



Bellville Athletics Club presents the
OAKLAND FAST Prestige Athletics Meeting

Saturday, 10 November 2018



Oakland

FAST
FIRST AT SPORTS TRAINING

Parow athletics track

All athletes born in 2004 and earlier MUST compete with WPA license numbers. Athletes who are not registered club athletes, can purchase temporary license numbers in the Club House BEFORE they enter for their event/s. WPA license numbers cost R20 per set.

Entries for the meeting will be accepted in the club house of the Tygerberg Athletics Club on the day of the meeting.

Entries close 90 minutes before the published start of the event.

Athletes competing in throwing events who want to use their own implements / equipment must please have their implements assized at the Parow track at least 60 minutes before the published start of their event.

Track athletes must please report to the Starters' Assistant 10 minutes before the scheduled start of the event.

Gate fees will be as follows:

Athletes: R30 per athlete

Spectators: R20 per spectator

Persons younger than 9 years old who are not competing: Free entrance

Medal presentations for each event listed on the time table will take place as soon as possible after the event is completed. If the athlete is not present for the medal presentation of the event, the medal will not be handed out.

Event Number	Time	Gender	Age group	Years of birth	Event
1	8:30	Female	Girls	Born in 1999 and later	5000m Race Walking
2	8:30	Female	Women	Born in 1998 and earlier	5000m Race Walking
3	8:30	Male	Boys	Born in 1999 and later	5000m Race Walking
4	8:30	Male	Men	Born in 1998 and earlier	5000m Race Walking
5	9:30	Female	G.u.10	Born in 2008	70m Hurdles (68cm)
6	9:30	Female	G.u.16	Born in 2003/2004	Hammer Throw (3kg)
7	9:30	Female	G.u.18	Born in 2001/2002	Hammer Throw (3kg)
8	9:30	Female	G.u.20	Born in 1999/2000	Hammer Throw (4kg)
9	9:30	Female	Women	Born in 1998 and earlier	Hammer Throw (4kg)
10	9:30	Male	B.u.16	Born in 2003/2004	Shot Put (4kg)
11	9:30	Male	B.u.18	Born in 2001/2002	Shot Put (5kg)
12	9:30	Female	G.u.20	Born in 1999/2000	Javelin Throw (600g)
13	9:30	Female	Women	Born in 1998 and earlier	Javelin Throw (600g)
14	9:30	Male	B.u.20	Born in 1999/2000	Long Jump
15	9:30	Male	Men	Born in 1998 and earlier	Long Jump

16	9:34	Male	B.u.10	Born in 2008	70m Hurdles (68cm)
17	9:38	Female	G.u.11	Born in 2007	70m Hurdles (68cm)
18	9:42	Male	B.u.11	Born in 2007	70m Hurdles (68cm)
19	9:50	Female	G.u.12	Born in 2006	75m Hurdles (68cm)
20	9:56	Male	B.u.12	Born in 2006	75m Hurdles (76cm)
21	10:00	Female	G.u.13	Born in 2005	75m Hurdles (76cm)
22	10:00	Female	G.u.16	Born in 2003/2004	High Jump
23	10:00	Female	G.u.18	Born in 2001/2002	High Jump
24	10:00	Female	G.u.20	Born in 1999/2000	High Jump
25	10:00	Female	Women	Born in 1998 and earlier	High Jump
26	10:07	Male	B.u.13	Born in 2005	80m Hurdles (76cm)
27	10:15	Female	G.u.16	Born in 2003/2004	90m Hurdles (76cm)
28	10:15	Male	B.u.18	Born in 2001/2002	Shot Put (6kg)
29	10:15	Male	B.u.20	Born in 1999/2000	Shot Put (7.26kg)
30	10:25	Female	G.u.18	Born in 2001/2002	100m Hurdles (76cm)
31	10:30	Female	G.u.20	Born in 1999/2000	100m Hurdles (84cm)
32	10:30	Female	Women	Born in 1998 and earlier	100m Hurdles (84cm)
33	10:30	Male	B.u.16	Born in 2003/2004	Hammer Throw (4kg)
34	10:30	Male	B.u.18	Born in 2001/2002	Hammer Throw (5kg)
35	10:30	Male	B.u.20	Born in 1999/2000	Hammer Throw (6kg)
36	10:30	Male	Men	Born in 1998 and earlier	Hammer Throw (7.26kg)
37	10:35	Male	B.u.16	Born in 2003/2004	100m Hurdles (84cm)
38	10:45	Male	B.u.18	Born in 2001/2002	110m Hurdles (91cm)
39	10:45	Female	G.u.16	Born in 2003/2004	Javelin Throw (500g)
40	10:45	Female	G.u.18	Born in 2001/2002	Javelin Throw (500g)
41	10:50	Male	B.u.20	Born in 1999/2000	110m Hurdles (98cm)
42	10:55	Male	Men	Born in 1998 and earlier	110m Hurdles (106cm)
43	11:00	Female	G.u.20	Born in 1999/2000	Shot Put (4kg)
44	11:00	Female	Women	Born in 1998 and earlier	Shot Put (4kg)
45	11:00	Female	G.u.20	Born in 1999/2000	Long Jump
46	11:00	Female	Women	Born in 1998 and earlier	Long Jump
47	11:05	Female	G.u.10	Born in 2008	80m
48	11:05	Female	G.u.11	Born in 2007	80m
49	11:11	Male	B.u.10	Born in 2008	80m
50	11:11	Male	B.u.11	Born in 2007	80m
51	11:20	Female	G.u.12	Born in 2006	100m
52	11:20	Female	G.u.13	Born in 2005	100m
53	11:26	Male	B.u.12	Born in 2006	100m
54	11:26	Male	B.u.13	Born in 2005	100m
55	11:30	Female	G.u.16	Born in 2003/2004	Discus Throw (1kg)
56	11:30	Female	G.u.18	Born in 2001/2002	Discus Throw (1kg)
57	11:30	Female	G.u.20	Born in 1999/2000	Discus Throw (1kg)
58	11:30	Female	Women	Born in 1998 and earlier	Discus Throw (1kg)
59	11:31	Female	G.u.16	Born in 2003/2004	100m
60	11:31	Female	G.u.18	Born in 2001/2002	100m
61	11:40	Female	G.u.20	Born in 1999/2000	100m
62	11:40	Female	Women	Born in 1998 and earlier	100m
63	11:45	Male	B.u.16	Born in 2003/2004	High Jump
64	11:45	Male	B.u.18	Born in 2001/2002	High Jump
65	11:46	Male	B.u.16	Born in 2003/2004	100m

66	11:52	Male	B.u.18	Born in 2001/2002	100m
67	12:00	Male	B.u.16	Born in 2003/2004	Javelin Throw (600g)
68	12:00	Male	B.u.18	Born in 2001/2002	Javelin Throw (700g)
69	12:01	Male	B.u.20	Born in 1999/2000	100m
70	12:07	Male	Men	Born in 1998 and earlier	100m
71	12:15	Male	B.u.16	Born in 2003/2004	Long Jump
72	12:15	Male	B.u.18	Born in 2001/2002	Long Jump
73	12:20	Female	G.u.10	Born in 2008	800m
74	12:20	Female	G.u.11	Born in 2007	800m
75	12:20	Female	G.u.12	Born in 2006	800m
76	12:20	Female	G.u.13	Born in 2005	800m
77	12:28	Male	B.u.10	Born in 2008	800m
78	12:28	Male	B.u.11	Born in 2007	800m
79	12:28	Male	B.u.12	Born in 2006	800m
80	12:28	Male	B.u.13	Born in 2005	800m
81	12:30	Female	G.u.16	Born in 2003/2004	Shot Put (3kg)
82	12:30	Female	G.u.18	Born in 2001/2002	Shot Put (3kg)
83	12:35	Female	G.u.16	Born in 2003/2004	800m
84	12:35	Female	G.u.18	Born in 2001/2002	800m
85	12:35	Female	G.u.20	Born in 1999/2000	800m
86	12:35	Female	Women	Born in 1998 and earlier	800m
87	12:45	Male	B.u.16	Born in 2003/2004	800m
88	12:45	Male	B.u.18	Born in 2001/2002	800m
89	12:51	Male	B.u.20	Born in 1999/2000	800m
90	12:51	Male	Men	Born in 1998 and earlier	800m
91	13:00	Female	G.u.10	Born in 2008	100m
92	13:00	Female	G.u.11	Born in 2007	100m
93	13:00	Male	G.u.16	Born in 2003/2004	Discus Throw (1kg)
94	13:00	Male	G.u.18	Born in 2001/2002	Discus Throw (1.5kg)
95	13:06	Male	B.u.10	Born in 2008	100m
96	13:06	Male	B.u.11	Born in 2007	100m
97	13:15	Female	G.u.12	Born in 2006	150m
98	13:21	Male	B.u.12	Born in 2006	150m
99	13:30	Female	G.u.13	Born in 2005	200m
100	13:30	Male	B.u.20	Born in 1999/2000	Javelin Throw (800g)
101	13:30	Male	Men	Born in 1998 and earlier	Javelin Throw (800g)
102	13:30	Male	B.u.20	Born in 1999/2000	High Jump
103	13:30	Male	Men	Born in 1998 and earlier	High Jump
104	13:35	Male	B.u.13	Born in 2005	200m
105	13:45	Female	G.u.16	Born in 2003/2004	200m
106	13:45	Female	G.u.18	Born in 2001/2002	200m
107	13:55	Female	G.u.20	Born in 1999/2000	200m
108	13:55	Female	Women	Born in 1998 and earlier	200m
109	14:00	Male	B.u.16	Born in 2003/2004	200m
110	14:00	Male	B.u.20	Born in 1999/2000	Discus Throw (1.75kg)
111	14:00	Male	Men	Born in 1998 and earlier	Discus Throw (2kg)
112	14:00	Female	G.u.16	Born in 2003/2004	Long Jump
113	14:00	Female	G.u.18	Born in 2001/2002	Long Jump
114	14:09	Male	B.u.18	Born in 2001/2002	200m
115	14:18	Male	B.u.20	Born in 1999/2000	200m

116	14:24	Male	Men	Born in 1998 and earlier	200m
117	14:40	Female	G.u.16	Born in 2003/2004	3000m
118	14:40	Female	G.u.18	Born in 2001/2002	3000m
119	14:40	Female	G.u.20	Born in 1999/2000	3000m
120	15:00	Male	B.u.16	Born in 2003/2004	3000m
121	15:00	Male	B.u.18	Born in 2001/2002	3000m
122	15:15	Female	Women	Born in 1998 and earlier	5000m
123	15:15	Male	B.u.20	Born in 1999/2000	5000m
124	15:15	Male	Men	Born in 1998 and earlier	5000m
125	15:45	Female	G.u.16	Born in 2003/2004	400m
126	15:45	Female	G.u.18	Born in 2001/2002	400m
127	15:45	Female	G.u.20	Born in 1999/2000	400m
128	15:45	Female	Women	Born in 1998 and earlier	400m
129	16:00	Male	B.u.16	Born in 2003/2004	400m
130	16:00	Male	B.u.18	Born in 2001/2002	400m
131	16:15	Male	B.u.20	Born in 1999/2000	400m
132	16:15	Male	Men	Born in 1998 and earlier	400m

