

# **Distance Running Meeting**

**3<sup>rd</sup> December 2016**

## **Parow Track**

08:30	10,000m	Men and Women	
09:30	3,000m	Men and Women	
09:55	800m	Men	
10:05	800m	Women	
10:15	1500m	Men and Woman	
10:45	Mixed Medley Relay		
	(1200m, 400m, 800, 1600)		

Entries: 30 min before event

Entry Fee: R20.00 / athlete  
R10.00 / Spectators