



**BOLAND ATHLETICS, BOLAND SCHOOLS, & LSEN YOUTH & JUNIOR TRACK & FIELD CHAMPIONSHIPS**

**THURSDAY 23, FRIDAY 24, & SATURDAY 25 FEBRUARY 2023 AT DAL JOSAPHAT STADIUM IN PAARL**

**THURSDAY MORNING 23 FEBRUARY 2023**

No	Time	Event	Age	H/F	Tech	Place
1.	09:00	Discus	B 14 LSEN			
2.	09:00	Discus	B 15 LSEN			
3.	09:00	Shot put	G 14 LSEN			
4.	09:00	Shot put	G 15 LSEN			
5.	09:00	Javelin	G 17 LSEN			
6.	09:00	High Jump	B 17 LSEN			
7.	09:00	Long jump	B 19 LSEN			
8.	09:00	Long jump	G 19 LSEN			
9.	09:10	1 500m	G 14 LSEN			
10.	09:10	1 500m	G 15 LSEN			
11.	09:18	1 500m	B 14 LSEN			
12.	09:18	1 500m	B 15 LSEN			
13.	09:25	1 500m	G 17 LSEN			
14.	09:30	Long jump	G 17 LSEN			
15.	09:30	Shot put	G 19 LSEN			
16.	09:30	Javelin	B 19 LSEN			
17.	09:33	1 500m	B 17 LSEN			
18.	09:40	1 500m	G 19 LSEN			
19.	09:45	1 500m	B 19 LSEN			
20.	09:45	High Jump	G 14 LSEN			
21.	09:45	High Jump	G 15 LSEN			
22.	09:45	High Jump	B 14 LSEN			
23.	09:45	High Jump	B 15 LSEN			
24.	09:45	Discuss	B 17 LSEN			
25.	10:00	200 m	G 14 LSEN			
26.	10:03	200 m	B 14 LSEN			
27.	10:08	200 m	G 15 LSEN			
28.	10:12	200m	B 15 LSEN			
29.	10:15	200m	G 17 LSEN			
30.	10:20	Shot put	G 17 LSEN			
31.	10:20	Javelin	B 14 LSEN			
32.	10:20	Javelin	B 15 LSEN			
33.	10:20	200 m	B 17 LSEN			
34.	10:25	200 m	G 19 LSEN			
35.	10:30	200m	B 19 LSEN			
36.	10:30	Discus	G 14 LSEN			
37.	10:30	Discus	G 15 LSEN			
38.	10:30	Long jump	B 17 LSEN			
39.	10:30	High Jump	G 19 LSEN			
40.	10:30	High Jump	B 19 LSEN			
41.	10:45	800 m	G 14 LSEN			
42.	10:50	800 m	B 14 LSEN			
43.	10:54	800 m	G 15 LSEN			
44.	11:00	800 m	B 15 LSEN			
45.	11:00	Long jump	B 14 LSEN			
46.	11:00	Long jump	B 15 LSEN			
47.	11:00	Shot put	B 17 LSEN			
48.	11:00	Javelin	G 19 LSEN			
49.	11:04	800 m	G 17 LSEN			
50.	11:08	800 m	B 17 LSEN			
51.	11:12	800 m	G 19 LSEN			
52.	11:15	800 m	B 19 LSEN			
53.	11:15	Long jump	G 14 LSEN			
54.	11:15	Long jump	G 15 LSEN			
55.	11:15	High jump	G 17 LSEN			
56.	11:15	Discuss	B 19 LSEN			
57.	11:30	Javelin	B 17 LSEN			
58.	11:30	100 m	G 14 LSEN			
59.	11:35	100 m	B 14 LSEN			
60.	11:40	100 m	G 15 LSEN			

61.	11:45	100 m		B 15 LSEN			
62.	11:50	100 m		G 17 LSEN			
63.	11:50	Shot put		B 14 LSEN			
64.	11:50	Shot put		B 15 LSEN			
65.	11:55	100m		B 17 LSEN			
66.	12:00	Discus		G 19 LSEN			
67.	12:00	100m		G 19 LSEN			
68.	12:05	100 m		B 19 LSEN			
69.	12:15	Javelin		G 14 LSEN			
70.	12:15	Javelin		G 15 LSEN			A
71.	12:30	Discus		G 17 LSEN			A
72.	12:30	Shot put		B 19 LSEN			A
73.	12:30	400 m		G 14 LSEN			
74.	12:34	400 m		B 14 LSEN			
75.	12:38	400 m		G 15 LSEN			
76.	12:42	400 m		B 15 LSEN			
77.	12:46	400 m		G 17 LSEN			
78.	12:50	400 m		B 17 LSEN			
79.	12:54	400 m		G 19 LSEN			
80.	12:58	400 m		B 19 LSEN			

### THURSDAY AFTERNOON, 23 FEBRUARY 2023

81.	13:30	Pole Vault		G 14-15	Final		A
82.	13:30	Hammer Throw		G-14 & 15	Final	3kg	
83.	14:10	300m Hurdles		G 14	Heats	76,2 cm	
84.	14:15	300m Hurdles		G 15	Heats	76,2 cm	
85.	14:20	400m Hurdles		G 17	Heats	76,2 cm	
86.	14:25	400m Hurdles		G 19	Heats	76,2 cm	
87.	14:35	300m Hurdles		B 14	Heats	84,0 cm	
88.	14:40	300m Hurdles		B 15	Heats	84,0 cm	
89.	14:40	Hammer Throw		B- 14 &15	Final	4 kg	
90.	14:40	Pole Vault		G-17	Final		
91.	14:45	400m Hurdles		B 17	Heats	84,0 cm	
92.	14:50	400m Hurdles		B 19	Heats	91,4cm	
93.	15:00	3000m		G 15	Final		
94.	15:15	3000m		B 15	Final		
95.	15:30	3000m		G-19	Final		
96.	15:50	Hammer Throw		G-17	Final	3kg	
97.	16:30	Pole Vault		G-19	Final		
98.	16:30	300m Hurdles		G-14	Final	76,2 cm	
99.	16:38	300m Hurdles		G-15	Final	76,2 cm	
100.	16:45	400m Hurdles		G-17	Final	76,2 cm	
101.	17:52	400m Hurdles		G-19	Final	76,2 cm	
102.	17:00	Hammer Throw		B-17	Final	5kg	
103.	17:00	300m Hurdles		B-14	Final	84,0 cm	
104.	17:08	300m Hurdles		B-15	Final	84,0 cm	
105.	17:16	400m Hurdles		B-17	Final	84,0 cm	
106.	17:22	400m Hurdles		B-19	Final	91,4cm	
107.	17:30	10000m Walk		B-17	Final		
108.	17:30	10000m Walk		B-19	Final		
109.	17:30	10000m Walk		G-19	Final		

### FRIDAY AFTERNOON 24 FEBRUARY 2023

No	Time	Event		Age	H/F	Tech	Place
110.	13:30	Hammer Throw		G-19	Final	4kg	
111.	13:30	Pole Vault		B-14-15	Final		
112.	13:30	Javelin		G-17	Final	500g	
113.	14:00	90m Hurdles		G-14	Final	76,2 cm	
114.	14:05	90m Hurdles		G-15	Final	76,2 cm	
115.	14:15	100m Hurdles		G-17	Final	76,2 cm	
116.	14:25	100m Hurdles		B-14	Final	84,0 cm	
117.	14:30	100m Hurdles		B-15	Final	84,0 cm	
118.	14:35	100m Hurdles		G-19	Final	84,0 cm	Pit A
119.	14:40	Pole Vault		B-17	Final		
120.	14:40	Hammer Throw		B-19	Final	6kg	
121.	14:45	110m Hurdles		B-17	Heats	91,4cm	
122.	14:55	110m Hurdles		B-19	Heats	99,5cm	
123.	15:00	800m		G-14	Final		
124.	15:07	800m		B-14	Final		
125.	15:14	800m		G-15	Final		
126.	15:21	800m		B-15	Final		
127.	15:28	800m		G-17	Final		
128.	15:30	Javelin		B-17	Final	700g	

129.	15:35	800m		B-17	Final		
130.	15:42	800m		G-19	Final		
131.	15:50	Discus		B-19	Final	6kg	
132.	15:50	800m		B-19	Final		
133.	16:05	90m Hurdles		G-14	Heats	76,2 cm	
134.	16:10	90m Hurdles		G-15	Heats	76,2 cm	
135.	16:15	100m Hurdles		G-17	Heats	76,2 cm	
136.	16:25	100m Hurdles		B-14	Heats	84,0 cm	
137.	16:30	Pole Vault		B-19	Final		
138.	16:30	Javelin		G-14	Final	500g	
139.	16:30	100m Hurdles		B-15	Final	84,0 cm	
140.	16:35	100m Hurdles		G-19	Final	84,0 cm	
141.	16:45	110m Hurdles		B-17	Final	91,4cm	
142.	16:55	110m Hurdles		B-19	Final	99,5cm	
143.	17:00	Discus		G-19	Final	1kg	
144.	17:05	3000m		G-17	Final		
145.	17:19	3000m		B-17	Final		
146.	17:19	3000m		B 17 LSEN	Final		
147.	17:33	5000m		G-19	Final		
148.	17:50	5000m		B-19	Final		
149.	17:50	5000m		B 19 LSEN	Final		

### SATURDAY 25 FEBRUARY 2023

No	Time	Event		Age	H/F	Tech	Place
150.	07:15	5000m Walk		G-17	Final		
151.	07:15	5000m Walk		G-15	Final		
152.	07:15	5000m Walk		B-15	Final		
153.	08:00	1500m SC		G 14 &15	Final	76,2cm	
154.	08:00	Discus		G 15	Final	1kg	
155.	08:00	Shot Put		G 14	Final	3 kg	Pit A
156.	08:00	Shot Put		B 14	Final	4 kg	Pit B
157.	08:00	Javelin		G 19	Final	600 g	Pit A
158.	08:00	Long Jump		G 14	Final		Pit A
159.	08:00	Long Jump		B 14	Final		Pit B
160.	08:00	Triple Jump		B 19	Final	13 m	Pit C
161.	08:00	High Jump		B 17	Final		Pit A
162.	08:00	High Jump		G 19	Final		Pit B
163.	08:10	1500m SC		B 14 &15	Final	76,2cm	
164.	08:20	100m		G 14	Heats		
165.	08:30	100m		B 14	Heats		
166.	08:40	100m		G 15	Heats		
167.	08:45	100m		B 15	Heats		
168.	08:55	100m		G 17	Heats		
169.	09:00	100m		B 17	Heats		
170.	09:05	100m		G 19	Heats		
171.	09:10	100m		B 19	Heats		
172.	09:25	Triple Jump		G 19	Final	9 m	Pit C
173.	09:25	Discus		B-14	Final	1kg	
174.	09:25	Javelin		B19	Final	800 g	Pit A
175.	09:25	400m		G 14	Heats		
176.	09:35	400m		B 14	Heats		
177.	09:45	400m		G 15	Heats		
178.	09:55	400m		B 15	Heats		
179.	10:00	Shot Put		G 15	Final	3 kg	Pit A
180.	10:00	Shot Put		B 15	Final	4kg	Pit B
181.	10:00	High Jump		G 17	Final		Pit A
182.	10:00	High Jump		B 19	Final		Pit B
183.	10:00	Long Jump		G 15	Final		Pit A
184.	10:00	Long Jump		B 15	Final		Pit B
185.	10:00	400m		G 17	Heats		
186.	10:07	400m		B 17	Heats		
187.	10:14	400m		G-19	Heats		
188.	10:20	400m		B-19	Heats		
189.	10:30	2000m SC		G 17	Final	76,2cm	
190.	10:43	2000m SC		B 17	Final	76,2cm	
191.	10:45	Triple Jump		G 17	Final	9 m	Pit C
192.	10:55	3000m SC		G 19	Final	76,2cm	
193.	11:00	Javelin		B14	Final	600 g	Pit A
194.	11:00	Discus		G 17	Final	1kg	
195.	11:10	3000m SC		B 19	Final	91,4cm	

196.	11:20	200m		G-14	Heats		
197.	11:30	200m		B-14	Heats		
198.	11:25	200m		G 15	Heats		
199.	11:35	200m		B 15	Heats		
200.	11:40	High Jump		G 15	Final		Pit A
201.	11:40	High Jump		B 15	Final		Pit B
202.	11:40	Long Jump		G 17	Final		Pit A
203.	11:40	Long Jump		B 17	Final		Pit B
204.	11:40	Triple Jump		B 14 &15	Final	11 m	Pit C
205.	11:40	Shot Put		G 17	Final	3 kg	Pit A
206.	11:40	Shot Put		B 17	Final	5kg	Pit B
207.	11:45	200m		G 17	Heats		
208.	11:50	200m		B 17	Heats		
209.	12:10	200m		G 19	Heats		
210.	12:20	200m		B 19	Heats		

### INTERVAL

No	Time	Event		Age	H/F	Tech	Place
211.	13:00	Discus		G 14	Final	1kg	
212.	13:00	Javelin		B -15	Final	600 g	Pit A
213.	13:00	High Jump		G-14	Final		Pit A
214.	13:00	High Jump		B- 14	Final		Pit B
215.	13:00	Long Jump		G-19	Final		Pit A
216.	13:00	Long Jump		B-19	Final		Pit B
217.	13:00	Triple Jump		G-14 &15	Final	9 m	Pit C
218.	13:00	Shot Put		G 19	Final	3 kg	Pit A
219.	13:00	Shot Put		B 19	Final	5 kg	Pit B
220.	13:00	100m		G14	Final		
221.	13:10	100m		B 14	Final		
222.	13:15	100m		G 15	Final		
223.	13:20	100m		B 15	Final		
224.	13:25	100m		G 17	Final		
225.	13:35	100m		B 17	Final		
226.	13:40	100m		G 19	Final		
227.	13:45	100m		B 19	Final		
228.	14:30	Discus		B 17	Final	1.5kg	
229.	14:30	Triple Jump		B-17	Final	11 m	Pit C
230.	14:00	400m		G 14	Final		
231.	14:07	400m		B 14	Final		
232.	14:15	400m		G 15	Final		
233.	14:22	400m		B 15	Final		
234.	14:30	400m		G 17	Final		
235.	14:35	400m		B 17	Final		
236.	14:40	400m		G 19	Final		
237.	14:50	400m		B 19	Final		
238.	15:00	Discus		B 15	Final	1.5kg	
239.	15:00	Javelin		G 15	Final	600g	
240.	15:00	1500m		G 14	Final		
241.	15:10	1500m		B 14	Final		
242.	15:20	1500m		G 15	Final		
243.	15:30	1500m		B 15	Final		
244.	15:35	1500m		G 17	Final		
245.	15:40	1500m		B 17	Final		
246.	16:45	1500m		G 19	Final		
247.	16:55	1500m		B 19	Final		
248.	17:10	200m		G 14	Final		
249.	17:15	200m		B 14	Final		
250.	17:20	200m		G 15	Final		
251.	17:25	200m		B 15	Final		
252.	17:30	200m		G 17	Final		
253.	17:35	200m		B 17	Final		
254.	17:40	200m		G 19	Final		
255.	17:45	200m		B 19	Final		



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