



## SUMMER LEAGUE TRACK & FIELD COMPETITIONS PROGRAMME

**27/28 OCTOBER 2017, DAL JOSAPHAT STADIUM, PAARL  
AND**

**1/2 DECEMBER 2017, DAL JOSAPHAT STADIUM, PAARL**

**“OFFICIAL COMMONWEALTH GAMES 2018 QUALIFIER”**

**“THE ULTIMATE GOAL OF THESE EVENTS IS TO PRODUCE AT LEAST 2  
BOLAND ATHLETICS OLYMPIANS FOR THE 2024 OLYMPICS”**

Please note that all Master Events on the Track will follow after the Senior Events, and Field Events will be in the same competition as Seniors.

All other Younger Age groups are welcome to enter (U18/U20)

Please enter as Seniors. The Age Groups will be reflected in the results.

**Friday, 27 October 2017**

**Friday, 1 December 2017**

### **Boland Athletics Summer League Competitions**

<b>Item No</b>	<b>Time</b>	<b>Event</b>	<b>Category</b>
1	15:00	Pole Vault	Men
2	15:00	100m DEC	Men
3	15:10	100mH HEP	Women
4	15:20	Weight Throw	Master Women
5	15:20	Weight Throw	Master Men
6	15:20	10km Race Walk	Women
7	15:20	10km Race Walk	Men
8	15:40	High Jump HEP	Women
9	15:40	High Jump	Women
10	15:50	Long Jump DEC	Men
11	16:40	Shot Put DEC	Men
12	16:50	10000m	Men
13	16:50	Shot Put HEP	Women
14	16:50	Triple Jump	Men
15	17:30	High Jump DEC	Men
16	17:40	10000m	Women

17	18:50	200m HEP	Women
18	18:55	200m	Women
19	19:00	Triple Jump	Women
20	19:00	200m	Men
21	19:00	400m DEC	Men
22	19:10	800m	Men
23	19:15	800m	Women

**Saturday, 28 October 2017**

**Saturday, 2 December 2017**

1	08:30	5000m	Senior Men/ Master Men
2	08:30	5000m	Senior Women/ Master Women
3	09:00	90mH PEN	Girls
4	09:10	100mH PEN	Boys
5	9:10	Pole Vault	Women
6	9:15	110mH DEC	Men
7	9:30	Long Jump HEP	Women
8	9:30	Long Jump	Men
9	9:30	High Jump PEN	Girls
10	9:30	High Jump PEN	Boys
11	9:30	Javelin	Men
12	9:30	400m	Senior Men/ Master Men
13	9:40	400m	Senior Women/ Master Women
14	10:00	Discus DEC	Men
15	10:30	Discus	Men
16	10:30	Long Jump	Women
17	10:30	High Jump	Men
18	10:30	Shot Put	Women
19	10:30	400mH	Women
20	10:45	400mH	Men
21	10:55	300mH	Master Men
22	11:05	300mH	Master Women
23	11:15	200mH	Master Men
24	11:25	200mH	Master Women
25	11:25	Shot Put PEN	Girls

26	11:25	Shot Put PEN	Boys
27	11:25	Pole Vault DEC	Men
28	11:30	100m	Men
29	11:30	Javelin HEP	Women
30	11:30	Discus	Women
31	11:30	Shot Put	Men
32	11:30	High Jump	Women
33	11:30	Pole Vault	Men
34	11:45	100m	Women
35	12:00	Long Jump PEN	Girls
36	12:00	Long Jump PEN	Boys
37	12:30	Javelin	Women
38	13:00	Javelin DEC	Men
39	13:00	800m HEP	Women
40	14:10	1500m DEC	Men
41	14:20	800m PEN	Girls
42	14:25	1000m PEN	Boys
43	14:35	1500m	Senior Men/ Master Men
44	14:45	1500m	Senior Women/ Master Women

Rules: Athletes entering for the LEAGUE COMPETITION **MUST ENTER BEFORE THE DEADLINE (Friday 20 October 2017 at 12H00 and Wednesday, 28 November 2017)** at [www.meetpro.co.za](http://www.meetpro.co.za) .

Entries on this website will be open as from **Monday, 16 October 2017**.

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

**Athletes & spectators R20.00 Entry.**



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