**Distance Running Meeting**

**2nd December 2017**

**Parow Track**

|  |  |  |  |
| --- | --- | --- | --- |
| 08:30 | 10,000m | Men and Women |  |
| 09:20 | 800m | Men |  |
| 09:35 | 800m | Women |  |
| 09:50 | 3,000m | Men and Women |  |
| 10:15 | 1500m | Men |  |
| 10:30 | 1500m | Women |  |
|  |  |  |  |

Entries: 30 min before event

Entry Fee: R20.00 / athlete

R10.00 / Spectators