

**CENTRAL GAUTENG ATHLETICS
TRACK AND FIELD 2019
OPEN MEETING PROGRAMME**

TRACK EVENTS

TIME	EVENT	AGE GROUP (MASTERS COMPETE AT THEIR LEISURE)	COMMENTS
08H30	3000M Walk	ALL - ROAD vs. TRACK	ONLY FOR 5 Oct
	5000M Walk		ONLY FOR 19 Oct
09H30	3000M	BOYS & GIRLS 13,15 & MASTER MEN & WOMEN	ONLY FOR 5 Oct
		YOUTH, JUNIOR MEN & SENIOR MEN	
		YOUTH, JUNIOR WOMEN & SENIOR WOMEN	
	5000M		ONLY FOR 19 Oct
10H00	100M	GIRLS 11	
		BOYS 11	
		GIRLS 13	
		BOYS 13	
		SUB-YOUTH, YOUTH GIRLS & MASTER WOMEN	
		MASTER WOMEN	
		JUNIOR GIRLS	
		JUNIOR BOYS	
		SENIOR WOMEN	
		SENIOR MEN	
10H45	600M	BOYS 9	
		GIRLS 9	
11H00	800M	BOYS 13 & MASTER MEN	
		BOYS 15	
		GIRLS 13 & MASTER WOMEN	
		GIRLS 15	
		YOUTH GIRLS	
		YOUTH BOYS	
		JUNIOR GIRLS	
		JUNIOR BOYS	
		SENIOR WOMEN	
		SENIOR MEN	
11H30	70M HURDLES	GIRLS 11	
		BOYS 12	
	75M HURDLES	GIRLS 13	
	80M HURDLES	BOYS 13	

	90M HURDLES	GIRLS 15	
	100M HURDLES	BOYS 15 & MASTER MEN	
		YOUTH GIRLS & MASTER WOMEN	
		JUNIOR GIRLS	
		SENIOR WOMEN	
	110M HURDLES	YOUTH BOYS	
		JUNIOR BOYS	
		SENIOR MEN	
13H00	1500M STEEPLE CHASE	BOYS 13/ GIRLS 13 & MASTERS 60+	ONLY FOR 5 Oct
	2000M STEEPLE CHASE	YOUTH BOYS, YOUTH GIRLS & MASTERS WOMEN	ONLY FOR 5 Oct
	3000M STEEPLE CHASE	JUNIOR, SENIOR WOMEN & MASTERS	ONLY FOR 5 Oct
		JUNIOR, SENIOR MEN & MASTERS	ONLY FOR 5 Oct
	200M HURDLES	BOYS & GIRLS 13	ONLY FOR 19 Oct
	300M HURDLES	BOYS & GIRLS 15	ONLY FOR 19 Oct
	400M HURDLES	YOUTH, JUNIOR WOMEN, MASTERS & SENIOR WOMEN	ONLY FOR 19 Oct
		YOUTH, JUNIOR MEN, MASTERS & SENIOR MEN	
	60M	GIRLS 5/7 & 9	
		BOYS 5/7 & 9	
	80M	GIRLS 9 & 11	
15H00	200M	GIRLS 13	
		BOYS 13	
		GIRLS 15	
		BOYS 15	
		YOUTH, JUNIOR, SENIOR WOMEN	
		YOUTH, JUNIOR, SENIOR MEN	
	1200M	BOYS & GIRLS 11	
	1500M	BOYS13/15 & MASTERS MEN	
		GIRLS 13/15 & MASTERS WOMEN	
		YOUTH, JUNIOR & SENIOR WOMEN	
		YOUTH, JUNIOR & SENIOR MEN	
	400M	GIRLS 15 & MASTERS	
		BOYS 15 & MASTERS	
		YOUTH WOMEN	
		YOUTH MEN	
		JUNIOR WOMEN	
		JUNIOR MEN	
		SENIOR WOMEN	

		SENIOR MEN	
FIELD EVENTS			
Time	Event	Age Group (Masters compete at their leisure)	COMMENTS
08H30	LONG JUMP	GIRLS 9 & 11	
	HIGH JUMP	BOYS 9 & 11	
	SHOT PUT	GIRLS 9/ 13/ 15	
09H30	DISCUS	GIRLS 13/ 15	
	SHOT PUT	YOUTH/ JUNIOR/ SENIOR WOMEN	
10H30	LONG JUMP	GIRLS 13 & 15	
	HIGH JUMP	YOUTH, JUNIOR & SENIOR WOMEN	
	SHOT PUT	YOUTH, JUNIOR & SENIOR MEN	
11H30	LONG JUMP	BOYS 13/ 15	
	HIGH JUMP	GIRLS 11	
	DISCUS	BOYS 13/ 15/ YOUTH/ JUNIOR & SENIOR MEN	
12H30	LONG JUMP	YOUTH/ JUNIOR & SENIOR MEN	
	HIGH JUMP	YOUTH/ JUNIOR & SENIOR MEN	
	JAVELIN	GIRLS 13/ 15/ YOUTH/ JUNIOR & SENIOR WOMEN	
13H30	LONG JUMP	YOUTH/ JUNIOR & SENIOR WOMEN	
	HIGH JUMP	BOYS 13 & 15	
	JAVELIN	BOYS 13/ 15/ YOUTH/ JUNIOR & SENIOR WOMEN	
14H30	HIGH JUMP	GIRLS 13/ 15	
	TURBO JAV	GIRLS 9 & 11	
	TRIPLE JUMP	YOUTH/ JUNIOR & WOMEN	
15H30	LONG JUMP	BOYS 9 & 11	
	SHOT PUT	BOYS 9/ 11/ 13 & 15	
	TURBO JAV	BOYS 9 & 11	
16H30	TRIPLE JUMP	YOUTH/ JUNIOR & SENIOR MEN	
	HAMMER	ALL	