



2020 BOLAND ATHLETICS HIGH SCHOOLS, YOUTH & JUNIORS & LSEN T&F CHAMPIONSHIPS

FRIDAY 21 AND SATURDAY 22 FEBRUARY 2020 AT DAL JOSAPHAT STADIUM, PAARL

FRIDAY 21 February 2020

No	Time	Event	Age	H/F	Tech	Place
1	09:00	Discus	B 14 LSEN			A
2	09:00	Discus	B 15 LSEN			A
3	09:00	Shot put	G 14 LSEN			A
4	09:00	Shot put	G 15 LSEN			A
5	09:00	Javelin	G 17 LSEN			A
6	09:00	High Jump	B 17 LSEN			A
7	09:00	Long jump	B 19 LSEN			A
8	09:00	Long jump	G 19 LSEN			B
9	09:10	1 500m	G 14 LSEN			
10	09:10	1 500m	G 15 LSEN			
11	09:18	1 500m	B 14 LSEN			
12	09:18	1 500m	B 15 LSEN			
13	09:25	1 500m	G 17 LSEN			
14	09:30	Long jump	G 17 LSEN			B
15	09:30	Shot put	G 19 LSEN			A
16	09:30	Javelin	B 19 LSEN			A
17	09:33	1 500m	B 17 LSEN			
18	09:40	1 500m	G 19 LSEN			
19	09:45	1 500m	B 19 LSEN			
20	09:45	High Jump	G 14 LSEN			A
21	09:45	High Jump	G 15 LSEN			A
22	09:45	High Jump	B 14 LSEN			B
23	09:45	High Jump	B 15 LSEN			B
24	09:45	Discuss	B 17 LSEN			A
25	10:00	200 m	G 14 LSEN			
26	10:03	200 m	B 14 LSEN			
27	10:08	200 m	G 15 LSEN			
28	10:12	200m	B 15 LSEN			
29	10:15	200m	G 17 LSEN			
30	10:20	Shot put	G 17 LSEN			A
31	10:20	Javelin	B 14 LSEN			A
32	10:20	Javelin	B 15 LSEN			A
33	10:20	200 m	B 17 LSEN			
34	10:25	200 m	G 19 LSEN			
35	10:30	200m	B 19 LSEN			
36	10:30	Discus	G 14 LSEN			A
37	10:30	Discus	G 15 LSEN			A
38	10:30	Long jump	B 17 LSEN			B
39	10:30	High Jump	G 19 LSEN			A
40	10:30	High Jump	B 19 LSEN			B
41	10:45	800 m	G 14 LSEN			
42	10:50	800 m	B 14 LSEN			
43	10:54	800 m	G 15 LSEN			
44	11:00	800 m	B 15 LSEN			
45	11:00	Long jump	B 14 LSEN			A
46	11:00	Long jump	B 15 LSEN			A
47	11:00	Shot put	B 17 LSEN			A
48	11:00	Javelin	G 19 LSEN			A
49	11:04	800 m	G 17 LSEN			
50	11:08	800 m	B 17 LSEN			
51	11:12	800 m	G 19 LSEN			
52	11:15	800 m	B 19 LSEN			
53	11:15	Long jump	G 14 LSEN			B
54	11:15	Long jump	G 15 LSEN			B
55	11:15	High jump	G 17 LSEN			B
56	11:15	Discuss	B 19 LSEN			A
57	11:30	Javelin	B 17 LSEN			A
58	11:30	100 m	G 14 LSEN			
59	11:35	100 m	B 14 LSEN			

60	11:40	100 m	G 15 LSEN			
61	11:45	100 m	B 15 LSEN			
62	11:50	100 m	G 17 LSEN			
63	11:50	Shot put	B 14 LSEN			A
64	11:50	Shot put	B 15 LSEN			A
65	11:55	100m	B 17 LSEN			
66	12:00	Discus	G 19 LSEN			A
67	12:00	100m	G 19 LSEN			
68	12:05	100 m	B 19 LSEN			
69	12:30	Discus	G 17 LSEN			A
70	12:30	Shot put	B 19 LSEN			A
71	12:30	Javelin	G 14 LSEN			A
72	12:30	Javelin	G 15 LSEN			A
73	12:30	400 m	G 14 LSEN			
74	12:34	400 m	B 14 LSEN			
75	12:38	400 m	G 15 LSEN			
76	12:42	400 m	B 15 LSEN			
77	12:46	400 m	G 17 LSEN			
78	12:50	400 m	B 17 LSEN			
79	12:54	400 m	G 19 LSEN			
80	12:58	400 m	B 19 LSEN			
81	13:45	90m Hurdles	G 14	Heats	76,2 cm	
82	13:45	Hammer Throw	G-15	Final	3kg	
83	13:50	90m Hurdles	G 15	Heats	76,2 cm	
84	14:00	100m Hurdles	G 17	Heats	76,2 cm	
85	14:00	Pole Vault	G 15	Final		Pit A
86	14:00	Javelin	B 14	Final	600 g	Pit A
87	14:10	100m Hurdles	B 14	Heats	84,0 cm	
88	14:15	100m Hurdles	B 15	Heats	84,0 cm	
89	14:20	100m Hurdles	G 19	Heats	84,0 cm	
90	14:30	110m Hurdles	B 17	Heats	91,4cm	
91	14:40	110m Hurdles	B 19	Heats	99,5cm	
92	14:50	10000m Walk	G 19	Final		
93	14:50	10000m Walk	B 17	Final		
94	14:55	Hammer Throw	B-15	Final	4kg	
95	16:00	Pole Vault	G 17	Final		Pit A
96	16:00	Javelin	B 15	Final	600 g	Pit A
97	16:05	300m Hurdles	G 14	Heats	76,2 cm	
98	16:05	Hammer Throw	G 17	Final	3kg	
99	16:10	300m Hurdles	G 15	Heats	76,2 cm	
100	16:15	400m Hurdles	G 17	Heats	76,2 cm	
101	16:20	400m Hurdles	G 19	Heats	76,2 cm	
102	16:30	300m Hurdles	B 14	Heats	84,0 cm	
103	16:35	300m Hurdles	B 15	Heats	84,0 cm	
104	16:45	400m Hurdles	B 17	Heats	91,4cm	
105	16:50	400m Hurdles	B 19	Heats	91,4cm	
106	16:55	10000m Walk	B 19	Final		
107	17:00	Hammer Throw	B 17			
108	17:55	5000m Walk	B 15	Final		
109	17:55	5000m Walk	G 15	Final		
110	18:15	Pole Vault	G 19	Final		Pit A
111	18:15	Javelin	G 14	Final	500 g	Pit A
112	18:25	Hammer Throw	B 19	Final	6kg	
113	18:30	90m Hurdles	G 14		76,2 cm	
114	18:35	90m Hurdles	G 15	Final	76,2 cm	
115	18:40	100m Hurdles	G 17	Final	76,2 cm	
116	18:45	100m Hurdles	B 14	Final	84,0 cm	
117	18:50	100m Hurdles	B 15	Final	84,0 cm	
118	18:55	100m Hurdles	G 19	Final	84,0 cm	
119	19:00	110m Hurdles	B 17	Final	91,4cm	
120	19:05	110m Hurdles	B 19	Final	99,5cm	
121	19:10	5000m Walk	G 17	Final		
122	19:35	Hammer Throw	G 19	Final	4kg	
123	19:40	3 000m	G 19	Final		
124	19:55	300m Hurdles	G 14	Final	76,2 cm	
125	20:00	300m Hurdles	G 15	Final	76,2 cm	
126	20:05	400m Hurdles	G 17	Final	76,2 cm	
127	20:10	400m Hurdles	G 19	Final	76,2 cm	
128	20:15	300m Hurdles	B 14	Final	84,0 cm	
129	20:20	300m Hurdles	B 15	Final	84,0 cm	
130	20:25	400m Hurdles	B 17	Final	91,4cm	
131	20:30	400m Hurdles	B 19	Final	91,4cm	

SATURDAY 22 FEBRUARY 2020

No	Time	Event	Age	H/F	Tech	Place
132	07:00	10000 m	G 19	Final		
133	07:00	10000m	B 19	Final		
134	08:00	3000m SC	B 19	Final	91,4cm	
135	08:00	Discus	G 14	Final	1kg	
136	08:00	Shot Put	G 15	Final	3 kg	Pit A
137	08:00	Shot Put	B 17	Final	5 kg	Pit B
138	08:00	Javelin	G 17	Final	500 g	Pit A
139	08:00	Long Jump	G 14	Final		Pit A
140	08:00	Long Jump	B 14	Final		Pit B
141	08:00	Triple Jump	B 19	Final	13 m	Pit C
142	08:00	High Jump	B 19	Final		Pit A
143	08:00	High Jump	G 19	Final		Pit B
144	08:20	800m	G 14	Final		
145	08:25	800m	B 14	Final		
146	08:30	800m	G 15	Final		
147	08:35	800m	B 15	Final		
148	08:40	800m	G 17	Final		
149	08:45	800m	B 17	Final		
150	08:50	800m	G 19	Final		
151	08:55	800m	B 19	Final		
152	09:00	200m	G 14	Heats		
153	09:00	Pole Vault	B 17	Final		Pit A
154	09:10	200m	B 14	Heats		
155	09:15	Triple Jump	G 19	Final	11 m	Pit C
156	09:20	200m	G 15	Heats		
157	09:25	Discus	G 19	Final	1kg	
158	09:30	200m	B 15	Heats		
159	09:45	200m	G 17	Heats		
160	09:55	200m	B 17	Heats		
161	10:00	Javelin	G 15	Final	500 g	Pit A
162	10:00	Shot Put	B 14	Final	4 kg	Pit A
163	10:00	Shot Put	B 19	Final	6 kg	Pit B
164	10:00	Long Jump	G 15	Final		Pit A
165	10:00	Long Jump	B 15	Final		Pit B
166	10:00	High Jump	G 17	Final		Pit A
167	10:00	High Jump	B 17	Final		Pit B
168	10:10	200m	G 19	Heats		
169	10:20	200m	B 19	Heats		
170	10:30	Triple Jump	B 17	Final	11 m	Pit C
171	10:30	1500m SC	G 15	Final	76,2cm	
172	10:40	1500m SC	B 15	Final	76,2cm	
173	10:50	2000m SC	G 17	Final	76,2cm	
174	10:50	Discus	G 17	Final	1kg	
175	11:00	Pole Vault	B 19	Final		Pit A
176	11:05	2000m SC	B 17	Final	76,2cm	
177	11:15	3000m SC	G 19	Final	76,2cm	
178	11:30	100m	G 14	Heats		
179	11:40	100m	B 14	Heats		
180	11:50	100m	G 15	Heats		
181	11:50	Triple Jump	B 15	Final	9 m	Pit C
182	11:58	100m	B 15	Heats		
183	12:00	Javelin	G 19	Final	600 g	Pit A
184	12:08	100m	G 17	Heats		
185	12:15	Discus	B 19	Final	1.75kg	
186	12:20	100m	B 17	Heats		
187	12:32	100m	G 19	Heats		
188	12:44	100m	B 19	Heats		
189	13:00	High Jump	G 14	Final		Pit A
190	13:00	High Jump	B 14	Final		Pit B
191	13:00	Pole Vault	B 15	Final		Pit A
192	13:20	400m	G 14	Heats		
193	13:30	400m	B 14	Heats		
194	13:40	400m	G 15	Heats		
195	13:40	Discus	B 17	Final	1.5kg	
196	13:50	400m	B 15	Heats		
197	14:00	400m	G 17	Heats		

198	14:00	Javelin	B 17	Final	700 g	Pit A
199	14:00	Long Jump	G 17	Final		Pit A
200	14:00	Long Jump	G 19	Final		Pit B
201	14:00	Shot Put	B 15	Final	4 kg	Pit A
202	14:00	Shot Put	G 17	Final	3 kg	Pit B
203	14:10	400m	B 17	Heats		
204	14:15	Triple Jump	G 15	Final	9 m	Pit C
205	14:20	400m	G 19	Heats		
206	14:40	400m	B 19	Heats		
207	15:00	100m	G 14	Final		
208	15:00	High Jump	G 15	Final		Pit A
209	15:00	High Jump	B 15	Final		Pit B
210	15:05	Discus	B 15	Final	1.25kg	
211	15:05	100m	B 14	Final		
212	15:10	100m	G 15	Final		
213	15:15	100m	B 15	Final		
214	15:20	100m	G 17	Final		
215	15:25	100m	B 17	Final		
216	15:30	100m	G 19	Final		
217	15:30	Triple Jump	G 17	Final	9 m	Pit C
218	15:40	100m	B 19	Final		
219	15:50	1500m	G 14	Final		
220	15:57	1500m	B 14	Final		
221	16:00	Javelin	B 19	Final	800 g	Pit A
222	16:00	Long Jump	B 17	Final		Pit B
223	16:00	Long Jump	B 19	Final		Pit B
224	16:00	Shot Put	G 14	Final	3 kg	Pit A
225	16:00	Shot Put	G 19	Final	4 kg	Pit B
226	16:04	1500m	G 15	Final		
227	16:11	1500m	B 15	Final		
228	16:18	1500m	G 17	Final		
229	16:25	1500m	B 17	Final		
230	16:30	Discus	B 14	Final	1 kg	
231	16:32	1500m	G 19	Final		
232	16:40	1500m	B 19	Final		
233	17:00	200m	G 14	Final		
234	17:05	200m	B 14	Final		
235	17:10	200m	G 15	Final		
236	17:15	200m	B 15	Final		
237	17:20	200m	G 17	Final		
238	17:25	200m	B 17	Final		
239	17:30	200m	G 19	Final		
240	17:40	200m	B 19	Final		
241	17:45	3000m	G15	Final		
242	17:55	3000m	B 15	Final		
243	18:00	Discus	G 15	Final	1kg	
244	18:05	3000m	G 17	Final		
245	18:15	3000m	B 17	Final		
246	18:15	3000m	B 17 LSEN	Final		
247	18:30	5000m	G 19	Final		
248	18:45	5000m	B 19	Final		
249	18:45	5000m	B 19 LSEN	Final		
250	19:10	400m	G 14	Final		
251	19:15	400m	B 14	Final		
252	19:20	400m	G 15	Final		
253	19:25	400m	B 15	Final		
254	19:30	400m	G 17	Final		
255	19:35	400m	B 17	Final		
256	19:40	400m	G 19	Final		
257	19:45	400m	B 19	Final		