



**BOLAND ATHLETICS TRACK AND FIELD SUMMER LEAGUE 1 AND 2
12 AND 19 DECEMBER 2020, DALJOSAFAT STADIUM, PAARL
“OFFICIAL OLYMPIC 2021 AND WORLD JUNIOR CHAMPIONSHIPS QUALIFIER”**

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

Boland Athletics will be hosting an Inter Provincial Track and Field competition. The meeting forms part of Boland Athletics preparations for 2021 and it will serve as official qualifiers for Olympics 2021 and World Junior Championships - 2021.

Please note all COVID – 19 PROTOCOL will be adhered to.

NO SPECTATORS ONLY COACHES/ ATHLETES/ TECHNICAL OFFICIALS WILL BE ALLOWED IN THE STADIUM

Please fill in the SCREENING form attached and bring with to the gate where we will do screening.

Notes:

1. Entry fee: R30.00 (ALL Athletes and coaches).
2. Any socially acceptable clothing can be worn during competition, as long as the athlete wears a license number.
3. License numbers is a prerequisite. Temporary numbers will be available at the track: R30.00
4. Entries: All entries must be send to the following email jonkerman@gmail.com . No entries will be excepted after the due date. Please note we will only allow **TWO** heats per TRACK event and **EIGHT** ATHLETES PER FIELD EVENT.
5. Trials: All Field events – **SIX** trials.

SATURDAY, 12 DECEMBER 2020 LEAGUE 1				SATURDAY, 19 DECEMBER 2020 LEAGUE 2			
1	09h00	5000m W	Men	1	08H00	10 000m W	Men (Cut Off 90 Min)
2	09h00	5000m W	Women	2	08H00	10 000m W	Women (Cut Off 90 Min) Hours)
3	09h00	PV	Boys u/20, Men	3	09h00	Hammer Throw	Girls u/16, u/18, u/20, Women
4	09h30	90mH	Girls u/16, u/18	4	09h00	PV	Boys u/20, Men
5	09h00	HT	Boys u/16, u/18, u/20, Men	5	09h45	90mH	Girls u/16, u/18
6	10h00	LJ	Girls u/16, u/18, u/20, Women	6	10h00	Long Jump	Girls u/16, u/18, u/20, Women
7	10h00	HJ	Girls u/16, u/18, u/20, Women	7	10h00	HJ	Girls u/16, u/18, u/20, Women
8	10h30	400mH	Women	8	10h00	100mH	Women
9	10h30	Pole Vault	Girls u/16, u/18, u/20, Women	9	10h30	Pole Vault	Girls u/16, u/18, u/20, Women
10	10h35	400mH	Men	10	10h45	300mH	Women
11	10h40	300mH	Men	11	11h05	300mH	Men

12	10h50	300mH	Women	12	11h10	400mH	Women
13	11h00	JT	Boys u/16, u/18, u/20, Men	13	11h20	150m	Women
14	11h00	SP	Boys u/16, u/18, u/20, Men	14	11h30	150m	Men
15	11h00	150m	Women	15	11h30	JT	Boys u/16, u/18, u/20, Men
16	11h10	150m	Men	16	11h30	SP	Boys u/16, u/18, u/20, Men
17	11h20	200m	Boys u/16, u/18, u/20, Men	17	12h00	HJ	Boys u/16, u/18, u/20, Men
18	11h30	200m	Girls u/16, u/18, u/20, Women	18	12h00	LJ	Boys u/16, u/18, u/20, Men
19	12h00	600m	Men	19	12h00	PV	Boys u/16, u/18
20	12h10	800m	Girls u/16, u/18, u/20, Women	20	12h30	100m	Girls u/16, u/18, u/20, Women
21	12h20	800m	Boys u/16, u/18, u/20, Men	21	12h30	100m	Boys u/16, u/18, u/20, Men
22	12h30	HJ	Boys u/16, u/18, u/20, Men	22	13h00	SP	Girls u/16, u/18, u/20, Women
23	12h30	PV	Boys u/16, u/18	23	13h00	1 Mile	Men
24	12h30	LJ	Boys u/16, u/18, u/20, Men	24	13h15	1 Mile	Women
25	12h30	DC	Boys u/16, u/18, u/20, Men	25	13h30	300m	Men
26	13h00	60m	Men	26	13h45	400m	Women
27	13h00	JT	Girls u/16, u/18, u/20, Women	27	14h00	400m	Men
28	13h10	100m	Girls u/16, u/18, u/20, Women				
29	13h20	100m	Boys u/16, u/18, u/20, Men				
30	13h20	SP	Girls u/16, u/18, u/20, Women				
31	14h00	1500m	Girls u/16, u/18, u/20, Women				
32	14h00	HT	Girls u/16, u/18, u/20, Women				
33	14h15	1500m	Boys u/16, u/18, u/20, Men				
34	14h30	300m	Men				
35	14h40	400m	Girls u/16, u/18, u/20, Women				
36	14h50	400m	Boys u/16, u/18, u/20, Men				

