

ACNW WINDOW PERIOD ATHLETICS MEETING

FINAL PROGRAM

Friday 04 June 2010 (Start of Multi-Events)

Saturday 05 June 2010

Friday 25 June 2010 (Start of Multi-Events)

Saturday 26 June 2010

Puk McArthur Stadium

Potchefstroom

1.	11:00		Javelin – Women + Gu/20 + Gu/18
2.			Shot Put – Men – Bu/20 + Bu/18
3.			High Jump – Women + Gu/20 + Gu/18
4.			Long Jump - Men – Bu/20 + Bu/18
5.	11:00	110 m Hurdles – Men + Bu/20 + Bu/18	
6.	11:10	100 m Hurdles – Women + Gu/20 + Gu/18	
7.	11:20	3 000 Steeplechase – Men + Bu/20	
8.	11:35	400 m Hurdles – Men + Bu/20 + Bu/18	
9.	11:45	400 m Hurdles – Women + Gu/20 + Gu/18	
10.	11:55	800 m – Women + Gu/20	
11.	12:10	800 m - Men + Bu/20 + Bu/18	
12.	11:35		Discus- Women + Gu/20 + Gu/18
13.			Javelin – Men – Bu/20 + Bu/18
14.			High Jump – Men – Bu/20 + Bu/18
15.			Long Jump – Women + Gu/20 + Gu/18 Shot Put- Women + Gu/20 + Gu/18
16.	12:20	200 m – Women + Gu/20	
17.	12:30	200 m – Men + Bu/20 + Bu/18	
18.	12:40	1500m - Women + Gu/20 + Gu/18	
19.	11:55		Triple Jump – Men + Women
20.			Discus- Men – Bu/20 + Bu/18
21.	12:50	1500m – Men + Bu/20 + Bu/18	
22.	13:00	5 000 m – Men + Bu/20	
23.	13:25	400 m - Women + Gu/20 + Gu/18	Hammer - All
24.	13:30	400 m - Men + Bu/20 + Bu/18	
25.	13:35	100 m - Women + Gu/20 + Gu/18	Pole Vault – FANIE DU TOIT
26.	13:40	100 m - Men + Bu/20 + Bu/18	

**MULTI – EVENTS PROGRAM AVAILABLE FROM
LAPPIES SWANEPOEL 073 793 2992**