



2022 BOLAND SENIOR TRACK AND FIELD TRIALS

1. Wednesday, 09 March 2022, Daljosaphat Stadium, Paarl

Master Athletes are welcome to enter. ONLY Senior events will be CHAMPIONSHIP events

Entries:

Day of Competition	Closing date
Wednesday, 09 March 2022	Tuesday, 08 March 2022: 14h00

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

Please submit google form only:

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 R30.00.
2. According to WA rules only in athletes in possession of a permanent licence number can be considered for selection onto a team for the 2022 SA Senior T&F Championships.
3. The first three athletes in all the championships events will receive a medal.
4. **Cost per entry:** R40.00 to be paid at the gate
5. **PLEASE NOTE:** STRICT COVID 19 PROTOCOL TO BE ADHERED TO AT ALL TIME

***This competition shall be held under the rules of Boland Athletics, ASA and the WA.
(Any inquiries please contact Boland Athletics Office / office@bolandathletics.com/)***

BOLAND ATHLETICS SENIORS CHAMPIONSHIPS

PROGRAM

WEDNESDAY, 09 MARCH 2022			
Item No	Time	Event	Category
1	17:00	Pole Vault	Women
2	17:00	Long Jump	Men
3	17:00	Hammer Throw	Men
4	17:00	5000m	Men
5	17:00	5000m	Women
6	17:30	110mH	Men
7	17:45	100m	Women
8	17:55	100m	Men
9	18:10	800m	Women
11	18:10	Pole Vault	Men
12	18:10	Long Jump	Women
13	18:10	Triple Jump	Men
14	18:10	Javelin	Men
15	18:20	800m	Men
16	18:30	Discus	Men
17	18:30	3000m SC	Men

