

**CENTRAL GAUTENG ATHLETICS
TRACK AND FIELD
FULL DAY OPEN PROGRAM**

TRACK EVENTS

TIME	EVENT		AGE GROUP
08h30	5000M Walk	19-Oct	Boys/Girls 15 and Older
09H30	5000M	19-Oct	Boys/Girls 15 and Older
10H30	100M		Boys/Girls 11
			BOYS/GIRLS 13
			WOMEN
			JUNIOR GIRLS
			YOUTH,JUNIOR BOYS
11H30	600M		BOYS 9
			GIRLS 9
12H00	800M		BOYS 13 & MASTER MEN
			BOYS 15
			GIRLS 13 & MASTER WOMEN
			GIRLS 15
			YOUTH GIRLS
			YOUTH BOYS
			JUNIOR GIRLS
			JUNIOR BOYS
13H00	70M HURDLES		GIRLS 11
			BOYS 11
	75M HURDLES		GIRLS 13
	80M HURDLES		BOYS 13
	90M HURDLES		GIRLS 15 & MASTER WOMEN
	100M HURDLES		BOYS 15 & MASTER MEN
			YOUTH GIRLS
			JUNIOR
	110M HURDLES		YOUTH BOYS
			JUNIOR BOYS
14H00	200M HURDLES	19-Oct	BOYS & GIRLS 13
	300M HURDLES	19-Oct	BOYS & GIRLS 15
14H30	400M		GIRLS 13, 15 & MASTERS
			BOYS 13, 15 & MASTERS
			YOUTH WOMEN
			YOUTH MEN
			JUNIOR WOMEN
			JUNIOR MEN
			SENIOR WOMEN
			SENIOR MEN

15H30	60M		GIRLS 5/7 & 9
			BOYS 5/7 & 9
	80M		GIRLS 9 & 11
			BOYS 9 & 11
16H30	200M		GIRLS 13
			BOYS 13
			GIRLS 15
			BOYS 15
			YOUTH, JUNIOR GIRLS
			YOUTH, JUNIOR BOYS
17H30	1200M		BOYS & GIRLS 11
17H45	1500M		BOYS13/15
			GIRLS 13/15
			YOUTH, JUNIOR
			YOUTH, JUNIOR
FIELD EVENTS			
Time	Event		Age Group
08H30	LONG JUMP		GIRLS 11
	HIGH JUMP		BOYS 11
	SHOT PUT		GIRLS 15
09H30	DISCUS		GIRLS 13/ 15
	SHOT PUT		YOUTH/ JUNIOR WOMEN
10H30	LONG JUMP		GIRLS 13
	HIGH JUMP		YOUTH, JUNIOR WOMEN
	SHOT PUT		GIRLS 15
11H30	LONG JUMP		BOYS 13
	HIGH JUMP		GIRLS 11
	DISCUS		BOYS 13/ 15/ YOUTH/ JUNIOR MEN
12H30	LONG JUMP		BOYS 15/YOUTH/ JUNIOR MEN
	HIGH JUMP		BOYS 15
	JAVELIN		GIRLS 13/ 15/ YOUTH WOMEN
13H30	LONG JUMP		GIRLS 15
	HIGH JUMP		BOYS 13
	JAVELIN		BOYS 13/ 15/ YOUTH WOMEN
14H30	HIGH JUMP		GIRLS 13/ 15
	TURBO JAV		GIRLS 9 & 11
	SHOT PUT		BOYS 15
15H30	LONG JUMP		BOYS 11
	SHOT PUT		BOYS 11 & 13
	TURBO JAV		BOYS 9
16H30	TURBO JAV		BOYS 11
	HAMMER		ALL