

## TOP TEN INTERCLUB

**SATURDAY 9<sup>TH</sup> April 2016**  
**Green Point Stadium**

| Event No | Time  | Event        | Gender |
|----------|-------|--------------|--------|
| 1        | 13:00 | 5000m        | M & W  |
| 2        | 13:30 | 100m H       | W      |
| 3        |       | Pole vault   | M      |
| 4        |       | Long Jump    | W      |
| 6        |       | High Jump    | M      |
| 7        |       | Shot Put     | W      |
| 8        |       | Hammer Throw | M      |
| 5        | 13:40 | 110m H       | M      |
| 10       | 13:50 | 800m         | W      |
| 13       | 14:00 | 800m         | M      |
| 9        | 14:15 | 3000m SC     | M      |
| 16       | 14:30 | 3000m SC     | W      |
| 11       |       | Triple Jump  | M      |
| 12       |       | Hammer Throw | W      |
| 14       |       | Shot Put     | M      |
| 17       | 14:45 | 100m         | M      |
| 20       | 14:55 | 100m         | W      |
| 22       | 15:05 | 400m H       | W      |
| 23       | 15:15 | 400m H       | M      |
| 15       |       | Pole Vault   | W      |
| 18       |       | Javelin      | W      |
| 21       |       | Triple Jump  | W      |
| 24       |       | High Jump    | W      |
| 26       | 15:20 | 1500m        | W      |
| 19       |       | Discus       | M      |
| 27       | 15:30 | 1500m        | M      |
| 30       | 15:40 | 200m         | W      |
| 29       |       | Long Jump    | M      |
| 25       |       | Javelin      | M      |
| 31       | 15:50 | 200m         | M      |
| 28       |       | Discus       | W      |
| 32       | 16:05 | 3000mW       | M&W    |
|          |       |              |        |
| 34       | 16:25 | 400m         | M      |
| 35       | 16:35 | 400m         | W      |
| 36       | 16:40 | 4 x 100m     | W      |
| 37       | 16:45 | 4 x 100m     | M      |

Rules: Athletes must enter at least 60 min. before event..

**Athletes R20.00 entry**

**Spectators: Adults R10 and Children R5**