

<p>PROGRAM</p> <p>THURSDAY 4 MAY 2017</p>

GREEN POINT STADIUM

THROWERS PENTATHLON (3 ATTEMPTS)

MEN	(70+)	(60-69)	(50-59)	(30-49)
HAMMER THROW	13:00	14:00	15:00	16:00
SHOT PUT	14:00	15:00	16:00	17:00
DISCUS THROW	15:00	16:00	17:00	18:00
JAVELIN THROW	16:00	17:00	18:00	19:00
WEIGHT THROW	17:00	18:00	19:00	20:00

TYGERBERG NORTHLINK ATHLETICS CLUB

THROWERS PENTATHLON (3 ATTEMPTS)

WOMEN	(60+)	(50-59)	(30-49)
HAMMER THROW	13:30	14:30	15:30
SHOT PUT	14:30	15:30	16:30
DISCUS THROW	15:30	16:30	17:30
JAVELIN THROW	16:30	17:30	18:30
WEIGHT THROW	17:30	18:30	19:30

GREEN POINT STADIUM

TRACK EVENTS

13:30	5000m	Race Walk	W55+
14:30	5000m	Race Walk	M55+
15:30	5000m	Race Walk	W30-54
16:30	5000m	Race Walk	M30-54
17:30	5000m		W50+ / M60+
18:15	5000m		M45-59
19:00	5000m		W30-49
19:45	5000m		M30-44

PROGRAM
FRIDAY 5 MAY 2017

GREEN POINT STADIUM

TRACK EVENTS			FIELD EVENTS		
			7:30	Hammer Shot Put (A)	W60+ M70+
			9:00	Hammer Shot Put (A)	W(50-59) M(60-69)
10:30	800m	W/M	10:30	Hammer Shot Put (A)	W(30-49) M(50-59)
11:30	300 / 200m Hurdles	W50+ / M60+	12:00	Hammer Shot Put (A)	M70+ M30-49)
12:00	400m Hurdles	W30-40 / M30-59			

OPENING CEREMONY / LUNCH 13:00 – 13:45

13:45	80/100m Hurdles Hep.(1)	Women	13:30	Hammer Javelin	M(60-69) W60+
14:00	100m Dec. (1)	Men	14:15	High Jump Hep. (2)	Women
14:15	200m	Women/Men	14:30	Long Jump Dec. (2)	Men
15:15	2000m Steeplechase	Women/M/60+	15:00	Hammer Javelin Shot Put (B) Hep. (3)	M(50-59) W(50-59) Women
15:30	3000m Steeplechase	M30-59	15:15	Shot Put (A) Dec. (3)	Men
16:00	200m Hep. (4)	Women	15:30	Triple Jump	Men
17:15	400m Dec. (5)	Men	16:00	High Jump Dec. (4)	Men
			16:30	Hammer Javelin Triple Jump	M(30-49) W(30-49) Women

A.G.M. 18:30 FOR 19:00

PROGRAM SATURDAY 6 MAY 2017
--

YOUNGSFIELD MILITARY BASE ROAD WALK			GREEN POINT STADIUM FIELD EVENTS		
7:00	20km Road Walk	Women & Men	7:30	Discus Shot Put (A) Weight Throw (B) Javelin	W60+ W(50-59) M70+ M(30-49)
8:00	10km Road Walk	Women & Men	8:30	Long Jump	M(30-49)
			9:30	Discus Shot Put (A) Weight Throw (B) Javelin High Jump	W(50-59) W(30-49) M(60-69) M(50-59) W(30-49)
GREEN POINT STADIUM TRACK EVENTS			10:15	Discus Dec. (7) Long Jump	Men M50+
7:30	10,000m	W30+/M50+	10:30	Discus Weight Throw (B)	W(30-49) M(50-59)
8:30	10,000m	M(30-49)	11:00	Javelin Pole Vault Pole Vault Dec.(8)	M(60-69) Women/Men Men
9:30	80/100/110m Hurdles Dec. (6)	Men	11:30	Shot Put (A) Long Jump (A) Long Jump (B) High Jump	W60+ W(30-49) W50+ W50+
10:30	80/100/110m Hurdles	Men	12:00	Discus	M70+
11:15	80/100m Hurdles	Women			
12:00	1500m	Women/Men			

LUNCH 13:00 – 13:30

13:30	100m	Women/Men	13:30	Discus Weight Throw (A) Weight Throw (B) Javelin Dec. (9) High Jump	M(60-69) W(50-59) M(30-49) Men M50+
15:00	1500m Dec. (10)	Men	14:30	Javelin Long Jump Hep.(5)	M70+ Women
15:30	400m	Women/Men	15:00	Discus Weight Throw (A)	M(50-59) W(30-49)
16:30	800m Hep.(7)	Women	15:45	Javelin Hep.(6) High Jump	Women M(30-49)
16:45	4x100m Relay	Women/Men	16:30	Discus Weight Throw (B)	M(30-49) W60+

DINNER–DANCE / AWARDS FUNCTION: 19H00
--