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YELLOW PAGES SUMMER SERIES OUDTSHOORN

12 DECEMBER 2011

PRE PROGRAM – 12 DECEMBER 2011			
ITEM	TIME	AGE GROUP	ITEM
1	16:00	D/15	HIGH JUMP
2		D-OPE	POLE VAULT
3		S/15	LONG JUMP
4		S/13	JAVELIN
5		D/15	SHOT PUT
6		D/19	HAMMER THROW
7		D/15	90H
8	16:05	S/15	800
9	16:10	D/15	800
10	16:15	S/15	100H
11	16:20	S/12	150
12	16:25	D/12	150
13	16:35	S/15	200
14	16:40	D/15	200
15	16:45	S/15	HIGH JUMP
16		S/13	LONG JUMP
17		S/15	JAVELIN

18		D/15	DISCUS
19		D/13	SHOT PUT
20		S/13	1200
21	16:50	D/13	1000
22	16:55	D/15	1500
23	17:00	S/15	400
24	17:05	D/11	100
25	17:10	S/11	100
26	17:15	D/13	100
27	17:20	S/13	100
28	17:25	D/15	100
29	17:30	S/15	100
30	17:35	M/D OPE	3000 WALK

MAIN PROGRAM – 12 DECEMBER 2011			
ITEM	TIME	AGE GROUP	ITEM
1	18:00	M OPEN	HAMMER THROW
2		M OPEN	POLE VAULT
3		L OPEN	HIGH JUMP
4		M OPEN	LOMG JUMP
5		M DIS	SHOT PUT
6		L OPEN	SHOT PUT
7		M OPEN	JAVELIN
8		M DIS	800
9	18:15	L OPEN	800
10	18:20	M OPEN	800
11	18:25	L MASTERS	200
12	18:30	L OPEN	200
13	18:35	M OPEN	200
14	18:40	M OPEN	3000
15	18:50		PRICE

			GIVING
16	19:10	M OPEN	HIGH JUMP
17		D OPEN	LONG JUMP
18		M OPEN	SHOT PUT
19		D OPEN	JAVELIN
20		M OPEN	DISCUS
21		D DIS	DISCUS
22		M OPEN	TRIPLE JUMP
23	19:10	D OPEN	100H
24	19:15	M OPEN	110H
25	19:20	D OPEN	1500
26	19:30	M OPEN	400
27	19:35	D OPEN	400
28	19:40	TROLLY	100
29	19:45	D MASTERS	100
30	19:50	D OPEN	100
31	19:55	M OPEN	100
32	20:00	M OPEN	400H
33	20:00		PRICE GIVING
34	20:20	M OPEN	MILE
35	20:30	D OPEN	4 X 100
36	20:35	M OPEN	4 X 100

**STREET MILE:
13 DEC 2011 FROM 10H00**

**Start in Park Road East.
Finish in front of Klein Karoo Ostrich
Boutique**

**4 Races.
Junior and Senior Men run together
and Junior and Senior Ladies run
together.**

**HURDLES AND SPRINT
COACHING CLINIC: 13
DECEMBER 2011**

**Presented by LJ van Zyl and Hennie
Kotze between 15h00 and 17h00.**

VENUE: Athletics Track