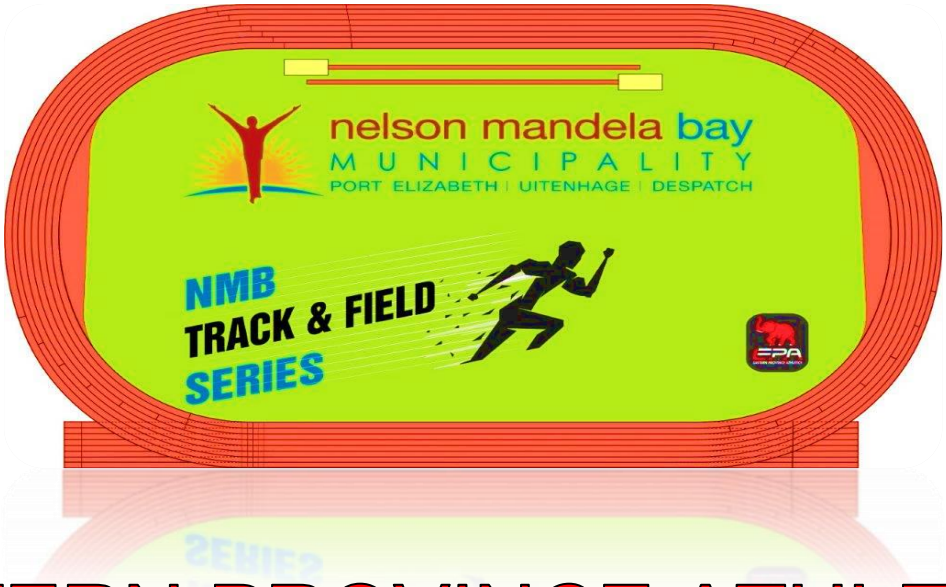


EASTERN PROVINCE ATHLETICS

Is pleased to invite schools, clubs and individuals to compete at the annual

EASTERN PROVINCE ATHLETICS

TRACK & FIELD CHAMPIONSHIPS

U/16 – U/18 – U/20 - SENIOR

Friday, 26 March 2021

Saturday, 27 March 2021

@

WESTBOURNE OVAL ATHLETICS TRACK

THE COMPETITION WILL BE CONDUCTED IN ACCORDANCE WITH

WORLD ATHLETICS AND ATHLETICS SOUTH AFRICA RULES

UNDER STRICT COVID-19 COMPLIANCE REQUIREMENTS

NO SPECTATORS ARE ALLOWED

nelson mandela bay LEGACY PROJECT

nelson mandela bay MUNICIPALITY

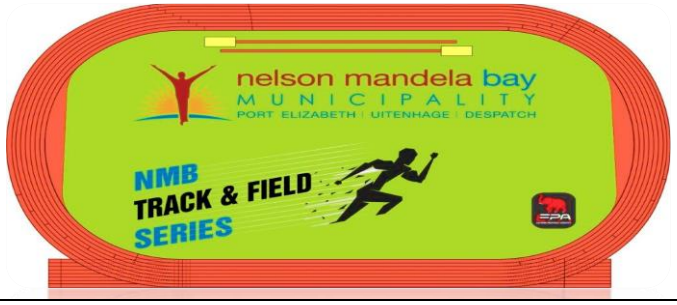
EPA EASTERN PROVINCE ATHLETICS



FRIDAY, 26 MARCH 2021 @ WESTBOURNE OVAL - PROGRAMME					
NO.	**TIME**	**EVENT**	**ROUND**	**SPECS**	**AGE GROUP**
1	16h00	Triple Jump	FINAL	7m Board	Girls: U/16
2	16h00	Triple Jump	FINAL	9m Board	Girls: U/18
3	16h00	Hammer Throw	FINAL	3kg	Girls: U/16
4	16h00	Hammer Throw	FINAL	3kg	Girls: U/18
5	16h00	Javelin Throw	FINAL	600g	Boys: U/16
6	16h00	Javelin Throw	FINAL	700g	Boys: U/18
7	16h00	90m Hurdles	FINAL	76.2cm	Girls: U/16
8	16h10	100m Hurdles	FINAL	76.2cm	Girls: U/18
9	16h20	100m Hurdles	FINAL	83.8cm	Women: U/20
10	16h30	100m Hurdles	FINAL	83.8cm	Women: Senior
11	16h40	100m Hurdles	FINAL	83.8cm	Boys: U/16
12	16h50	110m Hurdles	FINAL	91.4cm	Boys: U/18
13	17h00	110m Hurdles	FINAL	99.1cm	Men: U/20
14	17h00	Triple Jump	FINAL	9m & 11m Board	Women: U/20
15	17h00	Triple Jump	FINAL	11m Board	Women: Senior
16	17h00	Hammer Throw	FINAL	4kg	Women: U/20
17	17h00	Hammer Throw	FINAL	4kg	Women: Senior
18	17h00	Javelin Throw	FINAL	800g	Men: U/20
19	17h00	Javelin Throw	FINAL	800g	Men: Senior
20	17h10	110m Hurdles	FINAL	106.7cm	Men: Senior
21	17h25	1 500m Steeple Chase	FINAL	76.2cm	Girls: U/16
22	17h25	1 500m Steeple Chase	FINAL	76.2cm	Boys: U/16
23	17h35	2 000m Steeple Chase	FINAL	76.2cm	Girls: U/18
24	17h50	3 000m Steeple Chase	FINAL	76.2cm	Women: U/20
25	17h50	3 000m Steeple Chase	FINAL	76.2cm	Women: Senior
26	18h00	Triple Jump	FINAL	9m Board	Boys: U/16
27	18h00	Triple Jump	FINAL	11m Board	Boys: U/18
28	18h00	Hammer Throw	FINAL	4kg	Boys: U/16
29	18h00	Hammer Throw	FINAL	5kg	Boys: U/18
30	18h00	Javelin Throw	FINAL	500g	Girls: U/16
31	18h00	Javelin Throw	FINAL	500g	Girls: U/18
32	18h10	2 000m Steeple Chase	FINAL	83.8cm	Boys U/18
33	18h25	3 000m Steeple Chase	FINAL	91.4cm	Men: U/20
34	18h45	3 000m Steeple Chase	FINAL	91.4cm	Men: Senior
35	19h00	Triple Jump	FINAL	13m Board	Men: U/20
36	19h00	Triple Jump	FINAL	13m Board	Men: Senior
37	19h00	Hammer Throw	FINAL	6kg	Men: U/20
38	19h00	Hammer Throw	FINAL	7.26kg	Men: Senior
39	19h00	Javelin Throw	FINAL	600g	Women: U/20

40	19h00	Javelin Throw	FINAL	600g	Women: Senior
41	19h05	5 000m	FINAL		Women: U/20
42	19h05	5 000m	FINAL		Women: Senior
43	19h30	5 000m	FINAL		Men: U/20
44	19h30	5 000m	FINAL		Men: Senior
45	19h55	200m	HEATS		Girls: U/16
46	20h00	200m	HEATS		Boys: U/16
47	20h05	200m	HEATS		Girls: U/18
48	20h10	200m	HEATS		Boys: U/18
49	20h15	200m	HEATS		Women: U/20
50	20h20	200m	HEATS		Men: U/20
51	20h25	200m	HEATS		Women: Senior
52	20h30	200m	HEATS		Men: Senior

nelson mandela bay LEGACY PROJECT
nelson mandela bay MUNICIPALITY
EPA EASTERN PROVINCE ATHLETICS



SATURDAY, 27 MARCH 2021 @ WESTBOURNE OVAL - PROGRAMME					
NO.	**TIME**	**EVENT**	**ROUND**	**SPECS**	**AGE GROUP**
53	09h00	800m	FINAL		Girls: U/16
54	09h10	800m	FINAL		Boys: U/16
55	09h20	800m	FINAL		Girls: U/18
56	09h30	800m	FINAL		Boys: U/18
57	09h40	800m	FINAL		Women: U/20
58	09h50	800m	FINAL		Men: U/20
59	10h00	800m	FINAL		Women: Senior
60	10h00	Pole Vault	FINAL		Girls: U/16
61	10h00	Pole Vault	FINAL		Girls: U/18
62	10h00	Pole Vault	FINAL		Women: U/20
63	10h00	Pole Vault	FINAL		Women: Senior
64	10h00	Long Jump	FINAL		Boys: U/16
65	10h00	Long Jump	FINAL		Boys: U/18
66	10h00	High Jump	FINAL		Girls: U/16
67	10h00	High Jump	FINAL		Girls: U/18
68	10h00	Shot Put	FINAL	3kg	Girls: U/16
69	10h00	Shot Put	FINAL	3kg	Girls: U/18
70	10h00	Discus	FINAL	1kg	Boys: U/16
71	10h00	Discus	FINAL	1.5kg	Boys: U/18
72	10h10	800m	FINAL		Men: Senior
73	10h20	300m Hurdles	FINAL	83.8cm	Boys: U/16
74	10h30	300m Hurdles	FINAL	76.2cm	Girls: U/16
75	10h40	400m Hurdles	FINAL	76.2cm	Girls: U/18
76	10h50	400m Hurdles	FINAL	76.2cm	Women: U/20
77	11h00	400m Hurdles	FINAL	76.2cm	Women: Senior
78	11h00	Pole Vault	FINAL		Boys: U/16
79	11h00	Pole Vault	FINAL		Boys: U/18
80	11h00	Pole Vault	FINAL		Men: U/20
81	11h00	Pole Vault	FINAL		Men: Senior
82	11h10	400m Hurdles	FINAL	83.8cm	Boys: U/18
83	11h20	400m Hurdles	FINAL	91.4cm	Men: U/20
84	11h30	400m Hurdles	FINAL	91.4cm	Men: Senior
85	11h30	Long Jump	FINAL		Men: U/20
86	11h30	Long Jump	FINAL		Men: Senior
87	11h30	High Jump	FINAL		Women: U/20
88	11h30	High Jump	FINAL		Women: Senior
89	11h30	Shot Put	FINAL	4kg	Women: U/20
90	11h30	Shot Put	FINAL	4kg	Women: Senior
91	11h30	Discus	FINAL	1.75kg	Men: U/20

92	11h30	Discus	FINAL	2kg	Men: Senior
93	11h40	200m	FINAL		Girls: U/16
94	11h45	200m	FINAL		Boys: U/16
95	11h50	200m	FINAL		Girls: U/18
96	11h55	200m	FINAL		Boys: U/18
97	12h00	200m	FINAL		Women: U/20
98	12h05	200m	FINAL		Men: U/20
99	12h10	200m	FINAL		Women: Senior
100	12h15	200m	FINAL		Men: Senior
101	12h25	1 500m	FINAL		Girls: U/16
102	12h35	1 500m	FINAL		Boys: U/16
103	12h45	1 500m	FINAL		Girls: U/18
104	12h55	1 500m	FINAL		Boys: U/18
105	13h00	Long Jump	FINAL		Girls: U/16
106	13h00	Long Jump	FINAL		Girls: U/18
107	13h00	High Jump	FINAL		Boys: U/16
108	13h00	High Jump	FINAL		Boys: U/18
109	13h00	Shot Put	FINAL	4kg	Boys: U/16
110	13h00	Shot Put	FINAL	5kg	Boys: U/18
111	13h00	Discus	FINAL	1kg	Girls: U/16
112	13h00	Discus	FINAL	1kg	Girls: U/18
113	13h05	1 500m	FINAL		Women: U/20
114	13h15	1 500m	FINAL		Men: U/20
115	13h25	1 500m	FINAL		Women: Senior
116	13h35	1 500m	FINAL		Men: Senior
117	13h45	100m	HEATS		Girls: U/16
118	13h50	100m	HEATS		Boys: U/16
119	13h55	100m	HEATS		Girls: U/18
120	14h00	100m	HEATS		Boys: U/18
121	14h05	100m	HEATS		Women: U/20
122	14h10	100m	HEATS		Men: U/20
123	14h15	100m	HEATS		Women: Senior
124	14h20	100m	HEATS		Men: Senior
125	14h30	Long Jump	FINAL		Women: U/20
126	14h30	Long Jump	FINAL		Women: Senior
127	14h30	High Jump	FINAL		Men: U/20
128	14h30	High Jump	FINAL		Men: Senior
129	14h30	Shot Put	FINAL	6kg	Men: U/20
130	14h30	Shot Put	FINAL	7.26kg	Men: Senior
131	14h30	Discus	FINAL	1kg	Women: U/20
132	14h30	Discus	FINAL	1kg	Women: Senior
133	14h30	400m	HEATS		Girls: U/16
134	14h35	400m	HEATS		Boys: U/16
135	14h40	400m	HEATS		Girls: U/18

136	14h45	400m	HEATS		Boys: U/18
137	14h50	400m	HEATS		Women: U/20
138	14h55	400m	HEATS		Men: U/20
139	15h00	400m	HEATS		Women: Senior
140	15h05	400m	HEATS		Men: Senior
141	15h15	3 000m	FINAL		Girls: U/16
142	15h15	3 000m	FINAL		Girls: U/18
143	15h35	3 000m	FINAL		Boys: U/16
144	15h35	3 000m	FINAL		Boys: U/18
145	15h55	100m	FINAL		Girls: U/16
146	16h05	100m	FINAL		Boys: U/16
147	16h10	100m	FINAL		Girls: U/18
148	16h15	100m	FINAL		Boys: U/18
149	16h20	100m	FINAL		Women: U/20
150	16h25	100m	FINAL		Men: U/20
151	16h30	100m	FINAL		Women: Senior
152	16h35	100m	FINAL		Men: Senior
153	16h45	400m	FINAL		Girls: U/16
154	16h50	400m	FINAL		Boys: U/16
155	16h55	400m	FINAL		Girls: U/18
156	17h00	400m	FINAL		Boys: U/18
157	17h05	400m	FINAL		Women: U/20
158	17h10	400m	FINAL		Men: U/20
159	17h15	400m	FINAL		Women: Senior
160	17h20	400m	FINAL		Men: Senior
161	17h30	4 x 100m Relay	FINAL		Mixed: Open

nelson mandela bay LEGACY PROJECT
nelson mandela bay MUNICIPALITY
EPA EASTERN PROVINCE ATHLETICS