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YELLOW PAGES SUMMER SERIES STELLENBOSCH

15 DECEMBER 2011

Pre-Program/Voorprogram	
16:30	High Jump Men
	Pole Vault Women
	Hammer Throw Men and Women
16:45	600m Women/Vroue
16:50	600m Men/Mans
17:00	300mH Men
17:15	60m Women/Vroue (Heats)
17:30	60m Men/Mans (Heats)
17:45	150m Women/Vroue (Heats)
18:00	150m Men/Mans (Heats)
Main Program/Hoof program	
18:30	Verspring / Long Jump A Mans/Men
	Verspring / Long Jump B Vroue/Women
	Hoogspring/ High Jump Vroue/Women
	Spiesgooi / Javelin Mans/Men
	Paalspring / Pole Vault Mans/Men
	60m Mans / Men
18:35	60m Vroue / Women
18:40	1500m Vroue / Women
18:50	300m Mans / Men
18:58	300m Vroue / Women
19:08	150m Men / Mans
19:13	150m EAD Men / Mans
19:18	150m Women / Vroue
19:30	60mH Men / Mans
19:35	60mH Women / Vroue
19:40	300mH Vroue/Women
19:50	1 Mile / 1 Myl