



**CENTRAL GAUTENG
ATHLETICS**

**CGA OPEN MEET ONE PROGRAM
BOKSBURG STADIUM**

ATHELETES AND COACHES PROGRAM

20 FEBRUARY 2021

8:30

CLOSING DATE 18 FEBRUARY 2020 MIDNIGHT

**The final program will be published once we have final
confirmation of numbers**

Entry form links:

Note restrictions : 10 to 39 years old and two events per athlete

Athletes : <https://tinyurl.com/20feb2021Athletes>

Coaches : <https://tinyurl.com/coaches20feb>

Registrations(Athletes) :

<https://tinyurl.com/20febathletesregistrations>

Registrations(Coaches) :

<https://tinyurl.com/20febcoachesregistrations>

**Meeting :CGA OPEN MEET ONE
on 2021/01/20 at BOKSBURG STADIUM**



PROGRAM

Performance Scores: ASA_2020 table, Electronic Time, Height above sea=1600

Seq	Time	Pit	Event	Next	Spec
1	08:30		Final Women 25 5000m		
1	08:30		Final Girls 19 5000m		
2	09:00		Final Boys 19 5000m		
3	09:20		Final Men 25 5000m		
4	09:40		Final Girls 15 3km Walk		
4	09:40		Final Women 25 3km Walk		
4	09:40		Final Girls 17 3km Walk		
4	09:40		Final Girls 19 3km Walk		
4	09:40		Final Boys 15 3km Walk		
4	09:40		Final Men 25 3km Walk		
4	09:40		Final Boys 17 3km Walk		
4	09:40		Final Boys 19 3km Walk		
5	10:10		Final Girls 17 400m Hurdles		76.2cm
6	10:15		Final Girls 19 400m Hurdles		76.2cm
7	10:20		Final Women 25 400m Hurdles		
8	10:25		Final Boys 17 400m Hurdles		84cm
9	10:30		Final Boys 19 400m Hurdles		91.4cm
10	10:35		Final Men 25 400m Hurdles		
11	10:45		Final Girls 15 300m Hurdles		76.2cm
12	10:50		Final Boys 15 300m Hurdles		84cm
13	11:00		Final Girls 11 1200m		
14	11:05		Final Boys 11 1200m		
15	11:10		Final Girls 13 800m		
16	11:15		Final Girls 15 800m		
17	11:20		Final Girls 17 800m		
18	11:25		Final Girls 19 800m		
19	11:30		Final Women 25 800m		
20	11:35		Final Boys 13 800m		
21	11:40		Final Boys 15 800m		
22	11:45		Final Boys 17 800m		
23	11:50		Final Boys 19 800m		
24	11:55		Final Men 25 800m		
25	12:30		Final Girls 11 100m		
26	12:40		Final Girls 13 100m		
27	12:50		Final Girls 15 100m		
28	13:00		Final Girls 17 100m		
29	13:10		Final Girls 19 100m		
30	13:20		Final Women 25 100m		
31	13:30		Final Boys 11 100m		
32	13:40		Final Boys 13 100m		
33	13:50		Final Boys 15 100m		
34	14:00		Final Boys 17 100m		
35	14:10		Final Boys 19 100m		
36	14:20		Final Men 25 100m		
37	14:45		Final Girls 13 400m		

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38	14:55	Final Girls 15 400m	
39	15:05	Final Girls 17 400m	
40	15:15	Final Girls 19 400m	
41	15:25	Final Women 25 400m	
42	15:35	Final Boys 13 400m	
43	15:45	Final Boys 15 400m	
44	15:55	Final Boys 17 400m	
45	16:05	Final Boys 19 400m	
46	16:15	Final Men 25 400m	
47	08:30	A Final Boys 13 HighJump	
47	08:30	A Final Boys 15 HighJump	
47	08:30	A Final Boys 17 HighJump	
48	08:30	A Final Girls 11 LongJump	
48	08:30	A Final Girls 13 LongJump	
49	08:30	A Final Boys 13 Discus	1kg
49	08:30	A Final Boys 15 Discus	1kg
49	08:30	A Final Boys 17 Discus	1.5kg
50	10:00	A Final Girls 11 HighJump	
50	10:00	A Final Girls 13 HighJump	
50	10:00	A Final Girls 15 HighJump	
50	10:00	A Final Girls 17 HighJump	
51	10:00	A Final Girls 13 Javelin	500g
51	10:00	A Final Girls 15 Javelin	500g
51	10:00	A Final Girls 17 Javelin	500g
52	10:00	A Final Boys 11 LongJump	
52	10:00	A Final Boys 13 LongJump	
53	11:30	A Final Women 25 HighJump	
53	11:30	A Final Girls 19 HighJump	
54	11:30	A Final Women 25 LongJump	
54	11:30	A Final Girls 19 LongJump	
55	11:30	A Final Boys 13 Javelin	600g
55	11:30	A Final Boys 15 Javelin	600g
55	11:30	A Final Men 25 Javelin	
55	11:30	A Final Boys 17 Javelin	700g
55	11:30	A Final Boys 19 Javelin	800g
56	13:30	A Final Girls 15 LongJump	
56	13:30	A Final Girls 17 LongJump	
56	12:30	A Final Boys 19 HighJump	
56	12:30	A Final Men 25 HighJump	
57	13:30	A Final Girls 13 Discus	0.75kg
57	13:30	A Final Girls 15 Discus	1kg
57	13:30	A Final Women 25 Discus	
57	13:30	A Final Girls 17 Discus	1kg
57	13:30	A Final Girls 19 Discus	1kg
58	13:30	A Final Women 25 Javelin	
58	13:30	A Final Girls 19 Javelin	600g
59	14:30	A Final Boys 15 LongJump	
59	14:30	A Final Boys 17 LongJump	
60	14:30	A Final Boys 13 Shotput	4kg

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60	14:30	A	Final Boys 13 Shotput	4kg
60	14:30	A	Final Boys 15 Shotput	4kg
60	14:30	A	Final Men 25 Shotput	
60	14:30	A	Final Boys 17 Shotput	5kg
60	14:30	A	Final Boys 19 Shotput	6kg
61	15:30	A	Final Girls 11 Shotput	2kg
61	15:30	A	Final Girls 13 Shotput	3kg
61	15:30	A	Final Girls 15 Shotput	3kg
61	15:30	A	Final Women 25 Shotput	
61	15:30	A	Final Girls 17 Shotput	3kg
61	15:30	A	Final Girls 19 Shotput	4kg
62	15:30	A	Final Men 25 LongJump	
62	15:30	A	Final Boys 19 LongJump	
63	15:30	A	Final Men 25 Discus	
63	15:30	A	Final Boys 19 Discus	1.75kg

Rules & regulations ASA & World Athletics rules to be followed as well as COVID 19 rules, guidelines & Government Regulations as well as the stadium requirements for each athletics event. COVID rules, guidelines & regulations

The following procedures will take place at the entrance

- Athletes need to report to the call room 30 minutes prior to their event
- No mask no entry • Washing of hands/santizing hands at all events partaking in and entrance of the Stadium as well as bathrooms
- A screening area will be situated at the entrance to the Stadium where all protocols as per Government Regulations and ASA requirements will be met including taking of temperatures/completing health questionnaire before entering the Stadium
- If the temperature of a coach/athlete is higher than 38 degrees, he/she will be isolated along with anyone in a venue/facility designated for this purpose, that is with him/her. Temperature/s will be retaken after a reasonable time and if the temperature of the individual/s remains above 37.4 degrees, he/she and everyone with such an individual, will not be allowed entrance to the Stadium
- Athletes younger than 18, will not be allowed without receiving indemnity form from the parent and must be completed at the gate prior to the event
- Only athletes with permanent ASA/CGA license numbers will be allowed to enter the stadium.
- Only coaches who are accredited with Athletics South Africa/CGA will be allowed to enter the stadium only when their athlete/s participate. Coaches must provide proof of such registration at the screening area.
- As soon as the event of the athlete in question is completed, the coach and athlete must please vacate the Stadium to allow other athletes and coaches to enter to keep the total numbers of people in the Stadium below 250.
- Athletes and coaches can only enter the stadium at the time the athlete received prior to the event.
- No athletes will be allowed to enter on the day of the event
- No spectators will be allowed at the event
- Isolation room will be available
- Covid-19 compliance officer will be onsite