



CENTRAL GAUTENG
ATHLETICS

**CENTRAL GAUTENG ATHLETICS
TRACK AND FIELD
FULL DAY PROGRAMME**

TRACK EVENTS

	EVENT	AGE GROUP (MASTERS COMPETE AT THEIR LEISURE)
08H30	3000M Walk	ALL - ROAD vs. TRACK
	5000M Walk	
09H30	3000M	BOYS & GIRLS 13,15 & MASTER MEN & WOMEN YOUTH, JUNIOR MEN & SENIOR MEN YOUTH, JUNIOR WOMEN & SENIOR WOMEN
10H00	150M	BOYS 11 GIRLS 11
	200M	Boys/Girls 13 SUB-YOUTH, YOUTH GIRLS & MASTER WOMEN JUNIOR BOYS/ GIRLS SENIOR MEN/WOMEN
10H45	600M	BOYS 9 GIRLS 9
11H00	800M	BOYS 13, 15 & MASTER MEN GIRLS 13, 15 & MASTER WOMEN YOUTH BOYS & GIRLS JUNIOR BOYS & GIRLS SENIOR MEN & WOMEN
11H30	70M HURDLES	GIRLS & BOYS 11
	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+
	2000M STEEPLE CHASE	YOUTH BOYS, YOUTH GIRLS & MASTERS WOMEN
	3000M STEEPLE CHASE	JUNIOR, SENIOR WOMEN & MASTERS JUNIOR, SENIOR MEN & MASTERS
	150M HURDLES	BOYS & GIRLS 12
	200M HURDLES	BOYS & GIRLS 13
	300M HURDLES	BOYS & GIRLS 15
	400M HURDLES	YOUTH, JUNIOR WOMEN, MASTERS & SENIOR WOMEN YOUTH, JUNIOR MEN, MASTERS & SENIOR MEN
	60M	GIRLS 5/7 & 9 BOYS 5/7 & 9
	80M	GIRLS 9 & 11

		BOYS 9 & 11
15H00	100M	BOYS & GIRLS 13
		BOYS & GIRLS 15
		YOUTH, JUNIOR, SENIOR & MASTER WOMEN
		YOUTH, JUNIOR, SENIOR & MASTER MEN
	1200M	BOYS & GIRLS 11
	1500M	BOYS 13/15 & MASTERS MEN
		GIRLS 13/15 & MASTERS WOMEN
		YOUTH, JUNIOR & SENIOR WOMEN
		YOUTH, JUNIOR & SENIOR MEN
	400M	GIRLS 15 & MASTERS
		BOYS 15 & MASTERS
		YOUTH WOMEN/MEN
		JUNIOR WOMEN/MEN
		SENIOR WOMEN
		SENIOR MEN

FIELD EVENTS

Time	Event	Age Group (Masters compete at their leisure)
08H30	LONG JUMP	GIRLS 9 & 11
	HIGH JUMP	BOYS 9 & 11
	SHOT PUT	GIRLS 9/ 13/ 15
09H30	DISCUS	GIRLS 13/ 15/ YOUTH/ JUNIOR & SENIOR WOMEN
	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	BOYS 9/ 11
	DISCUS	GIRLS 13/ 15/ YOUTH/ JUNIOR & SENIOR MEN
12H30	LONG JUMP	YOUTH/ JUNIOR & SENIOR MEN
	HIGH JUMP	BOYS 15/ 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

Please note that 3000m will be on the 30 September and 21 October. On the 7 October it will be 5000m