

**CENTRAL GAUTENG ATHLETICS
TRACK & FIELD ATHLETICS MEETING
12 JUNE 2010
H/S NOORDHEUWEL, KRUGERSDORP**



TRACK

10:30 5000M Walk Men
10:35 5000m Walk women
11:00 110m H Men
110m H Jnr Men
100m H Women
100m H Jnr Women
11:20 800m Jnr Women
800m Women
800m Jnr Men
800m Men
11:40 3000m Jnr Women
3000m Women
12:00 200m Jnr Women
200m Women
200m Jnr Men
200m Men
12:30 1500m Jnr Women
1500m Women
1500m Jnr Men
1500m Men
13:00 400m Jnr Women
400m Women
400m Jnr Men
400m Men

FIELD

10:30 High Jump Jnr/Snr Men
Long Jump Jnr/Snr Women
Shot Put Jnr/Snr Men

11:30 Discus Jnr /Snr Women
High Jump Jnr /Snr Women
Long Jump Jnr / Snr Men

12:30 Shot Put Jnr /Snr Women
Triple Jump Jnr/Snr Women

13:00 Discus Jnr/Snr Men
Triple Jump Jnr/Snr Men

MEETING HELD UNDER THE RULES OF CGA AND ASA