



BOLAND ATHLETICS TRACK AND FIELD LEAGUE 1 / 2
20/ 28 JANUARY 2022, DALJOSAFAT STADIUM, PAARL
“OFFICIAL ASA U/16, U/18, U/20 AND SENIOR NATIONAL CHAMPIONSHIPS QUALIFIERS”

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

Boland Athletics will be hosting TWO League meetings that will serve as official qualifiers for the Sub Youth, Youth, Junior and Senior National Championships.

Please note all COVID – 19 PROTOCOL will be adhered to.
SPECTATORS WILL BE ALLOWED.

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 (2021 permanent Licence Numbers). Temporary numbers will be available at the track: R30.00
4. Please fill in the on the link provided. 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.

League 1 Entry Link

https://docs.google.com/forms/d/e/1FAIpQLSdQGlaBdc7Z6qZ701aOxOvYRiY8dELYtWtHbRV_v4k-POBDhg/viewform?usp=sf_link

League 2 Entry Link

https://docs.google.com/forms/d/e/1FAIpQLSf8ehLZTaqbDz1-POFTmFWNbtKkrP6V2PUZdvuHvsux2AaZA/viewform?usp=sf_link

THURSDAY, 20 JANUARY 2022 LEAGUE 1				FRIDAY, 28 JANUARY 2022 LEAGUE 2			
1	17h00	5000m W	Men	1	16H00	HT	Girls u/16, u/18, u/20, Women
2	17h00	5000m W	Women	2	16H00	PV	Boys Men
3	17h00	PV	Boys u/20, Men	3	16h00	300mH	Girls u/16
4	17h45	90mH	Girls u/16	4	16h30	LJ	Girls u/16, u/18, u/20, Women
5	17h45	HT	Boys u/16, u/18, u/20, Men	5	16h30	HJ	Girls u/16, u/18, u/20, Women
6	17h45	LJ	Girls u/16, u/18, u/20, Women	6	16h30	400mH	Women
7	17h45	HJ	Girls u/16, u/18, u/20, Women	7	17h00	Pole Vault	Girls u/16, u/18, u/20, Women
8	17h55	100mH	Girls u/18, u/20	8	17h00	400mH	Men

9	17h55	Pole Vault	Girls u/16, u/18, u/20, Women	9	17h00	JT	Boys u/16, u/18, u/20, Men
10	18h05	100mH	Boys u16, u18	10	17H00	SP	Boys u/16, u/18, u/20, Men
11	18h05	JT	Boys u/16, u/18, u/20, Men	11	17h30	HJ	Boys u/16, u/18, u/20, Men
12	18h05	SP	Boys u/16, u/18, u/20, Men	12	17h30	LJ	Boys u/16, u/18, u/20, Men
13	18h10	200m	Boys u/16, u/18, u/20, Men	13	17h30	100m	Girls u/16, u/18, u/20, Women
14	18h20	200m	Girls u/16, u/18, u/20, Women	14	17h40	100m	Boys u/16, u/18, u/20, Men
15	18h30	800m	Girls u/16, u/18, u/20, Women	15	17h40	SP	Girls u/16, u/18, u/20, Women
16	18h40	800m	Boys u/16, u/18, u/20, Men	16	17h50	3000m	Women
17	18h40	HJ	Boys u/16, u/18, u/20, Men	17	18h00	3000m	Men
18	18h40	LJ	Boys u/16, u/18, u/20, Men	18	18h15	10 000m W	Men (Cut Off 90 Min)
19	18h40	DT	Boys u/16, u/18, u/20, Men	19	18h15	10 000m W	Women (Cut Off 90 Min)
20	18h40	JT	Girls u/16, u/18, u/20, Women				
21	18h50	100m	Girls u/16, u/18, u/20, Women				
22	18h50	100m	Boys u/16, u/18, u/20, Men				
23	19h00	SP	Girls u/16, u/18, u/20, Women				
24	19h00	1500m	Girls u/16, u/18, u/20, Women				
25	19h15	1500m	Boys u/16, u/18, u/20, Men				
26	19h30	400m	Girls u/16, u/18, u/20, Women				
27	19h35	400m	Boys u/16, u/18, u/20, Men				