



YELLOW PAGES SERIES 5



STELLENBOSCH
30 MARCH 2010

FINAL TIMETABLE

Event No	Time	Event	Gender	Status
1	18:30	Hammer Throw	Women	A Event
2	18:50	100 Metres	Men	1 st Race (B) A Event
3	19:00	Pole Vault	Women	
4	19:00	Long Jump	Men	
5	19:00	110m Hurdles	Men	
6	19:10	100m Hurdles	Women	
7	19:15	Discus	Men	A Event
8	19:20	100 Metres	Men	2 nd Race(A) A Event
9	19:30	100 Metres	Women	
10	19:40	400 Metres	Women	
11	19:50	800 Metres	Men	
12	20:00	Long Jump	Women	
13	20:00	3000m Steeplechase	Men	A Event
14	20:15	Discus	Women	
15	20:15	1500 Metres	Women	A Event
16	20:25	200 Metres	Women	
17	20:30	200 Metres	Men	
18	20:40	400 Metres	Men	
19	20:50	1500 Metres	Men	A Event
20	21:00	400m Hurdles	Women	
21	21:10	400m Hurdles	Men	