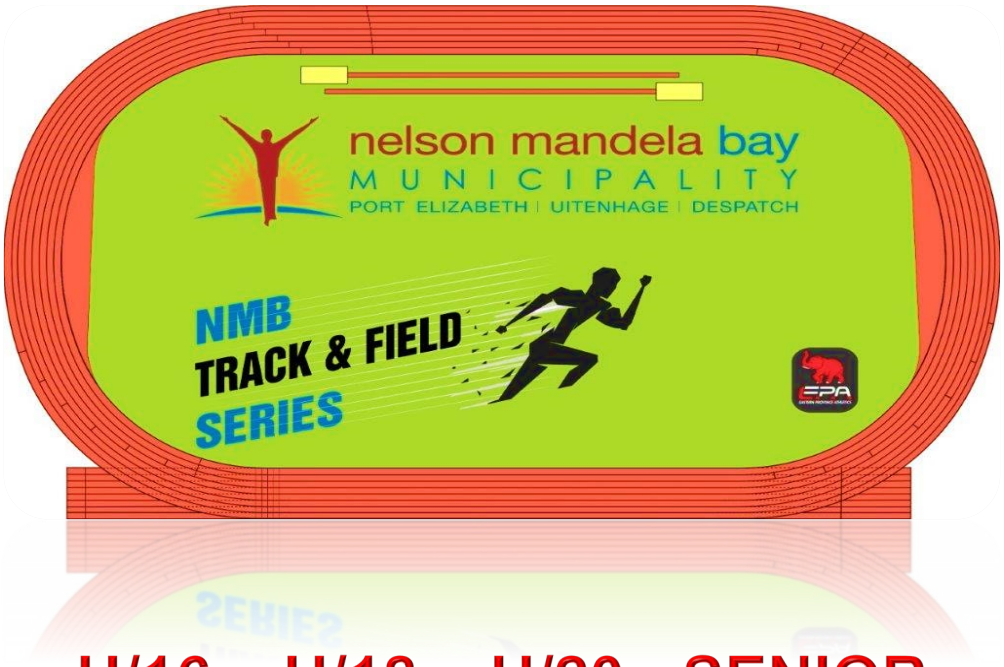


U/16 – U/18 – U/20 - SENIOR ATHLETICS MEETING SERIES 3

WESTBOURNE OVAL ATHLETICS TRACK

20 MARCH 2021

AGE GROUPS - 2021	
U/16	BORN IN 2007 & 2006
U/18	BORN IN 2005 & 2004
U/20	BORN IN 2003 & 2002
SENIOR	BORN IN 2001 & EARLIER

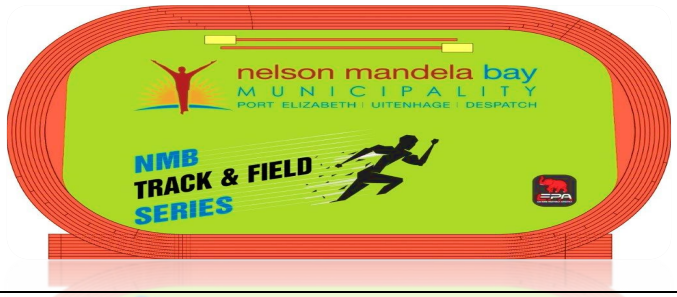
UNDER STRICT COVID-19 COMPLIANCE REQUIREMENTS

NO SPECTATORS ARE ALLOWED

nelson mandela bay LEGACY PROJECT

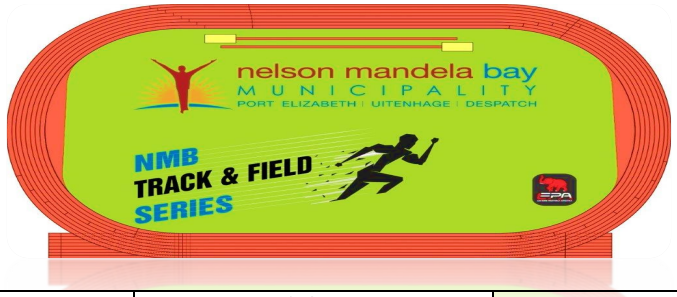
nelson mandela bay MUNICIPALITY

EPA EASTERN PROVINCE ATHLETICS



MORNING SESSION PROGRAMME

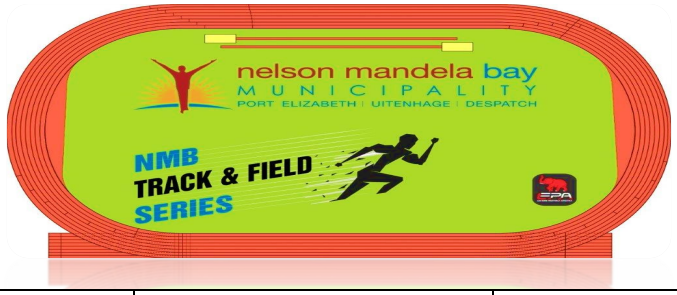
NO.	TIME	EVENT	SPECS	AGE
1	08:30	5 000m		Men: 20 & Senior
2	09:00	5 000m		Women: 20 & Senior
3	09:00	Pole Vault		Women: 16, 18, 20 & Senior
4	09:00	Hammer Throw	4kg & 5kg	Girls: 16 & 18
5	09:00	Shot Put	3kg	Girls: 16 & 18
6	09:00	Long Jump		Boys: 16 & 18
7	09:00	High Jump		Boys: 16 & 18
8	09:00	300m Hurdles	84cm	Boys: 16
9	09:05	300m Hurdles	76.2cm	Girls: 16
10	09:10	400m Hurdles	76.2cm	Girls: 18
11	09:15	400m Hurdles	76.2cm	Women: 20
12	09:20	400m Hurdles	76.2cm	Women: Senior
13	09:25	400m Hurdles	84cm	Boys: 18
14	09:30	Discus	1kg & 1.5kg	Boys: 16 & 18
15	09:30	Triple Jump	7m & 9m Board	Girls: 16 & 18
16	09:30	Javelin	500g	Girls: 16 & 18
17	09:30	400m Hurdles	91.4cm	Men: 20
18	09:35	400m Hurdles	91.4cm	Men: Senior
19	09:45	1 500m		Girls: 16 & 18
20	09:55	1 500m		Boys: 16 & 18
21	10:05	1 500m		Women: 20 & Senior
22	10:15	1 500m		Men: 20 & Senior
23	10:25	100m		Girls: 16
24	10:30	100m		Boys: 16
25	10:30	Pole Vault		Men: 16, 18, 20 & Senior
26	10:30	Hammer Throw	4kg	Women: 20 & Senior
27	10:30	Shot Put	4kg	Women: 20 & Senior
28	10:30	Long Jump		Men: 20 & Senior
29	10:30	High Jump		Men: 20 & Senior
30	10:35	100m		Girls: 18
31	10:40	100m		Boys:18
32	10:45	100m		Women: 20
33	10:50	100m		Men: 20
34	10:55	100m		Women: Senior
35	11:00	100m		Men: Senior
36	11:00	Discus	1.75kg & 2kg	Men: 20 & Senior
37	11:00	Triple Jump	9m & 11m Board	Women: 20 & Senior
38	11:00	Javelin	600g	Women: 20 & Senior



39	11:10	1 500 SC	76.2cm	Combined Gender: 16
40	11:20	2 000 SC	76.2cm	Girls: 18
41	11:35	3 000 SC	76.2cm	Women: 20 & Senior

AFTERNOON SESSION PROGRAMME

NO.	TIME	EVENT	SPECS	AGE
42	12:00	Hammer Throw	4kg & 5kg	Boys: 16 & 18
43	12:00	Shot Put	4kg & 5kg	Boys: 16 & 18
44	12:00	Long Jump		Girls: 16 & 18
45	12:00	High Jump		Girls: 16 & 18
46	12:00	2 000m SC	91.4cm	Boys: 18
47	12:15	3 000m SC	91.4cm	Men: 20 & Senior
48	12:30	Discus	1kg	Girls: 16 & 18
49	12:30	Triple Jump	9m & 11m Board	Boys: 16 & 18
50	12:30	Javelin	600g & 700g	Boys: 16 & 18
51	12:30	400m		Girls: 16
52	12:35	400m		Boys:16
53	12:40	400m		Girls:18
54	12:45	400m		Boys: 18
55	12:50	400m		Women: 20
56	12:55	400m		Men: 20
57	13:00	400m		Women: Senior
58	13:05	400m		Men: Senior
59	13:10	800m		Boys: 16 & 18
60	13:15	800m		Girls: 16 & 18
61	13:20	800m		Men: 20 & Senior
62	13:25	800m		Women: 20 & Senior
63	13:30	Hammer Throw	6kg & 7.26kg	Men: 20 & Senior
64	13:30	Shot Put	6kg & 7.26kg	Men: 20 & Senior
65	13:30	Long Jump		Women: 20 & Senior
66	13:30	High Jump		Women: 20 & Senior
67	13:35	3 000m		Combined Gender: 16 & 18
68	13:55	90m Hurdles	76.2cm	Girls: 16
69	14:00	Discus	1kg	Women: 20 & Senior
70	14:00	Triple Jump	13m Board	Men: 20 & Senior
71	14:00	Javelin	800g	Men: 20 & Senior
72	14:05	100m Hurdles	76.2cm	Girls:18
73	14:15	100m Hurdles	84cm	Women: 20
74	14:20	100m Hurdles	84cm	Women: Senior
75	14:25	100m Hurdles	84cm	Boys: 16



76	**14:35**	**110m Hurdles**	**91.4cm**	**Boys: 18**
77	**14:45**	**110m Hurdles**	**99.5cm**	**Men: 20**
78	**14:55**	**110m Hurdles**	**106.7cm**	**Men: Senior**
79	**15:05**	**200m**		**Girls: 16**
80	**15:10**	**200m**		**Boys: 16**
81	**15:15**	**200m**		**Girls: 18**
82	**15:20**	**200m**		**Boys:18**
83	**15:25**	**200m**		**Women: 20**
84	**15:30**	**200m**		**Men: 20**
85	**15:35**	**200m**		**Women: Senior**
86	**15:40**	**200m**		**Men: Senior**
END OF COMPETITION				

"POLE VAULT TO BE HELD AT FRAMESBY HIGH SCHOOL"

NELSON MANDELA BAY MUNICIPALITY LEGACY PROJECT

TRACK & FIELD SERIES

The Nelson Mandela Bay Municipality Legacy Track & Field Series will consist of 5 Track & Field Meetings earmarked to prepare the athletes for the upcoming National Championships.

Prize money has been allocated to the top 5 male and female athletes for each Meeting, with the top 5 overall male and females earning the Series Winners bonus incentive at the end of the competition. Points will be allocated as per the ASA scoring tables. The highest points earned per athlete per meeting will be used for the competition.

EASTERN PROVINCE ATHLETICS TRACK & FIELD FIXTURES

MARCH – APRIL 2021				
DATE	**VENUE**	**EVENT**	**AGE GROUPS**	**ORGANISER**
24 March 2021	Gelvandale Stadium	EPA Championships	16; 18; 20; S	EPA
26-27 March 2021	Westbourne Oval	EPA Championships	16; 18; 20; S	EPA
7-10 April 2021	Paarl, Drakenatein	ASA Championships	16; 18; 20	ASA
15-17 April 2021	Pretoria, Tswane	ASA Championships	S	ASA

16 = U/16; 18 = U/18; 20 = U/20; S = Senior

GENERAL COMPETITION RULES

1. Athletes to compete in their respective club/school colours.
2. Athletes born later than 2007 will not be allowed to compete at this meeting.
3. Athletes must arrive at the venue an hour and a half before their event and leave **immediately** after their event/s.
4. Athletes to report to the competition area 15 minutes before the scheduled starting time of their event and remain in the vicinity unless advised otherwise by the officials. Please adhere to social distancing in the warm up area.
5. Athletes may compete with a temporary licence number purchased at the EPA Offices when entering for the competition, **(R30.00)**.
6. The 2020 ASA permanent licence number is valid until further notice.
7. Closing date for entries is; **Wednesday, 17 March 2021 before 13H00,** at the EPA Offices, Westbourne Oval. (*Group entries from clubs/schools are encouraged to limit the number of persons visiting the office*).
8. Electronic entries to be sent to both epaadmin@pe.co.za and epatracknfield@gmail.com, accompanied by a proof of payment slip/receipt before the closing date. **If one of the above is not provided, then the entry will be deemed as invalid.**
9. **No late entries will be accepted**.
10. Entry fee is: R40.00 **(per item, paid when you enter)**. Cash payments at the track will not be accepted.
11. Entered athletes will receive a wrist tag upon arrival at registration on the day of the competition – **no tag, no participation**.
12. All competitions will be held under strict Covid-19 Protocols.
13. **NO SPECTATORS ARE ALLOWED AS PER THE COVID-19 PROTOCOLS.**
14. Coaches who possess a 2020 ASA permanent licence number and would like to be present at the stadium, must indicate to Mr Marvin Draai, marvin.draai@gmail.com by **Wednesday, 17 March 2021 before 13H00.** Coaches who would still like to register for an ASA permanent licence number, may do so at the EPA Office. Only licenced coaches will be allowed to enter the venue. No exceptions.
15. As per Covid19 compliance requirements, only those who appear on the register will be allowed access to the stadium. Completed health forms must be handed in at the gate on the day of competition, downloaded from the email. Temperature to be taken on arrival at the stadium.
16. The tuckshop will be closed, therefore ensure that you bring your own refreshments.

Banking Details:

Account Name:	Eastern Province Athletics
Bank Name:	ABSA
Account Number:	0104- 283-1383
Branch Code:	632005
Reference:	EPA T&F and Athlete Name & Surname
Proof of payment:	emailed to both epaadmin@pe.co.za and epatracknfield@gmail.com

nelson mandela bay LEGACY PROJECT

nelson mandela bay MUNICIPALITY

EPA EASTERN PROVINCE ATHLETICS