



## 2020 BOLAND SENIOR/ MASTERS TRACK AND FIELD TRIALS

The Boland Seniors and Masters Track and Field Trials will be on the following dates:

1. Friday, 21 February 2020, Daljosaphat Stadium, Paarl
2. Saturday, 22 February 2020, Dalsaphat Stadium, Paarl
3. Wednesday, 04 March 2020, Daljosaphat Stadium, Paarl
4. Wednesday, 11 March 2020, Daljosaphat Stadium, Paarl

**Athletes must compete at any of the above competitions in the event they want to be selected for in order to be eligible for selection to the ASA Senior Championships.**

Please note all **master events** on the track will be after senior events and field events will be in the same competition.

### Entries:

| Day of Competition         | Closing date             |
|----------------------------|--------------------------|
| Friday, 21 February 2020   | Sunday, 16 February 2020 |
| Saturday, 22 February 2020 | Sunday, 17 February 2020 |
| Wednesday, 04 March 2020   | Friday, 28 February 2020 |
| Wednesday, 11 March 2020   | Friday, 28 February 2020 |

• **PLEASE NOTE NO EXCEPTIONS WILL BE MADE**

1. Entries can be hand delivered at the Boland Athletics Head Office at the Dal Josaphat Stadium in Paarl before or on the closing date.
2. The entry forms can also be faxed to 021 868 0009 (Boland Office) or send electronically to [office@bolandathletics.com](mailto:office@bolandathletics.com) before or on the closing date.
  - 2.1. Athletes entering through the local athletics club must be in the possession of a permanent licence number. If not, Athletes can purchase a temporary licence in the warm up area for R20.00.
  - 2.2. According to IAAF rules only athletes in possession of a permanent licence number can be considered for selection onto a team for the 2020 SA Senior T&F Championships.
3. The first three athletes in all the championships events will receive a medal.
4. All enquiries can be send to Brandon Du Plessis ([bduplessisathletics@gmail.com](mailto:bduplessisathletics@gmail.com)).



# BOLAND ATHLETICS SENIORS AND MASTERS CHAMPIONSHIPS

## PROGRAM

### FRIDAY, 21 FEBRUARY 2020

| Item No | Time  | Event        | Category                      |
|---------|-------|--------------|-------------------------------|
| 1       | 13:45 | 80m Hurdles  | Master Women (All Age Groups) |
| 2       | 13:45 | 80m Hurdles  | Master Men (All Age Groups)   |
| 3       | 14:20 | 100m Hurdles | Master Women (All Age Groups) |
| 4       | 14:20 | 100m Hurdles | Master Men (All Age Groups)   |
| 5       | 14:20 | 100m Hurdles | Senior Women                  |
| 6       | 14:40 | 110m Hurdles | Master Men (All Age Groups)   |
| 7       | 14:40 | 110m Hurdles | Senior Men                    |
| 8       | 16:10 | 200m Hurdles | Masters Men/ Women            |
| 9       | 16:15 | 300m Hurdles | Masters Men/ Women            |
| 10      | 16:20 | 400m Hurdles | Master Men/ Women             |
| 11      | 16:20 | 400m Hurdles | Senior Women                  |
| 12      | 16:50 | 400m Hurdles | Senior Men                    |
| 13      | 18:15 | Pole Vault   | Senior Woman                  |
| 14      | 19:10 | 5000m Walk   | Master Men/ Women             |

### SATURDAY, 22 FEBRUARY 2020

| Item No | Time  | Event        | Category                               |
|---------|-------|--------------|--|
| 15      | 07:00 | 10 000m Walk | Master Men/ Women<br>Senior Men/ Women |
| 16      | 08:00 | 3000m Sc     | Men                                    |
| 17      | 09:15 | Triple Jump  | Women                                  |
| 18      | 11:00 | Pole Vault   | Men                                    |
| 19      | 11:15 | 3000m Sc     | Women                                  |
| 20      | 18:05 | 3000m        | Master Women                           |
| 21      | 18:15 | 3000m        | Master Men                             |
| 22      | 18:30 | 5000m        | Women                                  |
| 23      | 18:45 | 5000m        | Women                                  |

**WEDNESDAY, 04 MARCH 2020**

| Item No | Time  | Event         | Category     |
|---------|-------|---------------|--------------|
| 24      | 18:00 | 1500m         | Women        |
| 25      | 18:00 | Long Jump     | Women        |
| 26      | 18:00 | Javelin Throw | Women        |
| 27      | 18:00 | Javelin Throw | Men          |
| 28      | 18:00 | High Jump     | Women        |
| 29      | 18:10 | 1500m         | Men          |
| 30      | 18:20 | 200m          | Women        |
| 31      | 18:30 | 200m          | Men          |
| 32      | 18:40 | 10 000m       | Men          |
| 33      | 18:40 | 10 000m       | Women        |
| 34      | 18:40 | Discus        | Senior Men   |
| 35      | 18:40 | Discus        | Senior Women |
| 36      | 18:45 | Long Jump     | Senior Men   |

**WEDNESDAY, 11 MARCH 2020**

| Item No | Time  | Event        | Category     |
|---------|-------|--------------|--------------|
| 37      | 17:30 | 800m         | Women        |
| 38      | 17:45 | 800m         | Men          |
| 39      | 17:45 | Hammer Throw | Women        |
| 40      | 17:45 | Hammer Throw | Men          |
| 41      | 17:45 | Shot Put     | Women        |
| 42      | 17:45 | Shot Put     | Men          |
| 43      | 18:00 | Triple Jump  | Men          |
| 44      | 18:00 | High Jump    | Men          |
| 45      | 18:00 | 100m         | Women        |
| 46      | 18:10 | 100m         | Men          |
| 47      | 18:20 | Weight Throw | Master Women |
| 48      | 18:20 | Weight Throw | Master men   |
| 49      | 18:20 | 2000m Sc     | Master Women |
| 50      | 18:35 | 2000m Sc     | Master Men   |
| 51      | 18:50 | 400m         | Senior Women |
| 52      | 19:00 | 400m         | Senior Men   |