LEAGUE 2

Saturday 18th February 2017

PAROW

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

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

**Athletes R30.00 entry**

**Spectators: Adults R15 Children R10.**