



## Socini CGA Track and Field Regional Program

Venue : West rand(Ruimsig Stadium) Date : 18 Septmber 2021

Venue : Ekurhuleni(Boksburg Stadium) Date : 04 September 2021

Venue : Johannesburg(Ruimsig Stadium) Date : 11 September 2021

Under 16(2006/2007) Only

Date

Event Number	TIME	BOYS		GIRLS	
		TRACK	FIELD	TRACK	FIELD
1	09:00	5000m Walk(all)			
2	09:00		LongJump(all)		
3	09:00				HighJump(all)
4	09:40			3000m Walk(all)	
5	10:00		HighJump(all)		
6	10:00				LongJump(all)
7	10:10	3000m(all)			
8	10:25			3000m(all)	
9	10:40	200m(all)			
10	10:50			200m(all)	
11	11:00		Javelin(all)		
12	11:00				ShotPut(all)
13	11:30	100m Hurdles			
14	11:45			90m Hurdles	
15	12:00		Shotput(all)		
16	12:00				Javelin(all)
17	12:00	100m(all)			
18	12:15			100m(all)	
19	12:30	1500m(all)			
20	12:45			1500m(all)	
21	13:00		Discus(all)		
22	13:00	400m(all)			
23	13:15			400m(all)	
24	13:30	<b>L - U - N - C - H B - R - E - A - K</b>			
24	14:00				Discus(all)
25	14:00	800m(all)			
26	14:15			800m(all)	
26	14:30	Relay races(all)		Relay races(all)	