LEAGUE 1

Wednesday 8th Feb 2017

PAROW

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| **Event No** | Time | **Event** | **Gender** |
| 1,2 | 18:30 | 3000m Walk | M & W, ,U/16,18,20, |
| 3 | 19:00 | 400m | W, GU/16,18,20, |
| 4 |  | Pole vault | M,U/18,20 |
| 5 |  | Long Jump | W, GU/16,18,20, |
| 6 |  | High Jump | M, BU/16,18,20 |
| 7,8 |  | Hammer Throw | M & W, U16,18,20 |
| 9 | 19:15 | 400m | M ,U/16,18,20, |
| 10 | 19:30 | 800m | M, ,U/16,18,20, |
| 11 | 19:45 | 800m | W, ,U/16,18,20, |
| 12 | 19:50 | 3000m SC | M,U/18,20 |
| 13 | 19:50 | Javelin | W, ,U/16,18,20, |
| 14 |  | Long Jump | M, ,U/16,18,20, |
| 15 | 20:10 | 100m | M, ,U/16,18,20, |
| 16,17 | 20:10 | Discus | M & W, ,U/16,18,20, |
| 18 | 20:35 | 100m | W, ,U/16,18,20, |
| 19 |  | High Jump | W, ,U/16,18,20, |
| 20 |  | Pole Vault | W, ,U,18,20 |
| 21 | 20:45 | 400m H | M , U 18/20 |
| 22 | 20:50 | 400m H | W,U18,20 |
| 23 |  | Javelin | M, ,U/16,18,20, |
| 24 | 20:55 | 1500m | M, ,U/16,18,20, |
| 25 | 21:05 | 1500m | W, ,U/16,18,20, |
| 26,27 |  | Triple Jump | M & W, ,U/16,18,20, |
| 28 | 21:15 | 200m | M, ,U/16,18,20, |
| 29,30 |  | Shot Put | M & W, ,U/16,18,20, |
| 31 | 21:30 | 200m | W, ,U/16,18,20, |
| 32,33 | 21:40 | 5000m | M & W, ,U/18,20, |
| 34 | 21:45 | 100m H | W, U/18,U20 |
| 35 | 21:55 | 110m H | M,u/18,20 |
| 36 | 22:00 | 4 x 100m | M |
| 37 | 22:05 | 4 x 100m | F |

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

**Athletes R30.00 entry**

**Spectators: Adults R15 Children R10.**