LEAGUE 3

25th February

Parow

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| **Event No** | Time | **Event** | **Gender** |
| 1,2 | 8:30 | 3000m Walk | M & W |
| 3 | 9:00 | 110mH | M, BU/18,20 |
| 4 |  | Pole vault | M, BU/18,20 |
| 5 |  | Long Jump | W,All ages |
| 6 |  | High Jump | M, All ages |
| 7,8 |  | Hammer Throw | M & W,B&G U16,18,20 |
| 9 | 09:15 | 100mH | W ,GU 18,20, BU/16 |
|  | 09:25 | 90mH | GU/16 |
| 10,11 | 09:35 | 5000m | M&W All ages |
| 12 |  | Javelin | W, GU 16,18,30 |
| 13 |  | Long Jump | M, All ages |
| 14 | 10:10 | 100m | M, All ages |
| 15,16 |  | Discus | M & W, B&G U16,18,20 |
| 17 | 10:35 | 100m | W, All ages |
| 18 |  | High Jump | W, GU 16,18,20 |
| 19 |  | Pole Vault | W,U/18,20 |
| 20 | 10:50 | 400m H | M U/18,20 |
| 21 | 10:55 | 400m H | WU/18,20 |
| 22 |  | Javelin | M, BU 16,18,20 |
| 23 | 11:00 | 800m | M All ages |
| 24 | 11:15 | 800m | W All ages |
| 25,26 |  | Triple Jump | M & W, B&G U16,18,20 |
| 27 | 11:20 | 200m | M , All ages |
| 28,29 |  | Shot Put | M & W, B&G U16,18,20 |
| 30 | 11:45 | 200m | W, All ages |
| 31 | 11:55 | 3000m SC | M, All ages |
| 32 | 12:10 | 3000m SC | W, All ages |
| 33 | 12:30 | 1500m | M, All ages |
| 34 | 12:40 | 1500m | W, All ages |
| 35 | 12:50 | 400m | M, All ages |
| 36 | 13:05 | 400m | W, All ages |
| 37 | 13:10 | 4 x 100m | M |
| 38 | 13:15 | 4 x 100m | F |

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

**Athletes R30.00 entry**

**Spectators: Adults R15 Children R10.**