



**ATHLETICS SOUTH AFRICA**  
**SPEED SERIES 2 - 08 MARCH 2017**  
**MANGAUNG ATHLETICS STADIUM**  
**BLOEMFONTEIN**



| MAIN PROGRAM |       |   |           |              |               |
|--------------|-------|---|-----------|--------------|---------------|
| Item no      | Time  | MEN   |           | WOMEN        |               |
|              |       | Track   | Field     | Track        | Field         |
|              | 18:30 | <b>IAAF AWARD CEREMONY FOR WAYDE VAN NIEKERK BY ASA PRESIDENT</b> |           |              |               |
| 1            | 18:45 | 800m  |           |              |               |
| 2            | 19:00 |   |           | 100m Hurdles |               |
| 3            | 19:10 | 110m Hurdles  |           |              |               |
| 4            | 19:10 |   |           |              | Javelin Throw |
| 5            | 19:10 |   | Long Jump |              |               |
| 6            | 19:20 |   |           | 100m         |               |
| 7            | 19:30 | 100m  |           |              |               |
| 8            | 19:40 |   |           | 4x400m Relay |               |
| 9            | 19:50 | 4x400m Relay  |           |              |               |
| 10           | 20:00 |   |           | 4x100m Relay |               |
| 11           | 20:10 | 4x100m Relay  |           |              |               |
| 12           | 20:20 | 1 Mile  |           |              |               |

**TOP ATHLETES IN ACTION!!!**