



**CENTRAL GAUTENG ATHLETICS TRACK AND FIELD**

**YOUTH (U18) AND JUNIOR (U20) CHAMPIONSHIPS**

**Sunday, 03 March 2019 – Germiston Stadium**

TRACK				FIELD			
Time	Event No.	Event	Age Group	Time	Event No.	Event	Age Group
8:30	1	5000M Walk	Youth Boys & Girls	9:00	42	Pole Vault	All
	2	10000M Walk	Junior Men & Women		43	High Jump	Junior Women
10:00	3	10000m	Junior Men		44	Discus	Youth Boys
	4	10000m	Junior Women		45	Javelin	Junior Men
					46	Long Jump	Youth Boys
11:00	5	400m H	Junior Men	10:00	47	Long Jump	Junior Women
	6	400m H	Junior Women		48	Shot Put	Youth Boys
	7	400m H	Youth Boys				
	8	400m H	Youth Girls				
11:30	9	3000m		11:00	49	Long Jump	Youth Girls
	10	3000m	Junior Women		50	Discus	Youth & Junior Women
	11	3000m	Youth Boys		51	High Jump	Youth Girls
12:00	12	5000m	Junior Men		52	Shot Put	Youth Girls
	13	5000m	Junior Women				
13:00	14	110m Hurdles	Junior Men	12:00	53	Long Jump	Junior Men
	15	100m Hurdles	Junior Women		54	High Jump	Youth Boys
	16	110m Hurdles	Youth Boys		55	Shot Put	Junior Men
	17	100m Hurdles	Youth Girls		56	Javelin	Youth & Junior Women
13:30	18	800m	Junior Men		57	Discus	Junior Men
	19	800m	Juniors Women	13:00	58	Javelin	Youth Boys
	20	800m	Youth Boys		59	Shot Put	Junior Women

	21	800m	Youth Girls		60	Hammer	Youth & Junior Women
14:00	22	100m	Junior Men		61	Triple Jump	Youth Boys
	23	100m	Juniors Women	14:00	62	High Jump	Junior Men
	24	100m	Youth Boys		63	Triple Jump	Junior Women
	25	100m	Youth Girls	15:00	64	Triple Jump	Youth Girls
14:45	26	3000m SC	Junior Men		65	Hammer	Youth & Junior Men
	27	3000m SC	Junior Women	16:00	66	Triple Jump	Junior Men
	28	2000m SC	Youth Boys				
	29	2000m SC	Youth Girls				
15:30	30	400m	Junior Men				
	31	400m	Junior Women				
	32	400m	Youth Boys				
	33	400m	Youth Girls				
16:00	34	1500m	Junior Men				
	35	1500m	Junior Women				
	36	1500m	Youth Boys				
	37	1500m	Youth Girls				
16:30	38	200m	Junior Men				
	39	200m	Junior Women				
	40	200m	Youth Boys				
	41	200m	Youth Girls				

### Age Groups

**Youth: Under 16 and 17 (born in 2003/2002)**

**Junior: under 18 and 19 (born in 2001 /2000)**

**Meeting under the rules of CGA and ASA**