

Pupkewitz Foundation Athletics Championships



EVENTS ON OFFER

Age 6 to 12

22-Dec-21

Girls 6	60	Baby Hurdles	Standing Long Jump									
Boys 6	60	Baby Hurdles	Standing Long Jump									
Girls 7	60	Baby Hurdles	Standing Long Jump									
Boys 7	60	Baby Hurdles	Standing Long Jump									
Girls 8	60	Baby Hurdles	Standing Long Jump									
Boys 8	60	Baby Hurdles	Standing Long Jump									
Girls 9	60	Baby Hurdles	Standing Long Jump									
Boys 9	60	Baby Hurdles	Standing Long Jump									
Girls 10	60	80	100	Long Jump	High Jump	Shot Put 2kg	70m Hurdles					
Boys 10	60	80	100	Long Jump	High Jump	Shot Put 2kg	70m Hurdles					
Girls 11	60	80	100	Long Jump	High Jump	Shot Put 2kg	70m Hurdles					
Boys 11	60	80	100	Long Jump	High Jump	Shot Put 2kg	70m Hurdles					
Girls 12	100	200	1200	Shot Put 3kg	Discus 0.75kg	70m Hurdles	Javelin 500g	High Jump	Long Jump			
Boys 12	100	200	1200	Shot Put 3kg	Discus 0.75kg	75m Hurdles	Javelin 500g	High Jump	Long Jump			



Age 13 to Senior including Para-Athletes

23-Dec-21

Girls 13	100	200		800	1500	75m Hurdles	200m Hurdles	Shot Put 3kg	Discus 0.75kg	Javelin 500g	High Jump	Long Jump		
Boys 13	100	200		800	1500	80m Hurdles	200m Hurdles	Shot Put 4kg	Discus 1kg	Javelin 600g	High Jump	Long Jump		
Girls 15	100	200	400	800	1500	90m Hurdles	300m Hurdles	Shot Put 3kg	Discus 1kg	Javelin 500g	High Jump	Long Jump	Triple Jump	
Boys 15	100	200	400	800	1500	100m Hurdles	300m Hurdles	Shot Put 4kg	Discus 1kg	Javelin 600g	High Jump	Long Jump	Triple Jump	
Girls 17	100	200	400	800	1500	100m Hurdles	400m Hurdles	Shot Put 3kg	Discus 1kg	Javelin 500g	High Jump	Long Jump	Triple Jump	
Boys 17	100	200	400	800	1500	110m Hurdles	400m Hurdles	Shot Put 5kg	Discus 1.5kg	Javelin 700g	High Jump	Long Jump	Triple Jump	
Girls 19	100	200	400	800	1500	100m Hurdles	400m Hurdles	Shot Put 4kg	Discus 1kg	Javelin	High Jump	Long Jump	Triple Jump	
Boys 19	100	200	400	800	1500	110m Hurdles	400m Hurdles	Shot Put 6kg	Discus 1.75kg	Javelin	High Jump	Long Jump	Triple Jump	
Senior (W)	60	100	200	400	800	1500	100m Hurdles	400m Hurdles	Shot Put	Discus	Javelin	High Jump	Long Jump	Triple Jump
Senior (M)	60	100	200	400	800	1500	110m Hurdles	400m Hurdles	Shot Put	Discus	Javelin	High Jump	Long Jump	Triple Jump