**Tygerberg Summer Series**

**PAROW**

**Saturday 9th December 2017**

**Provisional Program**

**B - Program**

**NB: Heats qualifying: WINNER + 4 BEST TIMES (4 HEATS)**

**WINNER + 5 BEST TIMES (3 HEATS)**

**WINNER + 6 BEST TIMES (2 HEATS)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1** | **10:00** | **100m** | **BU/11** | **F** |
| **2** | **10:10** | **100m** | **GU/11** | **F** |
| **3** | **10:20** | **100m** | **BU/13** | **F** |
| **4** | **10:30** | **100m** | **GU/13** | **F** |
| **5** | **10:40** | **1200m** | **BU/11** | **F** |
| **6** | **10:50** | **1200m** | **GU/11** | **F** |
| **7** | **11:00** | **1200m** | **BU/13** | **F** |
| **8** | **11:10** | **1200m** | **GU/13** | **F** |
| **9** | **11:20** | **800m** | **BU 18** | **F** |
| **10** | **11:30** | **110m Hurdles** | **BU 18** | **F** |
| **11** |  | **110m Hurdles** | **BU 20** | **F** |
| **12** |  | **110m Hurdles** | **Men** | **F** |
| **13** | **11:40** | **100m** | **MEN** | **H** |
| **14** | **11:50** | **100m** | **WOMEN** | **H** |
| **15** | **12:00** | **100m** | **BU/16** | **F** |
| **16** | **12:10** | **100** | **BU 18** | **F** |
| **17** |  | **SHOT PUT** | **MEN** | **F** |
| **18** |  | **SHOT PUT** | **BU 18** | **F** |
| **19** |  | **LONG JUMP** | **BU 18** | **F** |
| **20** | **12:20** | **100m** | **GU/16** | **F** |
| **21** | **12:30** | **100m** | **GU 18** | **F** |
| **22** | **13:05** | **200m** | **MEN** | **H** |
| **23** | **13:15** | **200m** | **WOMEN** | **H** |
| **24** | **13:25** | **200m** | **M 30 +** | **F** |
| **25** | **13:25** | **200m** | **W 30+** | **F** |
| **26** | **13:35** | **200m** | **GU/16** | **F** |
| **27** | **13:45** | **200m** | **BU/16** | **F** |
| **28** | **13:45** | **LONG JUMP** | **MEN** | **F** |
| **29** | **13:45** | **JAVELIN** | **GU 18** | **F** |
| **30** | **13:45** | **JAVELIN** | **BU 18** | **F** |
| **31** | **13:45** | **SHOT PUT** | **WOMEN** | **F** |
| **32** | **13:45** | **SHOT PUT** | **GU 18** | **F** |
| **33** | **13:55** | **200m** | **BU 18** | **F** |
| **34** | **14:05** | **200m** | **GU 18** | **F** |
| **35** | **14:15** | **400m** | **MEN** | **H** |
| **36** | **14:25** | **400m** | **WOMEN** | **H** |
| **37** | **14:35** | **400m** | **GU/16** | **F** |
| **38** | **14:45** | **400m** | **BU/16** | **F** |
| **39** | **14:55** | **400m** | **GU 18** | **F** |
| **40** |  | **High Jump** | **Men** | **F** |
| **41** | **15:00** | **Triple Jump** | **Women** | **F** |
| **42** |  | **Triple Jump** | **Men** | **F** |
| **43** | **15:00** | **400m** | **BU 18** | **F** |
| **44** | **15:00** | **Discus Throw** | **Women** | **F** |
| **45** | **15:00** | **Discus Throw** | **Men** | **F** |
| **46** |  | **Discus Throw** | **BU 18** | **F** |
| **47** | **15:10** | **3000m** | **WOMEN** | **F** |
| **48** | **15:25** | **3000m Walk** | **MEN** | **F** |
| **49** | **15:25** | **3000m Walk** | **WOMEN** | **F** |
| **50** | **15:55** | **800m** | **Masters Men** | **F** |
| **51** | **16:00** | **Hammer Throw** | **Men** | **F** |
| **52** |  | **Hammer Throw** | **Women** | **F** |

**Main Events**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **53** | **16:30** | **LONG JUMP** | **WOMEN** | **F** |
| **54** | **16:30** | **JAVELIN** | **WOMEN** | **F** |
| **55** | **16:30** | **JAVELIN** | **MEN** | **F** |
| **56** | **16:30** | **400m Hurdles** | **WOMEN** | **F** |
| **57** | **16:40** | **400m Hurdles** | **MEN** | **F** |
| **58** | **16:50** | **100m** | **WOMEN** | **F** |
| **59** | **16:55** | **100m** | **MEN** | **F** |
| **60** | **17:00** | **800m** | **WOMEN** | **F** |
| **61** | **17:10** | **800m** | **MEN** | **F** |
| **62** | **17:15** | **200m** | **WOMEN** | **F** |
| **63** | **17:20** | **200m** | **MEN** | **F** |
| **64** | **17:25** | **3000m** | **MEN** | **F** |
| **65** | **17:40** | **1500m** | **WOMEN** | **F** |
| **66** | **17:50** | **400m** | **WOMEN** | **F** |
| **67** | **17:55** | **400m** | **MEN** | **F** |
| **68** | **18:00** | **1 Mile** | **MEN** | **F** |