

# **WPCSSA**

# **REGIONALS**



**WPCSSA**

**8 FEBRUARY 2025**

**LS MIKRO**

**AGE GROUPS**

6 – BORN 2019  
7 – BORN 2018  
8 – BORN 2017  
9 – BORN 2016  
10 – BORN 2015  
11 – BORN 2014

12 – BORN 2013  
13 – BORN 2012  
14 – BORN 2011  
U16 (AKA 15) – BORN 2010  
U18 (AKA 17) – BORN 2008 OR 2009  
U20 (AKA 19) – BORN 2006 OR 2007

ITEMS			
1	8:00	G10	TURBOJAV
2		B10	TURBOJAV
3		G11	SHOTPUT
4		B11	SHOTPUT
5		G13	LONG JUMP
6		B13	LONG JUMP
7		G u16	HIGH JUMP
8		B u16	HIGH JUMP
9		G u16	3000m
10		B u16	3000m
11		W u18	3000m
12		M u18	3000m
13		W u20	3000m
14		M u 20	3000m
15	8:30	G6	60m
16		B6	60m
17	8:42	G7	60m
18		B7	60m
19	8:54	G8	60m
20		B8	60m
21	9:00	G11	TURBOJAV
22		B11	TURBOJAV
23		G13	DISCUS
24		B13	DISCUS
25		G14	LONG JUMP
26		B14	LONG JUMP
27		G u16	SHOTPUT
28		B u16	SHOTPUT
29		W u18	HIGH JUMP
30		W u20	HIGH JUMP
31		M u18	HIGH JUMP
32		M u20	HIGH JUMP
33	9:06	G9	60m
34		B9	60m
35	9:30	G10	80m
36		B10	80m
37	9:45	G11	80m
38		B11	80m
39	10:00	G13	1500m
40		B13	1500m
41		G8	TURBOJAV
42		B8	TURBOJAV
43		G10	SHOTPUT
44		B10	SHOTPUT
45		G11	HIGH JUMP

ITEMS			
46	10:00	B11	HIGH JUMP
47		G12	LONG JUMP
48		B12	LONG JUMP
49		G u16	DISCUS
50		B u16	DISCUS
51	10:02	G14	1500m
52		B14	1500m
53	10:12	G u16	1500m
54		B u16	1500m
55	10:20	W u18	1500m
56		M u18	1500m
57	10:30	W u20	1500m
58		M u20	1500m
59	10:45	G6	80m
60		B6	80m
61	11:00	G7	80m
62		B7	80m
63		G10	HIGH JUMP
64		B10	HIGH JUMP
65		G11	LONG JUMP
66		B11	LONG JUMP
67		G12	JAVELIN
68		B12	JAVELIN
69		G14	DISCUS
70		B14	DISCUS
71		W u18	SHOTPUT
72		W u20	SHOTPUT
73		M u18	SHOTPUT
74		M u20	SHOTPUT
75	11:15	G8	80m
76		B8	80m
77	11:35	G9	80m
78		B9	80m
79	12:00	G10	1200m
80		B10	1200m
81		G13	JAVELIN
82		B13	JAVELIN
83	12:15	G12	4x100M RELAY
84		B12	4x100M RELAY
85		G13	4x100M RELAY
86		B13	4x100M RELAY
87		G14	4x100M RELAY
88		B14	4x100M RELAY
89		G u16	4x100M RELAY

ITEMS			
90	12:15	B u16	4x100M RELAY
91		G u18	4x100M RELAY
92		B u18	4x100M RELAY
93		W u20	4x100M RELAY
94		M u20	4x100M RELAY
95	12:30	G12	1200m
96		B12	1200m
97		G9	TURBOJAV
98		B9	TURBOJAV
99		G10	LONG JUMP
100		B10	LONG JUMP
101		G12	HIGH JUMP
102		B12	HIGH JUMP
103		G14	SHOTPUT
104		B14	SHOTPUT
105		W u18	DISCUS
106	M u18	DISCUS	
107	12:45	G11	1200m
108		B11	1200m
109	13:00	G8	600m
110		B8	600m
111		G12	DISCUS
112		B12	DISCUS
113		G14	JAVELIN
114		B14	JAVELIN
115	13:10	G9	600m
116		B9	600m
117	13:20	G13	800m
118		B13	800m
119	13:28	G14	800m
120		B14	800m
121	13:36	G u16	800m
122		B u16	800m
123	13:44	W u18	800m
124		M u18	800m
125	13:52	W u20	800m
126		M u20	800m
127	14:00	G12	SHOTPUT
128		B12	SHOTPUT
129		G13	HIGH JUMP
130		B13	HIGH JUMP
131		G u16	JAVELIN
132		B u16	JAVELIN
133		W u20	LONG JUMP
134		M u20	LONG JUMP

ITEMS				
135	14:15	G10	100m	
136		B10	100m	
137	14:27	G11	100m	
138		B11	100m	
139	14:40	G12	150m	
140		B12	150m	
141	14:50	G13	200m	
142		B13	200m	
143	15:00	G14	200m	
144		B14	200m	
145		G13	SHOTPUT	
146		B13	SHOTPUT	
147		G14	HIGH JUMP	
148		B14	HIGH JUMP	
149		G u16	LONG JUMP	
150		B u16	LONG JUMP	
151		W u18	JAVELIN	
152		M u18	JAVELIN	
153		W u20	DISCUS	
154		M u20	DISCUS	
155		15:05	G u16	200m
156			B u16	200m
157	15:10	W u18	200m	
158		M u18	200m	
159	15:15	W u20	200m	
160		M u20	200m	
161	15:20	G12	100m	
162		B12	100m	
163	15:25	G13	100m	
164		B13	100m	
165	15:30	G14	100m	
166		B14	100m	
167		W u20	JAVELIN	
168		M u20	JAVELIN	
169		W u18	LONG JUMP	
170		M u18	LONG JUMP	
171	15:40	G u16	100m	
172		B u16	100m	
173	15:50	G u18	100m	
174		B u18	100m	
175	16:00	W u20	100m	
176		M u20	100m	
177	16:10	G14	400m	
178		B14	400m	
179	16:12	G u16	400m	
180		B u16	400m	
181	16:14	W u18	400m	
182		M u18	400m	
183	16:16	W u20	400m	
184		M u20	400m	