



**CENTRAL GAUTENG  
ATHLETICS**

**CGA OPEN MEET ONE PROGRAM  
BOKSBURG STADIUM**

**ATHELETES AND COACHES PROGRAM**

**13 March 2021**

**8:30**

**Entries open 6 March 2021 midnight, closes 9 March 2021 at 16:00  
or when limit is reached**

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

**Entry form links:**

***Note restrictions : 14 to 39 years old and two events per athlete***

**Athletes : <https://tinyurl.com/13Marchathletesentry>**

**Coaches : <https://tinyurl.com/13march2021coachesentry>**

**Registrations(Athletes) :**

**<https://tinyurl.com/13march2021athleteregistration>**

**Registrations(Coaches) :**

**<https://tinyurl.com/13marchcoachesregistration>**

**PROGRAM**

Performance Scores: ASA\_2020 table, Electronic Time, Height above sea=1600

Seq	Time	Pit	Event	Next	Spec
1	08:30		Final Girls 15 400m		
2	08:40		Final Boys 15 400m		
3	08:50		Final Girls 17 400m		
4	09:00		Final Boys 17 400m		
5	09:10		Final Girls 19 400m		
6	09:20		Final Boys 19 400m		
7	09:30		Final Women 25 400m		
8	09:40		Final Men 25 400m		
9	10:00		Final Girls 15 1500m		
10	10:10		Final Boys 15 1500m		
11	10:20		Final Girls 17 1500m		
12	10:30		Final Boys 17 1500m		
13	10:40		Final Girls 19 1500m		
14	10:50		Final Boys 19 1500m		
15	11:00		Final Women 25 1500m		
15	11:20		Final Men 25 1500m		
16	11:30		Final Girls 17 400m Hurdles		76.2cm
17	11:35		Final Boys 17 400m Hurdles		84cm
18	11:40		Final Girls 19 400m Hurdles		76.2cm
19	11:45		Final Boys 19 400m Hurdles		91.4cm
20	11:50		Final Women 25 400m Hurdles		
21	11:55		Final Men 25 400m Hurdles		
22	12:00		Final Girls 15 300m Hurdles		76.2cm
23	12:05		Final Boys 15 300m Hurdles		84cm
24	12:10		Final Girls 15 800m		
25	12:20		Final Boys 15 800m		
26	12:30		Final Girls 17 800m		
27	12:40		Final Boys 17 800m		
28	12:50		Final Girls 19 800m		
29	13:00		Final Boys 19 800m		
30	13:10		Final Women 25 800m		
31	13:20		Final Men 25 800m		
32	13:40		Heat 1 of 2 Girls 15 100m	(Final=47)	
32	13:40		Heat 2 of 2 Girls 15 100m	(Final=47)	
33	13:50		Heat 1 of 2 Boys 15 100m	(Final=48)	
33	13:50		Heat 2 of 2 Boys 15 100m	(Final=48)	
34	14:00		Heat 1 of 2 Girls 17 100m	(Final=49)	
34	14:00		Heat 2 of 2 Girls 17 100m	(Final=49)	
35	14:10		Heat 1 of 2 Boys 17 100m	(Final=50)	
35	14:10		Heat 2 of 2 Boys 17 100m	(Final=50)	
36	14:20		Heat 1 of 2 Girls 19 100m	(Final=51)	
36	14:20		Heat 2 of 2 Girls 19 100m	(Final=51)	
37	14:30		Heat 1 of 2 Boys 19 100m	(Final=52)	
37	14:30		Heat 2 of 2 Boys 19 100m	(Final=52)	
38	14:40		Heat 1 of 2 Women 25 100m	(Final=53)	



**Meeting :CGA OPEN MEET THREE  
on 2021/03/13 at BOKSBURG STADIUM**



38	14:40	Heat 2 of 2 Women 25 100m	(Final=53)
39	14:50	Heat 1 of 2 Men 25 100m	(Final=54)
39	14:50	Heat 2 of 2 Men 25 100m	(Final=54)
40	15:00	Final Girls 15 3000m	
41	15:15	Final Boys 15 3000m	
42	15:30	Final Girls 17 3000m	
43	15:45	Final Boys 17 3000m	
44	16:00	Final Women 25 3000m	
44	16:00	Final Girls 19 3000m	
45	16:15	Final Boys 19 3000m	
46	16:25	Final Men 25 3000m	
47	16:35	Final Girls 15 100m	
48	16:38	Final Boys 15 100m	
49	16:40	Final Girls 17 100m	
50	16:43	Final Boys 17 100m	
51	16:45	Final Girls 19 100m	
52	16:48	Final Boys 19 100m	
53	16:50	Final Women 25 100m	
54	16:55	Final Men 25 100m	
55	09:00	A Final Boys 15 Shotput	4kg
55	09:00	A Final Boys 17 Shotput	5kg
56	09:00	A Final Boys 15 HighJump	
56	09:00	A Final Boys 17 HighJump	
57	09:00	A Final Girls 15 LongJump	
57	09:00	A Final Girls 17 LongJump	
58	09:00	A Final Girls 15 Discus	1kg
58	09:00	A Final Girls 17 Discus	1kg
59	11:30	A Final Girls 15 HighJump	
59	11:30	A Final Girls 17 HighJump	
60	11:30	A Final Boys 15 LongJump	
60	11:30	A Final Boys 17 LongJump	
61	11:30	A Final Girls 15 Javelin	500g
61	11:30	A Final Women 25 Javelin	
61	11:30	A Final Girls 17 Javelin	500g
61	11:30	A Final Girls 19 Javelin	600g
62	11:30	A Final Men 25 Shotput	
62	11:30	A Final Boys 19 Shotput	6kg
63	13:00	A Final Women 25 LongJump	
63	13:00	A Final Girls 19 LongJump	
64	13:00	A Final Boys 15 Discus	1kg
64	13:00	A Final Men 25 Discus	
64	13:00	A Final Boys 17 Discus	1.5kg
64	13:00	A Final Boys 19 Discus	1.75kg
65	13:00	A Final Women 25 HighJump	
65	13:00	A Final Girls 19 HighJump	
66	13:00	A Final Women 25 Shotput	
66	13:00	A Final Girls 19 Shotput	4kg
67	14:30	A Final Women 25 Discus	
67	14:30	A Final Girls 19 Discus	1kg



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68	14:30	A	Final Men 25 LongJump	
68	14:30	A	Final Boys 19 LongJump	
69	14:30	A	Final Boys 15 Javelin	600g
69	14:30	A	Final Boys 17 Javelin	700g
70	14:30	A	Final Men 25 HighJump	
70	14:30	A	Final Boys 19 HighJump	
71	16:00	A	Final Men 25 Javelin	
71	16:00	A	Final Boys 19 Javelin	800g
72	16:00		Final Women 25 TripleJump	
72	16:00		Final Girls 19 TripleJump	
72	16:00		Final Boys 17 TripleJump	

## 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

100m will be run in a heat and final format