



WESTERN PROVINCE MASTERS ATHLETICS

PROGRAM OF EVENTS SATURDAY 13 APRIL 2019

TRACK			
1.	07:30	5000m Race-Walk	(W)
2.	08:30	5000m Race-Walk	(M)
3.	09:30	5000m	(W/M)
4.	10:30	200m	(W/M)
5.	11:30	800m	(W/M)
6.	12:00	80m Hurdles	(W/M)
7.		100m Hurdles	(W/M)
8.		110m Hurdles	(M)

FIELD			
15.	07:30	Hammer Throw	(M)
16.	08:30	High Jump	(M)
17.	10:00	High Jump	(W)
18.	10:15	Hammer Throw	(W)
19.		Shot Put	(M)
20.	11:00	Triple Jump	(W/M)
21.	11:30	Discus Throw	(M)
22.		Shot Put	(W)
23.	12:00	Pole Vault	(W/M)

LUNCH: 12:30 – 13:15

TRACK			
9.	13:15	100m	(W/M)
10.	14:15	400m Hurdles	(W/M)
11.		300m Hurdles	(W/M)
12.		200m Hurdles	(W/M)
13.	15:00	1500m	(W/M)
14.	16:15	400m	(W/M)

FIELD			
24.	13:15	Long Jump	(M)
25.		Discus Throw	(W)
26.	14:15	Long Jump	(W)
27.	14:45	Javelin Throw	(M)
28.		Weight Throw	(W)
29.	16:15	Weight Throw	(M)
30.		Javelin Throw	(W)

NB

- * No steeple-chase events due to water shortage, but masters athletes can however enter the steeple-chase in the Senior W.P.A Championships.
- * Please refer to website www.wpa.org.za (click on masters) for WMA/SAMA technical specifications regarding hurdles heights/distances and for weights in throwing events.