

OPEN MEETING

Saturday 12th November 2016

GREEN POINT

Event No	Time	Event	Gender
1,2	12:45	Hammer Throw	M & W
3,4	12:45	5000m Walk	M & W
5	13:30	100m H	W
6		Long Jump	F
7		High Jump	M
8	13:45	110m H	M
9	14:00	800m	M
10	14:10	800m	W
11,12	14:20	3000m	M & W
13	14:30	Javelin	W
14		Long Jump	M
15	14:40	100m	M
16,17	15:00	Discus	M & W
18		100m	W
19		High Jump	W
20	15:15	400m H	M
21	15:25	400m H	W
22	15:30	Javelin	M
23	15:35	1500m	M
24	15:45	1500m	W
25,26		Triple Jump	M & W
27	16:00	200m	M
28,29		Shot Put	M & W
30	16:15	200m	W
31,32	16:30	3000m SC	W
33	16:45	400m	M
34	17:00	400m	W
35	17:10	4 x 100m	M
36	17:15	4 x 100m	F

Rules: Athletes must enter at least 45 min. before event.

Athletes R20.00 entry

Spectators: Adults R10 Children R5.