



## YELLOW PAGES SERIES 4



### JOHANNESBURG

24 MARCH 2010

### TIMETABLE

Event No	Time	Event	Gender	Status
1	17:00	4X100m Relay	Youth Girls	
2	17:00	Pole Vault	Men	A Event
3	17:05	4x100m Relay	Youth Boys	
4	17:10	4X100m Relay	Junior Women	
5	17:15	Shot Put	Women	
6	17:15	Triple Jump	Women	
7	17:15	4x100m Relay	Junior Men	
8	17:25	800 Metres	Men	1 <sup>st</sup> Race Time Placing
9	17:30	Hammer Throw	Men	A Event
10	17:35	400 Metres	Men	1 <sup>st</sup> Race Time Placing A Event
11	17:45	3000 Metres	Women	A Event
12	18:00	400m Hurdles	Men	1 <sup>st</sup> Race Time Placing
13	18:00	Shot Put	Men	
14	18:05	100 Metres	Master men	
15	18:10	100 Metres	Women	1 <sup>st</sup> Race Time Placing
16	18:15	100 Metres	Women	2 <sup>nd</sup> Race Time Placing
17	18:15	Long Jump	Men	
18	18:25	100 Metres	Men	1 <sup>st</sup> Race Time Placing
19	18:35	100 Metres	Men	2 <sup>nd</sup> Race Time Placing
20	18:45	3000 Metres	Men	A Event
21	19:00	Pole Vault	Women	A Event
22	19:00	High Jump	Men	
23	19:05	400m Hurdles	Women	
24	19:15	Javelin	Women	
25	19:15	Triple Jump	Men	A Event
26	19:15	400m Hurdles	Men	
27	19:25	800 Metres	Women	A Event
28	19:35	200 Metres	Women	1 <sup>st</sup> Race Time Placing
29	19:40	200 Metres	Women	2 <sup>nd</sup> Race Time Placing
30	19:45	200 Metres	Men	1 <sup>st</sup> Race Time Placing
31	19:50	200 Metres	Men	2 <sup>nd</sup> Race Time Placing
32	20:00	400 Metres	Women	
33	20:10	800 Metres	Men	
34	20:20	110m Hurdles	Men	
35	20:30	100m Hurdles	Women	
36	20:40	400 Metres	Men	2 <sup>nd</sup> Race Time Placing A Event