



## BOLAND ATHLETICS TRACK AND FIELD SUMMER LEAGUE 4

FRIDAY 21 FEBRUARY 2025, DAL JOSAPHAT STADIUM, PAARL

- Entry fee: R40.00 (ALL Athletes, coaches and Spectators), Grade R and younger R20.
- 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 will be excepted till the end of Feb 2025).
- Temporary numbers will be available at the track: R30.00
- To enter please fill in the link provided. **No entries will be accepted after the due date.** Trials: All Field events – **SIX** trials. (Only if it is less than 8 athletes)
- **An athlete can only enter via a club or schools.**
- **Athletes must compete in the events/ age groups they are entered for.**
- Athletes born in 2009 and earlier may enter for senior events.
- Deadline for all entries is at 18h00 on Thursday 20 February 2025.

[https://docs.google.com/forms/d/e/1FAIpQLSfmA3lca2ucz5\\_cbV9CvnYud6DEixRwmLJc3vIFsdZly5OEFQ/viewform?usp=dialog](https://docs.google.com/forms/d/e/1FAIpQLSfmA3lca2ucz5_cbV9CvnYud6DEixRwmLJc3vIFsdZly5OEFQ/viewform?usp=dialog)

| FRIDAY, 21 FEBRUARY 2025 |       |       |  |
|--------------------------|-------|-------|--|
| 1                        | 17:00 | PV    | Men/Women                                  |
| 2                        | 18:00 | 5000m | Boys u/16, u/18, u/20 u/23 & Senior Men    |
| 3                        | 18:30 | 5000m | Girls u/16, u/18, u/20 u/23 & Senior Women |
| 4                        | 18:30 | HJ    | Boys u/16, u/18, u/20 u/23 & Senior Men    |
| 5                        | 18:30 | LJ    | Girls u/16, u/18, u/20 u/23 & Senior Women |
| 6                        | 18:30 | JT    | Boys u/16, u/18, u/20 u/23 & Senior Men    |
| 7                        | 18:30 | SP    | Girls u/16, u/18, u/20 u/23 & Senior Women |
| 8                        | 18:30 | HT    | Girls u/16, u/18, u/20 u/23 & Senior Women |
| 9                        | 19:05 | 200m  | Girls u/16, u/18, u/20 u/23 & Senior Women |
| 10                       | 19:15 | 200m  | Boys u/16, u/18, u/20 u/23 & Senior Men    |
| 11                       | 19:25 | 800m  | Girls u/16, u/18, u/20 u/23 & Senior Women |
| 12                       | 19:30 | HJ    | Girls u/16, u/18, u/20 u/23 & Senior Women |
| 13                       | 19:30 | JT    | Girls u/16, u/18, u/20 u/23 & Senior Women |
| 14                       | 19:30 | LJ    | Boys u/16, u/18, u/20 u/23 & Senior Men    |
| 15                       | 19:30 | SP    | Boys u/16, u/18, u/20 u/23 & Senior Men    |
| 16                       | 19:30 | HT    | Boys u/16, u/18, u/20 u/23 & Senior Men    |
| 17                       | 19:40 | 800m  | Boys u/16, u/18, u/20 u/23 & Senior Men    |
| 18                       | 19:50 | 400m  | Girls u/16, u/18, u/20 u/23 & Senior Women |
| 19                       | 20:00 | 400m  | Boys u/16, u/18, u/20 u/23 & Senior Men    |
|                          |       |       |  |