

# WESTERN CAPE HIGH SCHOOLS/ LSEN ATHLETICS CHAMPIONSHIP



DALJOSFAT STADIUM, PAARL

03/ 04/ 05 MARCH 2022

## REVISED PROGRAM (28/ 02/2022)

DAY 1 – THURSDAY, 03 MARCH 2022

EVENT	TIME	GENDER AND AGE	ITEM	DESIGN ATION	STATUS
1	16:00	Boys 19	Javelin		Final
2	16:00	Boys 19	Hammer Throw		Final
3	16:00	Boys 19	Pole Vault		Final
4	16:30	Girls 14	200m		Final
5	16:37	Boys 14	200m		Final
6	16:44	Girls 15	200m		Final
7	16:51	Boys 15	200m		Final
8	16:58	Girls 17	200m		Final
9	17:05	Boys 17	200m		Final
10	17:05	Girls 14	Javelin		Final
11	17:12	Girls – 19	DISCUS- 1 kg		Final
12	17:12	Girls – 19 (LSEN)	DISCUS- 1 kg		Final
13	17:12	Girls 19	200m		Final

14	17:19	Boys 19	200m		Final
15	17:26	Girls 14/ 13 (LSEN)	200m		Final
16	17:33	Boys 14/ 13 (LSEN)	200m		Final
17	17:30	Girls 15	Pole Vault		Final
18	17:40	Girls 15 (LSEN)	200m		Final
19	17:44	Boys 15 (LSEN)	200m		Final
20	17:44	Boys-14	LJ	Area A	Final
21	17:44	Girls – 17	SP - 3 kg	Circle A	Final
22	17:44	Boys – 19	TJ - 13 m	Area B	Final
23	17:51	Girls 17 (LSEN)	200m		Final
24	17:58	Boys 17 (LSEN)	200m		Final
25	18:00	Boys – 15	JAVELIN - 600 gm		Final
26	18:05	Girls 19 (LSEN)	200m		Final
27	18:05	Boys 19	Discus		Final
28	18:05	Boys 19 (LSEN)	Discus		Final
29	18:12	Boys 19 (LSEN)	200m		Final
30	18:19	Girls 14	1500m		Final
31	18:26	Boys 14	1500m		Final
32	18:33	Girls 15	1500m		Final
33	18:40	Boys 15	1500m		Final
34	18:47	Girls 17	1500m		Final
35	18:54	Boys 17	1500m		Final
36	19:03	Girls 19	1500m		Final
37	19:10	Boys 19	1500m		Final

**DAY 2 – FRIDAY 04 MARCH 2022**

<b>EVENT</b>	<b>TIME</b>	<b>GENDER AND AGE</b>	<b>ITEM</b>	<b>DESIGN ATION</b>	<b>STATUS</b>
38	07:15	Boys – 14, 15	5000m walk		Final
39	08:00	Girls -13, 14,15 (LSEN)	LJ	Area A	Final
40	08:00	Boys -14,15 (LSEN)	JAVELIN		Final
41	08:00	Boys -13,14,15 (LSEN)	HJ		Final
42	08:00	Girls-17 (LSEN)	SP	Circle A	Final
43	08:00	Boys -17 (LSEN)	SP	Circle B	Final
44	08:00	Girls 17/ 19	POLE VAULT*		Final
45	08:00	Girls – 15	HAMMER - 3 kg		Final
46	08:35	Girls – 14, 15	5000m walk		Final
47	08:45	Boys – 15	HAMMER - 4 kg		Final
48		Medal Presentation			
49	09:10	Boys – 19	400mH - 91,4 cm		Final
50	09:15	Boys – 17	400mH - 84,0 cm		Final
51	09:20	Girls – 19	400mH - 76,2 cm		Final
52	09:25	Girls – 17	400mH - 76,2 cm		Final
53	09:30	Boys – 15	300mH - 84,0 cm		Final
54	09:30	Boys 17 (LSEN)	HJ	Area A	Final
55	09:30	Boys 19 (LSEN)	HJ	Area B	Final
56	09:30	Girls-13, 14,15 (LSEN)	SP	Circle A	Final
57	09:30	Boys-13, 14,15 (LSEN)	SP	Circle B	Final
58	09:30	Boys-13, 14,15 (LSEN)	LJ	Area B	Final
59	09:30	Girls -14,15 (LSEN)	JAVELIN		Final
60	09:30	Girls-13, 14,15 (LSEN)	HJ		Final
61	09:30	Girls – 17	HAMMER - 3 kg		Final
		Medal Presentation			
62	09:35	Boys- 14	300mH - 84,0 cm		Final

63	09:40	Girls – 14	300mH - 76,2 cm		Final
64	09:45	Girls - 15	300mH - 76,2 cm		Final
65	09:50	Girls-14/ 13 (LSEN)	1500m		Final
66	09:55	Boys-14/ 13 (LSEN)	1500m		Final
67	10:00	Boys 17	Polevault		Final
68	10:00	Girls-15 (LSEN)	1500m		Final
69	10:05	Boys-15 (LSEN)	1500m		Final
70	10:10	Girls-17,19 (LSEN)	1500m		Final
71	10:15	Boys-17,19 (LSEN)	1500m		Final
72	10:20	Girls-14 (LSEN)	400m		Final
73	10:25	Boys-14 (LSEN)	400m		Final
74	10:30	Girls-15 (LSEN)	400m		Final
75	10:30	Boys- 17	HAMMER – 5kg		Final
		Medal Presentation			
76	10:35	Boys-15 (LSEN)	400m		Final
77	10:40	Girls-17 (LSEN)	400m		Final
78	10:45	Boys-17 (LSEN)	400m		Final
79	10:50	Girls - 19 (LSEN)	400m		Final
80	10:55	Boys- 19 (LSEN)	400m		Final
81	11:00	Girls-19	5000m		Final
82	11:00	Girls-19 (LSEN)	SP	Circle A	Final
83	11:00	Boys -19 (LSEN)	SP	Circle B	Final
84	11:00	Girls 17 (LSEN)	HJ	Area A	Final
85	11:00	Girls 19 (LSEN)	HJ	Area A	Final
		Medal Presentation			
86	11:00	Boys -17 (LSEN)	JAVELIN		Final
87	11:30	Girls – 19	HAMMER - 4 kg		Final
88	11:35	Girls 19	3000 SC		Final
89	11:50	Boys 19	3000 SC		Final

90	12:00	Boys 15	POLEVAULT		Final
		Medal Presentation			
91	12:00	Girls 17 (LSEN)	LJ	Area A	Final
92	12:00	Girls 19 (LSEN)	LJ	Area A	Final
93	12:00	Boys 19 (LSEN)	JAVELIN		Final
94	12:00	Boys 17 (LSEN)	LJ	Area C	Final
95	12:00	Boys 19 (LSEN)	LJ	Area A	Final
96	12:15	Girls- 19	HJ		Final
97	12:05	Girls– 14	90mH - 76,2 cm		Final
98	12:10	Girls – 15	90mH - 76,2 cm		Final
		Medal Presentation			
99	12:15	Boys – 14	100mH - 84,0 cm		Final
100	12:20	Boys – 15	100mH - 84,0 cm		Final
101	12:25	Girls – 17	100mH - 76,2 cm		Final
102	12:30	Girls – 19	100mH - 84,0 cm		Final
103	12:35	Boys – 17	110mH - 91,4 cm		Final
104	12:40	Boys – 19	110mH - 99,5 cm		Final
105	12:45	Girls- 14;15 (LSEN)	800m		Final
106	12:50	Boys-14;15 (LSEN)	800m		Final
107	13:00	Girls-17 (LSEN)	800m		Final
108	13:05	Boys-17 (LSEN)	800m		Final
109	13:10	Girls - 19 (LSEN)	800m		Final
110	13:15	Boys - 19 (LSEN)	800m		Final
111	13:15	Girls -14,15 (LSEN)	Discus		Final
112	13:15	Girls 14	Discus		Final
113	13:15	Girls – 17	LJ	Area A	Final
114	13:15	Girls – 15	HJ	Area A	Final
115	13:15	Girls – 15	JAVELIN - 500 gm		Final
116	13:15	Boys – 15	SP - 4 kg	Circle B	Final

117	13:20	Girls – 14	100m		Final
118	13:30	Boys – 14	100m		Final
119	13:40	Girls– 15	100m		Final
120	13:50	Boys – 15	100m		Final
121	14:00	Girls– 17	100m		Final
122	14:00	Boys- 17	LJ	Area A	Final
123	14:00	Girls- 19	JAVELIN - 600 gm		Final
124	14:00	Girls - 19 (LSEN)	JAVELIN- 600 gm		Final
125	14:00	Boys 14	POLEVAULT		Final
126	14:00	Boys-14	HJ	Area B	Final
127	14:00	Girls– 15	SP - 3 kg	Circle A	Final
128	14:10	Boys – 17	100m		Final
129	14:20	Girls – 19	100m		Final
130	14:30	Boys – 19	100m		Final
131	14:40	Girls – 14	800m		Final
132	14:45	Boys – 14	800m		Final
133	14:50	Girls – 15	800m		Final
134	14:55	Boys– 15	800m		Final
135	15:00	Girls – 17	800m		Final
136	15:00	Boys – 15	TJ - 9m	Area B	Final
137	15:00	Boys- 17	DISCUS - 1,5 kg		Final
138	15:00	Boys-17 (LSEN)	DISCUS- 1,5 kg		Final
139	15:00	Boys – 19	LJ	Area A	Final
		Medal Presentation			
140	15:00	Girls – 17	HJ	Area A	Final
141	15:00	Boys – 19	SP- 6 kg	Circle B	Final
142	15:05	Boys – 17	800m		Final
143	15:10	Girls – 19	800m		Final
144	15:15	Boys – 19	800m		Final

		Medal Presentation			
145	15:20	Girls14/ 13 (LSEN)	100m		Final
146	15:25	Boys14/ 13 (LSEN)	100m		Final
147	15:30	Girls-15 (LSEN)	100m		Final
148	15:35	Boys-15 (LSEN)	100m		Final
149	15:40	Girls - 17 (LSEN)	100m		Final
150	15:45	Boys - 17 (LSEN)	100m		Final
151	15:50	Girls – 19 (LSEN)	100m		Final
152	16:00	Girls – 19	TJ - 11 m	Area B	Final
153	16:00	Girls – 19	SP - 4 kg	Circle A	Final
154	16:00	Girls– 15	LJ	Area A	Final
155	16:00	Boys-15	HJ	Area B	Final
156	16:00	Girls – 17	JAVELIN - 500 gm		Final
157	16:00	Girls-17 (LSEN)	JAVELIN- 500g		Final
158	16:00	Boys - 19 (LSEN)	100m		Final
159	16:00	Girls 14	Polevault		Final
		Medal Presentation			
160	16:20	Girls 15	3000m		Final
161	16:30	Boys-17 (LSEN)	3000m		Final
162	16:30	Boys 17	3000m		Final
163	16:40	Girls 17	3000m		Final
164	16:55	Girls – 14	400m		Final
165	17:00	Girls- 14	SP – 3kg	Area A	Final
166	17:00	Boys- 14	SP- 3kg	Area B	Final
167	17:00	Boys – 15	LJ	Area A	Final
168	17:00	Boys– 15	DISCUS - 1 kg		Final
169	17:00	Boys 15 (LSEN)	DISCUS – 1 kg		Final
170	17:00	Girls- 14	LJ	Area A	Final
171	17:00	Boys – 19	HJ		Final

		Medal Presentation			
172	17:10	Boys- 14	400m		Final
173	17:15	Girls- 15	400m		Final
174	17:20	Boys – 15	400m		Final
175	17:25	Girls- 17	400m		Final
176	17:30	Boys – 17	400m		Final
177	17:35	Girls- 19	400m		Final
178	17:40	Boys – 19	400m		Final
179	17:45	Girls – 14 &15	1500m SC		Final
180	17:55	Boys- 14 &15	1500m SC		Final
181	18:00	Girls – 17	DISCUS - 1 kg		Final
182	18:00	Girls-17 (LSEN)	DISCUS – 1 kg		Final
		Medal Presentation			
183	18:00	Girls – 19	LJ	Area A	Final
184	18:00	Boys – 17	TJ- 11 m	Area B	Final
185	18:00	Boys – 14	JAVELIN 600gr		Final
186	18:00	Girls- 14	HJ	Area A	Final
		Medal Presentation			
187	18:10	Boys – 15	3000m		Final
188	18:10	Boys -14 (LSEN)	DISCUS 1kg		Final
189	18:10	Boys 14	Discus – 1kg		Final
190	18:10	Girls– 17	TJ - 9m	Area A	Final
191	18:10	Girls- 15	TJ - 9m	Area B	Final
192	18:10	Boys – 17	HJ	Area B	Final
193	18:10	Boys – 17	SP - 5 kg	Circle B	Final
194	18:10	Boys- 17	JAVELIN-700gr		Final
195	18:10	Girls-15	DISCUS (1kg)		Final
196	18:20	Boys – 17	2000m SC -		Final
197	18:30	Girls – 17	2000m SC		Final



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DAY 3 – SATURDAY, 05 MARCH 2022

198	17:00	Boys – 19	5000m		Final
199	17:00	Boys – 19 (LSEN)	5000m		Final
200	17:20	Girls 17	5km Walk		Final
201	18:00	Girls 19	10km Walk		Final
202	18:00	Boys 19	10km Walk		Final
203	18:00	Boys 17	10km Walk		Final