

WPCSSA

REGIONALS



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21 FEBRUARY 2026

LAERSKOOL MIKRO

ITEMS			
1	8:00	G12	DISCUS
2		W u20	SHOTPUT
3		G8	TURBOJAV
4		B8	TURBOJAV
5		G11	LONG JUMP
6		B10	HIGH JUMP
7		G u16	3000m
8		B u16	3000m
9		W u18	3000m
10		M u18	3000m
11		W u20	3000m
12		M u20	3000m
13	8:30	B12	DISCUS
14		M u20	SHOTPUT
15		G9	TURBOJAV
16		B9	TURBOJAV
17		B11	LONG JUMP
18		G10	HIGH JUMP
19		G6	60m
20	B6	60m	
21	8:42	G7	60m
22		B7	60m
23	8:54	G8	60m
24		B8	60m
25	9:00	W u18	SHOTPUT
26		G14	JAVELIN
27		G10	LONG JUMP
28		B11	HIGH JUMP
29	9:06	G9	60m
30		B9	60m
31	9:30	G13	DISCUS
32		M u18	SHOTPUT
33		G u16	JAVELIN
34		B10	LONG JUMP
35		G11	HIGH JUMP
36		G10	80m
37	B10	80m	
38	9:45	G11	80m
39		B11	80m
40	10:00	B13	DISCUS
41		G10	SHOTPUT
42		B u16	JAVELIN
43		G12	LONG JUMP
44		M u20	HIGH JUMP

ITEMS			
45	10:00	G13	1500m
46		B13	1500m
47	10:02	G14	1500m
48		B14	1500m
49	10:12	G u16	1500m
50		B u16	1500m
51	10:20	W u18	1500m
52		M u18	1500m
53	10:30	B10	SHOTPUT
54		B 14	JAVELIN
55		B12	LONG JUMP
56		W u20	HIGH JUMP
57		W u20	1500m
58		M u20	1500m
59	10:45	G6	80m
60		B6	80m
61	11:00	B14	DISCUS
62		B11	SHOTPUT
63		W u20	JAVELIN
64		M u20	JAVELIN
65		G13	LONG JUMP
66		M u18	HIGH JUMP
67		G7	80m
68		B7	80m
69	11:15	G8	80m
70		B8	80m
71	11:30	B u16	DISCUS
72		G11	SHOTPUT
73		G10	TURBOJAV
74		B13	LONG JUMP
75		W u18	HIGH JUMP
76	11:35	G9	80m
77		B9	80m
78	12:00	B12	SHOTPUT
79		B10	TURBOJAV
80		G14	LONG JUMP
81		G u16	HIGH JUMP
82		G10	1200m
83		B10	1200m
84	12:15	G11	1200m
85		B11	1200m
86	12:30	G14	DISCUS
87		G12	SHOTPUT
88		G13	JAVELIN

ITEMS			
89	12:30	B 14	LONG JUMP
90		B u16	HIGH JUMP
91		G12	1200m
92		B12	1200m
93	13:00	G u16	DISCUS
94		B13	JAVELIN
95		B u16	LONG JUMP
96		G7	600m
97		B7	600m
98		G8	600m
99		B8	600m
100	13:10	G9	600m
101		B9	600m
102	13:20	G13	800m
103		B13	800m
104	13:28	G14	800m
105		B14	800m
106	13:30	W u18	DISCUS
107		B13	SHOTPUT
108		G11	TURBOJAV
109		B14	HIGH JUMP
110	13:36	G u16	800m
111		B u16	800m
112	13:44	W u18	800m
113		M u18	800m
114	13:52	W u20	800m
115		M u20	800m
116	14:00	M u18	DISCUS
117		G13	SHOTPUT
118		W u18	LONG JUMP
119		G12	HIGH JUMP
120	14:15	G10	100m
121		B10	100m
122	14:27	G11	100m
123	14:27	B11	100m
124	14:30	B14	SHOTPUT
125		B11	TURBOJAV
126		W u20	LONG JUMP
127		G14	HIGH JUMP
128	14:40	G12	150m
129		B12	150m
130	14:50	G13	200m
131		B13	200m

ITEMS			
132	15:00	W u20	DISCUS
133		B u16	SHOTPUT
134		M u18	JAVELIN
135		M u20	LONG JUMP
136	15:05	G13	HIGH JUMP
137		G14	200m
138		B14	200m
139		G u16	200m
140	15:10	B u16	200m
141		W u18	200m
142	15:15	M u18	200m
143		W u20	200m
144	15:20	M u20	200m
145		G12	100m
146	15:25	B12	100m
147		G13	100m
148	15:30	B13	100m
149		M u20	DISCUS
150		G 14	SHOTPUT
151		W u18	JAVELIN
152	15:40	G u16	LONG JUMP
153		B12	HIGH JUMP
154		G14	100m
155		B14	100m
156	15:50	G u16	100m
157		B u16	100m
158	16:00	W u18	100m
159		M u18	100m
160	16:10	G u16	SHOTPUT
161		G12	JAVELIN
162		B12	JAVELIN
163		M u18	LONG JUMP
164	16:12	B13	HIGH JUMP
165		W u20	100m
166	16:14	M u20	100m
167		G14	400m
168	16:16	B14	400m
169		G u16	400m
170	16:18	B u16	400m
171		W u18	400m
172	16:20	M u18	400m
173		W u20	400m
174	16:22	M u20	400m

