

Yellow Pages



Yellow Pages Summer Series
Tygerberg NLC Community Challenge

PAROW

Saturday 17th December 2011

PROVISIONAL PROGRAM

B - Program

NB: Heats qualifying: 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 ,/20 and Men	F
11	11:40	60m	MEN	H
12	11:50	60m	WOMEN	H
13	12:00	100m	BU/16	F
14	12:10	100	BU/18	F
15		SHOT PUT	MEN	F
16		SHOP PUT	BU/18	F
17		LONG JUMP	BU/18	F
18	12:20	100m	GU/16	F
19	12:30	100m	GU/18	F
20	13:05	150m	MEN	H
21	13:15	150m	WOMEN	H
22	13:25	200	MV30+ and Woman	F
23	13:35	200m	GU/16	F
24	13:45	200m	BU/16	F
25	13:45	LONG JUMP	WOMEN	F
26	13:45	JAVELIN	WOMEN	F
27	13:45	JAVELIN	GU/18	F
28	13:45	SHOT PUT	WOMEN	F
29	13:45	SHOT PUT	GU/18	F
30	13:55	200m	BU/18	F
31	14:05	200m	GU/18	F
32	14:15	300m	MEN	H
33	14:25	300m	WOMEN	H
34	14:35	400m	GU/16	F

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35	14:45	400m	BU/16	F
36	14:55	400m	GU/18	F
37	15:00	Triple Jump	Women	F
39	15:00	400m	BU/18	F
40	15:00	Discus Throw	Women	F
41	15:00	Discus Throw	Men, BU/18	
42	15:10	3000m	WOMEN	F
43	15:25	3000m Walk	MEN	F
44	15:25	3000m Walk	WOMEN	F
45	15:55	800m	Masters Men	F

Main Events

46	16:30	LONG JUMP	MEN	F
47	16:30	JAVELIN	MEN	F
48	16:30	JAVELIN	BU/18	F
49	16:30	300m Hurdles	WOMEN	F
50	16:40	300m Hurdles	MEN	F
51	16:50	60m	WOMEN	F
52	16:55	60m	MEN	F
53	17:00	600m	WOMEN	F
54	17:10	600m	MEN	F
55	17:15	150m	WOMEN	F
56	17:20	150m	MEN	F
57	17:25	3000m	MEN	F
58	17:40	1000m	WOMEN	F
59	17:50	300m	WOMEN	F
60	17:55	300m	MEN	F
61	18:00	1 Mile	MEN	F