



**CENTRAL GAUTENG ATHLETICS
DEVELOPMENT TRACK AND FIELD
21 SEPTEMBER 2019**

TRACK EVENTS

Time	EVENT	Age Group
08h30	1500M Walk	ALL - ROAD vs. TRACK
	5000M Walk	ALL - ROAD vs. TRACK
09h30	200M	Boys/Girls 13 SUB-YOUTH, YOUTH GIRLS & BOYS
10h00	600M	BOYS 9 GIRLS 9
10h45	800M	BOYS 13, 15 GIRLS 13, 15
11H30	3000M	YOUTH BOYS & GIRLS SUB YOUTH BOYS AND GIRLS 15
12h00	70M HURDLES	GIRLS & BOYS 11
	75M HURDLES	GIRLS 13
	80M HURDLES	BOYS 13
	90M HURDLES	GIRLS 15
	100M HURDLES	BOYS 15 YOUTH GIRLS
	110M HURDLES	YOUTH BOYS
12h30	200M HURDLES	BOYS & GIRLS 13
	300M HURDLES	BOYS & GIRLS 15
	400M HURDLES	YOUTH WOMEN YOUTH MEN
13h00	60M	GIRLS 5/7 & 9 BOYS 5/7 & 9
	80M	GIRLS 9 & 11

		BOYS 11 & 9
14h00	100M	YOUTH MEN
		YOUTH WOMEN
		BOYS & GIRLS 15
		BOYS & GIRLS 13
		BOYS & GIRLS 11
15h00	1200M	BOYS & GIRLS 11
	1500M	BOYS13/15
		GIRLS 13/15
		YOUTH WOMEN
		YOUTH MEN
16h00	400M	GIRLS 15
		BOYS 15
		YOUTH WOMEN/MEN

FIELD EVENTS

Time	Event	Age Group
08h30	LONG JUMP	GIRLS 11
	HIGH JUMP	BOYS 11
	SHOT PUT	GIRLS 13/ 15
09h30	DISCUS	GIRLS 13/ 15/ YOUTH WOMEN
	SHOT PUT	YOUTH WOMEN
10h30	LONG JUMP	GIRLS 13 &15
	HIGH JUMP	YOUTH WOMEN
	SHOT PUT	YOUTH MEN
11h30	LONG JUMP	BOYS 13/ 15
	HIGH JUMP	GIRLS 11
	DISCUS	BOYS 13/ 15/ YOUTH MEN
12h30	LONG JUMP	YOUTH MEN
	HIGH JUMP	YOUTH MEN
	JAVELIN	GIRLS 13/ 15/ YOUTH WOMEN
13h30	LONG JUMP	YOUTH WOMEN
	HIGH JUMP	BOYS 13 & 15

	JAVELIN	BOYS 13/ 15/ YOUTH MEN
14h30	HIGH JUMP	GIRLS 13/ 15
	TURBO JAV	GIRLS 9 & 11
	TRIPLE JUMP	YOUTH WOMEN
15h30	LONG JUMP	BOYS 11
	SHOT PUT	BOYS 9/ 11/ 13 & 15
	TURBO JAV	BOYS 9 & 11
16h30	TRIPLE JUMP	YOUTH MEN
	HAMMER	BOYS AND GIRLS 15