

Pupkewitz Foundation Athletics Championships



in conjunction with



PROGRAM (23 December 2021)

Time	Event	Time	Event	
06h15	Officials and Helpers meet	(UNIT 6) 13h00-14h00		
06h30	Helpers -Get Hurdles ready	13h00 to 14h00	High Jump Boys 17/19/Senior	
06h45	Hand-out - Clipboards/Scoresheets		Long Jump Boys U13/15	
07h00	Officials check station and equipment		Javelin Girls 13/15	
07h50	Opening		Shot Put Boys U/17/19/Senior	
(UNIT 1) 08h00 - 09h00			Discus Girls U17/19/Senior	
08h00 to 09h00	High Jump Boys U13/15	(UNIT 7) 14h00-15h00		
	Javelin Girls U17/19/Senior	14h00 - 15h00	Shot Put Girls U17/19/Senior	
	Discus Boys U17/19/Senior		800m Girls U13/15	
	400m Hurdles Girls 17		800m Boys U13/15	
	400m Hurdles Boys 17		800m Girls U17/19/Senior	
	400m Hurdles Girls 19		800m Boys U17/19/Senior	
	400m Hurdles Boys 19		Long Jump Girls U13/15	
	400m Hurdles (W) Senior	Medal Ceremony Unit 5 and 6		
	400m Hurdles (M) Senior	(UNIT 8) 15h00-16h00		
	300m Hurdles Girls 15	15h00 - 16h00	100m Girls U13	
	300m Hurdles Boys 15		100m Boys U13	
	200m Hurdles Girls 13		100m Girls U15	
	200m Hurdles Boys 13		100m Boys U15	
(UNIT 2) 09h00 - 10h00			100m Girls U17	
09h00 to 10h00	High Jump Girls U13/15/17/19/Senior		100m Boys U17	
	Javelin Boys 13/15		100m Girls U19	
	Shot Put Girls U/13/15		100m Boys U19	
	Long Jump Boys U17/19/Senior		100m (W) Senior	
	60m Sprint Women and then Men		100m (M) Senior	
Medal Ceremony Unit 1		Relays		
(UNIT 3) 10h00 - 11h00		15h00 - 16h00	Girls 13 (4x100m)	
10h00 to 11h00	Discus Boys 13/15		Boys 13 (4x100m)	
	400m Girls U15		Girls 15 (4x100m)	
	400m Boys U15		Boys 15 (4x100m)	
	400m Girls U17/19/Senior		Girls 17 (4 x 100m)	
	400m Boys U17/19/Senior		Boys 17 (4 x 100m)	
	Triple Jump Boys U/15/17/19/Senior		Women Senior (4 x 100m)	
	Triple Jump Girls U/15/17/19/Senior		Men Senior (4 x 100m)	
	Medal Ceremony Unit 2		Medal Ceremony Unit 7 and 8	
(UNIT 4) 11h00 - 12h00			Award Ceremony	
11h00 to 12h00	Hurdles Boys U13/15	Best Track Athlete Age 13-15 (Boys and Girls)		
	Hurdles Girls U13/15	Best Field Athlete Age 13-15 (Boys and Girls)		
	Hurdles Boys U17/19/Senior	Best Track Athlete Age 17-19 (Boys and Girls)		
	Hurdles Girls U17/19/Senior	Best Field Athlete Age 17-19 (Boys and Girls)		
	Shot Put Boys U13/15	Best Track Athlete Age Senior (Boys and Girls)		
	Long Jump Girls 17/19/Senior	Best Field Athlete Age Senior (Boys and Girls)		
	Javelin Boys U17/19/Senior	Victrix Age 13-15		
	1500m Girls U13/15	Victor Age 13-15		
	1500m Boys U13/15	Victrix Age 17-19		
	1500m Girls U17/19/Senior	Victor Age 17-19		
	1500m Boys U17/19/Senior	Victrix Senior		
Medal Ceremony Unit 3		Victor Senior		
(UNIT 5) 12h00 - 13h00		Best Para-Athlete Track		
12h00 to 13h00	Discus Girls 13/15	Best Para-Athlete Field		
	200m Girls 13/15	Para-Athlete of the Day		
	200m Boys 13/15			
	200m Girls U17/19/Senior			
	200m Boys U17/19/Senior			
Medal Ceremony Unit 4		End of Program		

Participation at own risk