



SUMMER LEAGUE COMPETITION

2 DECEMBER 2017, DALJOSAFAT STADIUM, PAARL
“OFFICIAL COMMONWEALTH 2018 QUALIFIER”

“THE ULTIMATE GOAL IS TO PRODUCE TWO OLYMPIANS FOR 2024 OLYMPICS”

Please note all Masters Events on the track will be after Senior Events and Field Events will be in the same competition.

All other younger age groups welcome to enter. Please enter as Seniors, we will separate during the results and competition.

REVISED PROGRAM

<u>Saturday, 2 December 2017</u>			
1	09h30	10000m Race Walk	Men
2	09h30	10000m Race Walk	Women
3	10h00	5000m Race Walk	Men
4	10h00	5000m Race Walk	Women
5	10h00	Pole Vault	Women
6	10h00	Long Jump	Women
7	10h00	Pole Vault	Men
8	10h00	Hammer Throw	Men
9	10h00	Hammer Throw	Women
10	10h00	Javelin Throw	Men
11	10h00	Javelin Throw	Women
12	10h45	200m	Men
13	11h00	200m	Women
14	11h10	200m	Primary Schools (Boys/ Girls)
15	11h20	1500m	Women
16	11h30	1500m	Men
17	11h30	Long Jump	Men
18	11h30	Discus	Men
19	11h30	Discus	Women
20	11h45	400m H	Women

21	12h00	400mH	Men
22	12h00	High Jump	Men
23	12h00	Triple Jump	Women
24	12h15	100m	Primary School Athletes (Boys / Girls)
25	12h30	800m	Primary School Athletes (Boys/ Girls)
26	12h45	100m	Women
27	13h00	100m	Men
28	13h15	Triple Jump	Men
29	13h15	Shot Put	Men
30	13h15	Shot Put	Women
31	13h15	High Jump	Women
32	13h15	150m	Primary Schools (Boys/ Girls)
33	13h25	60m	Primary Schools (Boys/ Girls)
34	13h40	800m	Women
35	13h55	800m	Men
36	14h10	100mH	Women
37	14h15	110mH	Men
38	14h20	400m	Men
39	14h30	400m	Women

Rules: Athletes can enter on the day of competition

Track events: 45 min before the start of the event

Field Events: 30 min before start of the event at the competition area.

All athletes must compete with a permanent or temporarily (Available R15.00) ASA licence number. Only primary school athletes may compete without a licence number.

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

Athletes & spectators R20.00 entry. (Primary School Athletes: R10.00)

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