



**BOLAND ATHLETICS TRACK AND FIELD SUMMER LEAGUE 2 PROGRAMME  
FRIDAY 24 JANUARY 2025 AT DAL JOSAPHAT STADIUM IN PAARL**

- Entry Fee: R40-00 (ALL Athletes, Coaches and Spectators. Spectators up to 10years old R20-00).
- Any socially acceptable clothing can be worn during competition, as long as the athlete wears a license number.
- License numbers is a prerequisite (2024 Permanent Licence Numbers).  
Temporary Licence Numbers will be available at the track at R30-00
- To enter please fill in the link provided below. **No entries will be accepted after the due date.**
- Trials: All Field events – **SIX** trials. (Only if it is less than 8 athletes)
- **Athletes can only enter via a Registered Club or Schools.**
- Athletes born in 2009 and earlier may enter for senior events.
- **Deadline for all entries is at 12:00 on Thursday 23 January 2025.**
- Please download this document before you click on the link below to enter for the event.

[https://docs.google.com/forms/d/e/1FAIpQLSdUMMBJpYlcsZ-h0jgSBt--EFao8ZFK\\_EIZDrfaJ9v-l4tXDQ/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSdUMMBJpYlcsZ-h0jgSBt--EFao8ZFK_EIZDrfaJ9v-l4tXDQ/viewform?usp=header)

FRIDAY 24 JANUARY 2025			
1	17:00	PV	Girls u/16, u/18, u/20 u/23 & Senior Women
2	17:00	3000mSC	u/20 u/23 & Senior Men/Women
3	17:30	2000mSC	Girls u/18 & Boys u/18
4	17:45	1500mSC	Girls u/16 & Boys u/16
5	18:00	HJ	Boys u/16, u/18, u/20 u/23 & Senior Men
6	18:00	LJ	Girls u/16, u/18, u/20 u/23 & Senior Women
7	18:00	JT	Boys u/16, u/18, u/20 u/23 & Senior Men
8	18:00	HT	Girls u/16, u/18, u/20 u/23 & Senior Women
9	18:00	TJ	Boys u/16, u/18, u/20 u/23 & Senior Men
10	18:05	60m	Girls (7,8,9,10,11,12 &13)
11	18:10	60m	Boys (7,8,9,10,11,12 &13)
12	18:15	200m	Girls (u/13)
13	18:25	200m	Boys (u/13)
14	18:35	200m	Girls u/16, u/18, u/20 u/23 & Senior Women
15	18:45	200m	Boys u/16, u/18, u/20 u/23 & Senior Men
16	18:50	800m	Girls u/16, u/18, u/20 u/23 & Senior Women
17	19:05	800m	Boys u/16, u/18, u/20 u/23 & Senior Men
18	19:05	HJ	Girls u/16, u/18, u/20 u/23 & Senior Women
19	19:05	JT	Girls u/16, u/18, u/20 u/23 & Senior Women
20	19:05	LJ	Boys u/16, u/18, u/20 u/23 & Senior Men
21	19:05	HT	Boys u/16, u/18, u/20 u/23 & Senior Men
22	19:05	TJ	Girls u/16, u/18, u/20 u/23 & Senior Women
23	19:15	80m	Girls (7,8,9,10 &11)
24	19:25	80m	Boys (7,8,9,10 &11)
25	19:30	1500m	Girls u/16, u/18, u/20 u/23 & Senior Women
26	19:40	1500m	Boys u/16, u/18, u/20 u/23 & Senior Men
27	19:50	150m	Girls (12)
28	20:00	150m	Boys (12)
29	20:10	400m	Girls u/16, u/18, u/20 u/23 & Senior Women
30	20:15	400m	Boys u/16, u/18, u/20 u/23 & Senior Men