



## 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)).

## ENTRY FORM FOR BOLAND ATHLETICS SENIORS AND MASTERS CHAMPIONSHIPS

**Closing date:** See table above

**Enquiries** Boland Athletics Office Tel 021 868 0007/ [office@bolandathletics.com](mailto:office@bolandathletics.com)

**Cost per entry:** R40.00 to be paid at the gate

**Competition day:** ..... *(Please write the day of the competition from the table above. Example: Friday, 21 February 2020)*

Name and Surname	M/ F	Club	Licence Nr	DOB	Category Masters	Events

***This competitions shall be held under the rules of Boland Athletics, ASA and the IAAF.  
(Any inquiries please contact Boland Athletics Office at 021-8680007/  
[office@bolandathletics.com](mailto:office@bolandathletics.com) / [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 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