



**WPA OPEN MEETING + COMBINED EVENTS**  
**01 November 2024 PAROW (Day 1)**  
**02 November 2024 PAROW (Day 2)**

**No entries will be accepted of athletes born in 2011 or later**

**Friday, 01 November 2024 (Parow)**

|    |       |                       |                  |                       |           |            |
|----|-------|-----------------------|------------------|-----------------------|-----------|------------|
| 1  | 18:00 | 100m                  | Men U18          | Born 2007/2008        |           | Decathlon  |
| 2  | 18:00 | Javelin Throw (500g)  | Women U18        | Born 2007/2008        | Open meet |            |
| 3  | 18:00 | Javelin Throw (500g)  | Girls U16        | Born 2009/2010        | Open meet |            |
| 4  | 18:05 | 100m                  | Men U20          | Born 2005/2006        |           | Decathlon  |
| 5  | 18:10 | 100m                  | Senior Men/23    | Born 2004 and earlier |           | Decathlon  |
| 6  | 18:15 | 90m Hurdles (76cm)    | Girls U16        | Born 2009/2010        | Open meet |            |
| 7  | 18:20 | 100m Hurdles (76cm)   | Women U18        | Born 2007/2008        |           | Heptathlon |
| 8  | 18:20 | 100m Hurdles (76cm)   | Women U18        | Born 2007/2008        | Open meet |            |
| 9  | 18:25 | 100m Hurdles (84cm)   | Women U20        | Born 2005/2006        |           | Heptathlon |
| 10 | 18:25 | 100m Hurdles (84cm)   | Senior Women/U23 | Born 2004 and earlier |           | Heptathlon |
| 11 | 18:25 | 100m Hurdles (84cm)   | Women U20        | Born 2005/2006        | Open meet |            |
| 12 | 18:25 | 100m Hurdles (84cm)   | Senior Women/U23 | Born 2002 and earlier | Open meet |            |
| 13 | 18:30 | Hammer Throw (5kg)    | Men U18          | Born 2007/2008        | Open meet |            |
| 14 | 18:30 | Hammer Throw (4kg)    | Boys U16         | Born 2009/2010        | Open meet |            |
| 15 | 18:45 | Long Jump             | Men U18          | Born 2007/2008        |           | Decathlon  |
| 16 | 18:45 | Long Jump             | Men U20          | Born 2005/2006        |           | Decathlon  |
| 17 | 18:45 | Long Jump             | Senior Men/U23   | Born 2004 and earlier |           | Decathlon  |
| 18 | 18:55 | 5000m                 | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 19 | 18:55 | 5000m                 | Men U20          | Born 2005/2006        | Open meet |            |
| 20 | 18:55 | 5000m                 | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 21 | 18:55 | 5000m                 | Women U20        | Born 2005/2006        | Open meet |            |
| 22 | 19:00 | High Jump             | Women U18        | Born 2007/2008        |           | Heptathlon |
| 23 | 19:00 | High Jump             | Women U20        | Born 2005/2006        |           | Heptathlon |
| 24 | 19:00 | High Jump             | Senior Women/U23 | Born 2004 and earlier |           | Heptathlon |
| 25 | 19:00 | Javelin Throw (600g)  | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 26 | 19:00 | Javelin Throw (600g)  | Women U20        | Born 2005/2006        | Open meet |            |
| 27 | 19:25 | 400m                  | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 28 | 19:37 | 400m                  | Men U20          | Born 2005/2006        | Open meet |            |
| 29 | 19:40 | Shot Put (5kg)        | Men U18          | Born 2007/2008        |           | Decathlon  |
| 30 | 19:40 | Shot Put (6kg)        | Men U20          | Born 2005/2006        |           | Decathlon  |
| 31 | 19:40 | Shot Put (7.26kg)     | Senior Men/U23   | Born 2004 and earlier |           | Decathlon  |
| 32 | 19:45 | Hammer Throw (7.26kg) | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 33 | 19:45 | Hammer Throw (6kg)    | Men U20          | Born 2005/2006        | Open meet |            |
| 34 | 19:49 | 400m                  | Men U18          | Born 2007/2008        | Open meet |            |
| 35 | 20:00 | Triple Jump           | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 36 | 20:00 | Triple Jump           | Women U20        | Born 2005/2006        | Open meet |            |
| 37 | 20:00 | Triple Jump           | Women U18        | Born 2007/2008        | Open meet |            |

|    |       |                            |                  |                       |           |            |
|----|-------|----------------------------|------------------|-----------------------|-----------|------------|
| 38 | 20:00 | Triple Jump                | Girls U16        | Born 2009/2010        | Open meet |            |
| 39 | 20:00 | Javelin Throw (700g)       | Men U18          | Born 2007/2008        | Open meet |            |
| 40 | 20:00 | Javelin Throw (600g)       | Boys U16         | Born 2009/2010        | Open meet |            |
| 41 | 20:01 | 400m                       | Boys U16         | Born 2009/2010        | Open meet |            |
| 42 | 20:05 | 400m                       | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 43 | 20:05 | 400m                       | Women U20        | Born 2005/2006        | Open meet |            |
| 44 | 20:09 | 400m                       | Women U18        | Born 2007/2008        | Open meet |            |
| 45 | 20:09 | 400m                       | Girls U16        | Born 2009/2010        | Open meet |            |
| 46 | 20:15 | 1500m                      | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 47 | 20:23 | 1500m                      | Men U20          | Born 2005/2006        | Open meet |            |
| 48 | 20:30 | Shot Put (3kg)             | Women U18        | Born 2007/2008        |           | Heptathlon |
| 49 | 20:30 | Shot Put (4kg)             | Women U20        | Born 2005/2006        |           | Heptathlon |
| 50 | 20:30 | Shot Put (4kg)             | Senior Women/U23 | Born 2004 and earlier |           | Heptathlon |
| 51 | 20:31 | 1500m                      | Men U18          | Born 2005/2006        | Open meet |            |
| 52 | 20:39 | 1500m                      | Boys U16         | Born 2007/2008        | Open meet |            |
| 53 | 20:40 | High Jump                  | Men U18          | Born 2005/2006        |           | Decathlon  |
| 54 | 20:40 | High Jump                  | Men U20          | Born 2003/2004        |           | Decathlon  |
| 55 | 20:40 | High Jump                  | Senior Men/U23   | Born 2004 and earlier |           | Decathlon  |
| 56 | 20:47 | 1500m                      | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 57 | 20:47 | 1500m                      | Women U20        | Born 2003/2004        | Open meet |            |
| 58 | 20:47 | 1500m                      | Women U18        | Born 2005/2006        | Open meet |            |
| 59 | 20:47 | 1500m                      | Girls U16        | Born 2007/2008        | Open meet |            |
| 60 | 21:00 | 3000m Steeple Chase (91cm) | Senior Men       | Born 2004 and earlier | Open meet |            |
| 61 | 21:00 | 3000m Steeple Chase (91cm) | Men U20          | Born 2003/2004        | Open meet |            |
| 62 | 21:00 | Long Jump                  | Men U18          | Born 2007/2008        | Open meet |            |
| 63 | 21:00 | Long Jump                  | Boys U16         | Born 2007/2008        | Open meet |            |
| 64 | 21:15 | 3000m Steeple Chase (76cm) | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 65 | 21:15 | 3000m Steeple Chase (76cm) | Women U20        | Born 2003/2004        | Open meet |            |
| 66 | 21:30 | 1500m Steeple Chase (76cm) | Boys U16         | Born 2007/2008        | Open meet |            |
| 67 | 21:30 | 1500m Steeple Chase (76cm) | Girls U16        | Born 2007/2008        | Open meet |            |
| 68 | 21:45 | 2000m Steeple Chase (76cm) | Women U18        | Born 2007/2008        | Open meet |            |
| 69 | 21:45 | 2000m Steeple Chase (83cm) | Men U18          | Born 2005/2006        | Open meet |            |
| 70 | 22:00 | 200m                       | Women U18        | Born 2007/2008        |           | Heptathlon |
| 71 | 22:00 | 200m                       | Women U20        | Born 2005/2006        |           | Heptathlon |
| 72 | 22:00 | 200m                       | Senior Women/U23 | Born 2004 and earlier |           | Heptathlon |
| 73 | 22:10 | 400m                       | Men U18          | Born 2007/2008        |           | Decathlon  |
| 74 | 22:20 | 400m                       | Men U20          | Born 2005/2006        |           | Decathlon  |
| 75 | 22:30 | 400m                       | Senior Men/U23   | Born 2004 and earlier |           | Decathlon  |

### **Saturday, 02 November 2024 (Parow)**

|    |       |                      |                  |                       |           |            |
|----|-------|----------------------|------------------|-----------------------|-----------|------------|
| 76 | 09:00 | 90m Hurdles (76.2cm) | Girls U16        | Born 2009/2010        |           | Pentathlon |
| 77 | 09:00 | Hammer Throw (4kg)   | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 78 | 09:00 | Hammer Throw (4kg)   | Women U20        | Born 2005/2006        | Open meet |            |
| 79 | 09:00 | Hammer Throw (3kg)   | Women U18        | Born 2007/2008        | Open meet |            |
| 80 | 09:00 | Hammer Throw (3kg)   | Girls U16        | Born 2009/2010        | Open meet |            |
| 81 | 09:10 | 10 000m              | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 82 | 09:10 | 10 000m              | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 83 | 10:00 | High Jump            | Girls U16        | Born 2009/2010        |           | Pentathlon |
| 84 | 10:00 | Pole Vault           | Girls U16        | Born 2009/2010        | Open meet |            |
| 85 | 10:00 | Pole Vault           | Women U18        | Born 2007/2008        | Open meet |            |
| 86 | 10:00 | Pole Vault           | Women U20        | Born 2005/2006        | Open meet |            |

|     |       |                      |                  |                       |           |            |
|-----|-------|----------------------|------------------|-----------------------|-----------|------------|
| 87  | 10:00 | Pole Vault           | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 88  | 10:00 | Triple Jump          | Men U18          | Born 2007/2008        | Open meet |            |
| 89  | 10:00 | Triple Jump          | Boys U16         | Born 2009/2010        | Open meet |            |
| 90  | 10:00 | 100m Hurdles (84cm)  | Boys U16         | Born 2007/2008        | Open meet |            |
| 91  | 10:10 | 110m Hurdles (91cm)  | Men U18          | Born 2007/2008        |           | Decathlon  |
| 92  | 10:10 | 110m Hurdles (91cm)  | Men U18          | Born 2007/2008        | Open meet |            |
| 93  | 10:20 | 110m Hurdles (98cm)  | Men U20          | Born 2005/2006        |           | Decathlon  |
| 94  | 10:20 | 110m Hurdles (98cm)  | Men U20          | Born 2005/2006        | Open meet |            |
| 95  | 10:30 | Shot Put (7.26kg)    | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 96  | 10:30 | Shot Put (6kg)       | Men U20          | Born 2005/2006        | Open meet |            |
| 97  | 10:30 | 110m Hurdles (106cm) | Senior Men/U23   | Born 2004 and earlier |           | Decathlon  |
| 98  | 10:30 | 110m Hurdles (106cm) | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 99  | 10:40 | 800m                 | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 100 | 10:50 | 800m                 | Men U20          | Born 2005/2006        | Open meet |            |
| 101 | 11:00 | 800m                 | Men U18          | Born 2007/2008        | Open meet |            |
| 102 | 11:00 | Discus Throw (1,5kg) | Men U18          | Born 2007/2008        |           | Decathlon  |
| 103 | 11:00 | Discus Throw (2kg)   | Men U20          | Born 2005/2006        |           | Decathlon  |
| 104 | 11:00 | Discus Throw (2kg)   | Senior Men/U23   | Born 2004 and earlier |           | Decathlon  |
| 105 | 11:10 | 800m                 | Boys U16         | Born 2009/2010        | Open meet |            |
| 106 | 11:20 | 800m                 | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 107 | 11:20 | 800m                 | Women U20        | Born 2005/2006        | Open meet |            |
| 108 | 11:30 | Shot Put (3kg)       | Girls U16        | Born 2009/2010        |           | Pentathlon |
| 109 | 11:30 | Triple Jump          | Senior Men/u23   | Born 2004 and earlier | Open meet |            |
| 110 | 11:30 | Triple Jump          | Men U20          | Born 2005/2006        | Open meet |            |
| 111 | 11:30 | 800m                 | Women U18        | Born 2007/2008        | Open meet |            |
| 112 | 11:30 | 800m                 | Girls U16        | Born 2009/2010        | Open meet |            |
| 113 | 11:40 | 100m Hurdles (84cm)  | Boys U16         | Born 2009/2010        |           | Pentathlon |
| 114 | 11:45 | High Jump            | Girls U16        | Born 2009/2010        | Open meet |            |
| 115 | 11:45 | High Jump            | Women U18        | Born 2007/2008        | Open meet |            |
| 116 | 11:50 | 100m                 | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 117 | 12:00 | Javelin Throw (800g) | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 118 | 12:00 | Javelin Throw (800g) | Men U20          | Born 2005/2006        | Open meet |            |
| 119 | 12:05 | 100m                 | Men U20          | Born 2005/2006        | Open meet |            |
| 120 | 12:15 | Shot Put (5kg)       | Men U18          | Born 2007/2008        | Open meet |            |
| 121 | 12:15 | Shot Put (4kg)       | Boys U16         | Born 2009/2010        | Open meet |            |
| 122 | 12:15 | Long Jump            | Girls U16        | Born 2009/2010        |           | Pentathlon |
| 123 | 12:20 | 100m                 | Men U18          | Born 2007/2008        | Open meet |            |
| 124 | 12:30 | 100m                 | Boys U16         | Born 2009/2010        | Open meet |            |
| 125 | 12:40 | 100m                 | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 126 | 12:45 | 100m                 | Women U20        | Born 2005/2006        | Open meet |            |
| 127 | 12:45 | Long Jump            | Women U18        | Born 2007/2008        |           | Heptathlon |
| 128 | 12:45 | Long Jump            | Women U20        | Born 2005/2006        |           | Heptathlon |
| 129 | 12:45 | Long Jump            | Senior Women/U23 | Born 2004 and earlier |           | Heptathlon |
| 130 | 12:45 | Pole Vault           | Men U18          | Born 2007/2008        |           | Decathlon  |
| 131 | 12:45 | Pole Vault           | Men U20          | Born 2005/2006        |           | Decathlon  |
| 132 | 12:45 | Pole Vault           | Senior Men/U23   | Born 2004 and earlier |           | Decathlon  |
| 133 | 12:50 | 100m                 | Women U18        | Born 2007/2008        | Open meet |            |
| 134 | 12:55 | 100m                 | Girls U16        | Born 2009/2010        | Open meet |            |
| 135 | 13:00 | 3000m                | Men U20          | Born 2005/2006        | Open meet |            |
| 136 | 13:00 | Discus Throw (1.5kg) | Men U18          | Born 2007/2008        | Open meet |            |
| 137 | 13:00 | Discus Throw (1kg)   | Boys U16         | Born 2009/2010        | Open meet |            |
| 138 | 13:10 | 3000m                | Men U18          | Born 2007/2008        | Open meet |            |
| 139 | 13:15 | High Jump            | Men U20          | Born 2005/2006        | Open meet |            |

|     |       |                       |                  |                       |           |            |
|-----|-------|-----------------------|------------------|-----------------------|-----------|------------|
| 140 | 13:15 | High Jump             | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 141 | 13:20 | 3000m                 | Boys U16         | Born 2009/2010        | Open meet |            |
| 142 | 13:30 | Shot Put (4kg)        | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 143 | 13:30 | Shot Put (4kg)        | Women U20        | Born 2005/2006        | Open meet |            |
| 144 | 13:35 | 3000m                 | Women U20        | Born 2005/2006        | Open meet |            |
| 145 | 13:35 | 3000m                 | Women U18        | Born 2007/2008        | Open meet |            |
| 146 | 13:35 | 3000m                 | Girls U16        | Born 2009/2010        | Open meet |            |
| 147 | 13:50 | 800m                  | Girls U16        | Born 2009/2010        |           | Pentathlon |
| 148 | 14:00 | 200m                  | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 149 | 14:15 | 200m                  | Men U20          | Born 2005/2006        | Open meet |            |
| 150 | 14:15 | High Jump             | Boys U16         | Born 2009/2010        |           | Pentathlon |
| 151 | 14:15 | Long Jump             | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 152 | 14:15 | Long Jump             | Women U20        | Born 2005/2006        | Open meet |            |
| 153 | 14:15 | Long Jump             | Women U18        | Born 2007/2008        | Open meet |            |
| 154 | 14:15 | Long Jump             | Girls U16        | Born 2009/2010        | Open meet |            |
| 155 | 14:15 | Javelin Throw (500g)  | Women U18        | Born 2007/2008        |           | Heptathlon |
| 156 | 14:15 | Javelin Throw (600g)  | Women U20        | Born 2005/2006        |           | Heptathlon |
| 157 | 14:15 | Javelin Throw (600g)  | Senior Women/U23 | Born 2004 and earlier |           | Heptathlon |
| 158 | 14:15 | Shot Put (3kg)        | Women U18        | Born 2007/2008        | Open meet |            |
| 159 | 14:15 | Shot Put (3kg)        | Girls U16        | Born 2009/2010        | Open meet |            |
| 160 | 14:30 | 200m                  | Men U18          | Born 2007/2008        | Open meet |            |
| 161 | 14:30 | Discus Throw (2kg)    | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 162 | 14:30 | Discus Throw (1.75kg) | Men U20          | Born 2005/2006        | Open meet |            |
| 163 | 14:45 | 200m                  | Boys U16         | Born 2009/2010        | Open meet |            |
| 164 | 15:00 | High Jump             | Women U20        | Born 2005/2006        | Open meet |            |
| 165 | 15:00 | High Jump             | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 166 | 15:00 | 200m                  | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 167 | 15:10 | 200m                  | Women U20        | Born 2005/2006        | Open meet |            |
| 168 | 15:20 | Pole Vault            | Boys U16         | Born 2009/2010        | Open meet |            |
| 169 | 15:20 | Pole Vault            | Men U18          | Born 2007/2008        | Open meet |            |
| 170 | 15:20 | Pole Vault            | Men U20          | Born 2005/2006        | Open meet |            |
| 171 | 15:20 | Pole Vault            | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 172 | 15:20 | 200m                  | Women U18        | Born 2007/2008        | Open meet |            |
| 173 | 15:30 | Shot Put (4kg)        | Boys U16         | Born 2009/2010        |           | Pentathlon |
| 174 | 15:30 | 200m                  | Girls U16        | Born 2009/2010        | Open meet |            |
| 175 | 15:30 | Long Jump             | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 176 | 15:30 | Long Jump             | Men U20          | Born 2005/2006        | Open meet |            |
| 177 | 15:40 | 800m                  | Women U18        | Born 2007/2008        |           | Heptathlon |
| 178 | 15:40 | 800m                  | Women U20        | Born 2005/2006        |           | Heptathlon |
| 179 | 15:40 | 800m                  | Senior Women/U23 | Born 2004 and earlier |           | Heptathlon |
| 180 | 15:45 | Javelin Throw (700g)  | Men U18          | Born 2007/2008        |           | Decathlon  |
| 181 | 15:45 | Javelin Throw (800g)  | Men U20          | Born 2005/2006        |           | Decathlon  |
| 182 | 15:45 | Javelin Throw (800g)  | Senior Men/U23   | Born 2004 and earlier |           | Decathlon  |
| 183 | 15:50 | 400m Hurdles (91cm)   | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 184 | 15:50 | 400m Hurdles (91cm)   | Men U20          | Born 2005/2006        | Open meet |            |
| 185 | 16:00 | 400m Hurdles (84cm)   | Men U18          | Born 2007/2008        | Open meet |            |
| 186 | 16:00 | Discus Throw (1kg)    | Senior Women/U23 | Born 2004 and earlier | Open meet |            |
| 187 | 16:00 | Discus Throw (1kg)    | Women U20        | Born 2005/2006        | Open meet |            |
| 188 | 16:00 | Discus Throw (1kg)    | Women U18        | Born 2007/2008        | Open meet |            |
| 189 | 16:00 | Discus Throw (1kg)    | Girls U16        | Born 2009/2010        | Open meet |            |
| 190 | 16:00 | High Jump             | Men U18          | Born 2007/2008        | Open meet |            |
| 191 | 16:00 | High Jump             | Boys U16         | Born 2009/2010        | Open meet |            |
| 192 | 16:10 | 400m Hurdles (76cm)   | Senior Women/U23 | Born 2004 and earlier | Open meet |            |

|     |       |                     |                  |                       |           |            |
|-----|-------|---------------------|------------------|-----------------------|-----------|------------|
| 193 | 16:10 | 400m Hurdles (76cm) | Women U20        | Born 2005/2006        | Open meet |            |
| 194 | 16:10 | 400m Hurdles (76cm) | Women U18        | Born 2007/2008        | Open meet |            |
| 195 | 16:15 | Long Jump           | Boys U16         | Born 2009/2010        |           | Pentathlon |
| 196 | 16:20 | 300m Hurdles (76cm) | Girls U16        | Born 2009/2010        | Open meet |            |
| 197 | 16:30 | 300m Hurdles (84cm) | Boys U16         | Born 2009/2010        | Open meet |            |
| 198 | 16:40 | 1000m               | Boys U16         | Born 2009/2010        |           | Pentathlon |
| 199 | 16:50 | 1500m               | Men U18          | Born 2007/2008        |           | Decathlon  |
| 200 | 16:50 | 1500m               | Men U20          | Born 2005/2006        |           | Decathlon  |
| 201 | 16:50 | 1500m               | Senior Men/U23   | Born 2004 and earlier |           | Decathlon  |
| 202 | 17:00 | 10000m Race Walk    | Men U18          | Born 2007/2008        | Open meet |            |
| 203 | 17:00 | 10000m Race Walk    | Men U20          | Born 2005/2006        | Open meet |            |
| 204 | 17:00 | 10000m Race Walk    | Women U20        | Born 2005/2006        | Open meet |            |
| 205 | 17:00 | 10000m Race Walk    | Senior Men/U23   | Born 2004 and earlier | Open meet |            |
| 206 | 17:00 | 10000m Race Walk    | Senior Women/U23 | Born 2004 and earlier | Open meet |            |

**No entries will be accepted of athletes born in 2011 or later**

**Entry fees (payable at the gate):**

- WPA Open Meeting events - R30 per athlete per day
- Combined events athletes - R30 per athletes for both days
- Spectators - R30 per day
- Spectators younger than 10 years - R10 per day