

# ATHLETIEK PROGRAM



3 DESEMBER 2018

# PROGRAM BAANITEMS / TRACK EVENTS

No	TYD	ITEM	OUDERDOM
<b>FINAAL</b>			
1	07:45	1500m	D - OPE
2		1500m	S - OPE
3		1500m	D - 0/13
4		1500m	S - 0/13
5		1200m	D - 0/12
6		1200m	S - 0/12
7		1200m	D - 0/11
8		1200m	S - 0/11
9		1200m	D - 0/10
10		1200m	S - 0/10
<b>FINAAL</b>			
11	08:45	800m	D - 0/8 - 0/9
12		800m	S - 0/8 - 0/9
13		400m	D - 0/8
14		400m	S - 0/8
15		400m	D - 0/9
16		400m	S - 0/9
<b>FINAAL</b>			
17	09:10	150m Hekkies	D - 0/12
18		150m Hekkies	S - 0/12
19		200m Hekkies	D - 0/13
20		200m Hekkies	S - 0/13
21		200m Hekkies	D - OPE
22		200m Hekkies	S - OPE
<b>FINAAL</b>			
23	09:30	70m Hekkies	D - 0/10
24		70m Hekkies	S - 0/10
25		70m Hekkies	D - 0/11
26		70m Hekkies	S - 0/11
27		75m Hekkies	D - 0/12
28		75m Hekkies	S - 0/12
29		75m Hekkies	D - 0/13
30		75m Hekkies	D - OPE
31		80m Hekkies	S - 0/13
32		80m Hekkies	S - OPE
<b>UITDUNNE</b>			
33	10:15	60m	D - 0/7
34		60m	S - 0/7
35		80m	D - 0/8
36		80m	S - 0/8
37		80m	D - 0/9
38		80m	S - 0/9
<b>FINAAL</b>			
39	11:00	60m	D - 0/7
40		60m	S - 0/7
41		80m	D - 0/8
42		80m	S - 0/8
43		80m	D - 0/9
44		80m	S - 0/9

No	TYD	ITEM	OUDERDOM
<b>UITDUNNE</b>			
45	11:15	100m	D - 0/10
46		100m	S - 0/10
47		100m	D - 0/11
48		100m	S - 0/11
<b>FINAAL</b>			
49	11:40	150m	D - 0/12
50		150m	S - 0/12
51		200m	D - 0/13
52		200m	S - 0/13
53		200m	D - OPE
54		200m	S - OPE
<b>FINAAL</b>			
55	12:00	100m	D - 0/10
56		100m	S - 0/10
57		100m	D - 0/11
58		100m	S - 0/11
<b>FINAAL</b>			
59	12:15	800m	D - 0/13
60		800m	S - 0/13
61		800m	D - OPE
62		800m	S - OPE
<b>UITDUNNE</b>			
63	12:35	80m	D - 0/10
64		80m	S - 0/10
65		80m	D - 0/11
66		80m	S - 0/11
67		100m	D - 0/12
68		100m	S - 0/12
69		100m	D - 0/13
70		100m	S - 0/13
71		100m	D - OPE
72		100m	S - OPE
<b>FINAAL</b>			
73	13:15	80m	D - 0/10
74		80m	S - 0/10
75		80m	D - 0/11
76		80m	S - 0/11
77		100m	D - 0/12
78		100m	S - 0/12
79		100m	D - 0/13
80		100m	S - 0/13
81		100m	D - OPE
82		100m	S - OPE
<b>AFLOSSE OP VOLGENDE BLADSY</b>			

# PROGRAM

## BAANITEMS / TRACK EVENTS

FINAAL			
83	13:30	4 x 100m	D - 0/10
84		4 x 100m	S - 0/10
85		4 x 100m	D - 0/11
86		4 x 100m	S - 0/11
87		4 x 100m	D - 0/12
88		4 x 100m	S - 0/12
89		4 x 100m	D - 0/13
90		4 x 100m	S - 0/13
91		4 x 100m	D - OPE
92		4 x 100m	S - OPE

Aflosbane			
1	2	3	4
B	B	O	O
B	B	O	O
O	O	B	B
O	O	B	B
B	B	O	O
B	B	O	O
O	O	B	B
O	O	B	B
B	B	O	O
B	B	O	O

SNOEPWINKEL BESKIKBAAR / TUCK SHOP AVAILABLE

**DANKIE VIR U ONDERSTEUNING**  
**THANK YOU FOR YOU SUPPORT**

