09:20	Girls– 15	100m		Semi-Final
104	09:25	Boys – 15	100m		Semi-Final
105	09:30	Girls– 17	100m		Semi-Final
106	09:35	Boys – 17	100m		Semi-Final
107	09:40	Girls – 19	100m		Semi-Final
108	09:45	Boys – 19	100m		Semi-Final
109	09:50	Girls – 14	800m		Final
110	09:55	Boys – 14	800m		Final
111	10:00	Boys – 15	TJ - 9m	Area B	Final
112	10:00	Boys- 17	DISCUS - 1,5 kg		Final
113	10:00	Boys-17 (LSEN)	DISCUS- 1,5 kg		Final
114	10:00	Boys – 19	LJ	Area A	Final
		Medal Presentation			
115	10:00	Girls – 17	HJ	Area A	Final
116	10:00	Boys – 19	SP- 6 kg	Circle B	Final
117	10:00	Girls – 15	800m		Final

118	10:05	Boys- 15	800m		Final
119	10:10	Girls - 17	800m		Final
120	10:15	Boys - 17	800m		Final
121	10:20	Girls - 19	800m		Final
122	10:25	Boys - 19	800m		Final
		Medal Presentation			
123	10:30	Girls14 (LSEN)	100m		Final
124	10:35	Boys14 (LSEN)	100m		Final
125	10:40	Girls-15 (LSEN)	100m		Final
126	10:45	Boys-15 (LSEN)	100m		Final
127	10:50	Girls - 17 (LSEN)	100m		Final
128	10:55	Boys - 17 (LSEN)	100m		Final
129	11:00	Girls - 19 (LSEN)	100m		Final
130	11:00	Girls - 19	TJ - 11 m	Area B	Final
131	11:00	Girls - 19	SP - 4 kg	Circle A	Final
132	11:00	Girls- 15	LJ	Area A	Final
133	11:00	Boys-15	HJ	Area B	Final
134	11:00	Girls - 17	JAVELIN - 500 gm		Final
135	11:00	Girls-17 (LSEN)	JAVELIN- 500g		Final
136	11:05	Boys - 19 (LSEN)	100m		Final
		Medal Presentation			
137	11:20	Girls 15	3000m		Final
138	11:25	Boys-17 (LSEN)	3000m		Final
139	11:25	Boys 17	3000m		Final
140	11:40	Girls 17	3000m		Final
141	11:55	Girls - 14	100m		Final
142	12:00	Girls- 14	SP - 3kg	Area A	Final
143	12:00	Boys- 14	SP- 3kg	Area B	Final
144	12:00	Boys - 15	LJ	Area A	Final
145	12:00	Boys- 15	DISCUS - 1 kg		Final
146	12:00	Boys 15 (LSEN)	DISCUS - 1 kg		Final
147	12:00	Girls- 17	TJ - 9m	Area B	Final
148	12:00	Boys - 19	HJ		Final
		Medal Presentation			
142	12:10	Boys- 14	100m		Final
143	12:15	Girls- 15	100m		Final
144	11:20	Boys - 15	100m		Final
145	11:25	Girls- 17	100m		Final
146	12:30	Boys - 17	100m		Final
155	12:35	Girls- 19	100m		Final
156	12:40	Boys - 19	100m		Final
157	12:45	Girls -15	1500m SC		Final
158	12:55	Boys- 15	1500m SC		Final
159	13:00	Girls - 17	DISCUS - 1 kg		Final
160	13:00	Girls-17 (LSEN)	DISCUS - 1 kg		Final
		Medal Presentation			
161	13:00	Girls - 19	LJ	Area A	Final
162	13:00	Boys - 17	TJ- 11 m	Area B	Final
163	13:00	Boys - 14	JAVELIN 600gr		Final

164	13:00	Girls- 14	HJ	Area A	Final
165	13:10	Girls - 14 (LSEN)	200m		Final
166	13:15	Boys- 14 (LSEN)	200m		Final
167	13:20	Girls- 15 (LSEN)	200m		Final
168	13:25	Boys - 15 (LSEN)	200m		Final
169	13:30	Girls - 17 (LSEN)	200m		Final
170	13:35	Boys - 17 (LSEN)	200m		Final
171	13:40	Girls- 19 (LSEN)	200m		Final
172	13:45	Boys - 19 (LSEN)	200m		Final
		Medal Presentation			
173	13:55	Girls - 19	3000m		Final
174	14:00	Boys -14 (LSEN)	DISCUS 1kg		Final
175	14:00	Girls- 14	LJ	Area A	Final
176	14:00	Girls- 15	TJ - 9m	Area B	Final
177	14:00	Boys – 17	HJ	Area B	Final
178	14:00	Boys-14	DISCUS 1 kg		Final
179	14:00	Boys – 17	SP - 5 kg	Circle B	Final
180	14:00	Boys- 17	JAVELIN-700gr		Final
181	14:10	Boys- 15	3000m		Final
182	14:25	Girls- 14	400m		Semi-Final
		Medal Presentation			
183	14:30	Boys – 14	400m		Semi-Final
184	14:30	Girls-14	DISCUS (1kg)		Final
185	14:35	Girls – 15	400m		Semi-Final
186	14:40	Boys – 15	400m		Semi-Final
187	14:45	Girls – 17	400m		Semi-Final
188	14:50	Boys – 17	400m		Semi-Final
189	14:55	Girls – 19	400m		Semi-Final
190	15:00	Boys – 19	400m		Semi-Final
191	15:00	Boys-14	LJ	Area A	Final
192	15:00	Girls – 17	SP - 3 kg	Circle A	Final
193	15:00	Boys – 15	JAVELIN - 600 gm		Final
194	15:00	Girls – 19	DISCUS- 1 kg		Final
195	15:00	Girls – 19 (LSEN)	DISCUS- 1 kg		Final
196	15:00	Boys – 19	TJ - 13 m	Area B	Final
197	15:05	Boys – 17	2000m SC -		Final
198	15:20	Girls – 17	2000m SC		Final
		Medal Presentation			
199	15:35	Girls- 14	90mH- 76,2 cm		Final
200	15:40	Girls- 15	90mH - 76,2 cm		Final
201	15:45	Boys 14	100mH - 84,0 cm		Final
202	15:50	Boys – 15	100mH - 84,0 cm		Final
203	15:55	Girls – 17	100mH - 76,2 cm		Final
204	16:00	Girls – 19	100mH - 84,0 cm		Final
205	16:00	Girls – 15	DISCUS - 1 kg		Final
206	16:00	Girls -14	Javelin – 500gr		Final
207	16:05	Boys – 17	110mH - 91,4 cm		Final
208	16:10	Boys- 19	110mH - 99,5 cm		Final
		Medal Presentation			

210	16:15	Boys – 19	5000m		Final
211	16:15	Boys – 19 (LSEN)	5000m		Final
212	16:30	Girls – 14	200m		Semi-Final
213	16:35	Boys – 14	200m		Semi-Final
214	16:40	Girls – 15	200m		Semi-Final
215	16:45	Boys – 15	200m		Semi-Final
216	16:50	Girls – 17	200m		Semi-Final
217	16:55	Boys – 17	200m		Semi-Final
218	17:00	Girls – 19	200m		Semi-Final
219	17:00	Boys – 19	JAVELIN - 800 gm		Final
220	17:05	Boys – 19	200m		Semi-Final
221	17:10	Girls– 14	1500m		Final
222	17:15	Boys – 14	1500m		Final
223	17:20	Girls – 15	1500m		Final
224	17:25	Boys- 15	1500m		Final
225	17:30	Girls – 17	1500m		Final
226	17:35	Boys – 17	1500m		Final
227	17:40	Girls – 19	1500m		Final
		Medal Presentation			
228	17:45	Boys – 19	1500m		Final
229	17:50	Girls- 14	400m		Final
230	17:55	Boys- 14	400m		Final
231	18:00	Girls – 15	400m		Final
233	18:05	Boys – 15	400m		Final
234	18:10	Girls – 17	400m		Final
235	18:15	Boys – 17	400m		Final
236	18:20	Girls- 19	400m		Final
237	18:25	Boys- 19	400m		Final
		Medal Presentation			
238	18:30	Girls – 14	200m		Final
239	18:35	Boys – 14	200m		Final
240	18:40	Girls- 15	200m		Final
241	18:45	Boys – 15	200m		Final
242	18:50	Girls – 17	200m		Final
243	18:55	Boys – 17	200m		Final
244	19:00	Girls – 19	200m		Final
245	19:05	Boys – 19	200m		Final
		Medal Presentation			
246	19:10	Girls-19	3000SC		Final
247	19:25	Boys- 19	3000SC		Final
		Medal Presentation			