



ATHLETICS SOUTH AFRICA
SPEED SERIES 1 - 28 FEBRUARY 2017
KINGS PARK ATHLETICS STADIUM
DURBAN



MAIN PROGRAM					
Item no	Time	MEN		WOMEN	
		Track	Field	Track	Field
1	19:00			400m	
2	19:10	400m			
3	19:20			5 000m	
4	19:35	100m		200m	
5	19:45	10 000m			
6	20:20	100m			

PRE - PROGRAM					
Item no	Time	MEN		WOMEN	
		Track	Field	Track	Field
1	17:30			Girls U16 (SY) - Medley Relay	
2	17:40	Boys U16 (SY) - Medley Relay			
3	17:50			Girls U18 (Yth) - Medley Relay	
4	18:00	J18 (Yth) - Medley Relay			
5	18:10	1500m			

TOP ATHLETES IN ACTION!!!