OPEN MEETING

Saturday 14th October 2017

Vygieskraal

|  |  |  |  |
| --- | --- | --- | --- |
| **Event No** | Time | **Event** | **Gender** |
| 1,2 | 12:30 | Hammer Throw | M & W |
| 3 | 13:15 | 60m H | W |
| 4 |  | Long Jump | F |
| 5 |  | High Jump | M |
| 6 | 13:30 | 60m H | M |
| 7 | 13:45 | 600m | M |
| 8 | 14:00 | 600m | W |
| 9,10 | 14:15 | 2000m | M & W |
| 11 | 14:15 | Javelin | W |
| 12 |  | Long Jump | M |
| 13 | 14:30 | 60m | M |
| 14 | 14:55 | 60m | W |
| 15,16 | 15:00 | Discus | M & W |
| 17 |  | High Jump | W |
| 18 | 15:15 | 300m H | M |
| 19 | 15:25 | 300m H | W |
| 20 | 15:30 | Javelin | M |
| 21 | 15:35 | 1000m | M |
| 22 | 15:45 | 1000m | W |
| 23,24 |  | Triple Jump | M & W |
| 25 | 16:00 | 150m | M |
| 26,27 |  | Shot Put | M & W |
| 28 | 16:15 | 150m | W |
| 29,30 | 16:30 | 1500m SC | M |
| 31,32 | 12:45 | 3000m Walk | M & W |
| 33 | 16:45 | 300m | M |
| 34 | 17:00 | 300m | W |

**Rules: Athletes must enter at least 1 hour. before event.**

**Athletes R20.00 entry**

**Spectators: Adults R10 Children R5.**

**NB:**

**All hurdle events will be at senior heights only.**

**All throws events will make provision for U/16, U/18 and U/20 (weights)**