



ATHLETICS SOUTH AFRICA
SPEED SERIES 3 - 15 MARCH 2017
15 MARCH 2017
NWU / KENNETH McARTHUR STADIUM
POTCHEFSTROOM



Pre- Program

Item no	Time	MEN		WOMEN	
		Track	Field	Track	Field
1	17:00				High Jump
2	17:00			3000m Walk	
3	17:25	110m Hurdles (B Race)			
4	17:30	110m Hurdles (A Race)			
5	17:30				Shot Put
6	17:30		Javelin		
7	17:40			100m Hurdles	
8	17:50	1500m			
9	18:00	400m (C Race)			
10	18:10			400m (B Race)	
11	18:20	100m (C Race)			
12	18:25	100m (B Race)			
13	18:30	100m (A Race)			
14	18:30		High Jump		
15	18:30		Shot Put		
16	18:35			100m (B Race)	
17	18:40			100m (A Race)	

Main Program

Item no	Time	MEN		WOMEN	
		Track	Field	Track	Field
18	19:00				Long Jump
19	19:00				Javelin
20	19:00	400m Hurdles (B Race)			
21	19:05	400m Hurdles (A Race)			
22	19:15			400m Hurdles	
23	19:25			3000m	
24	19:40			200m	
25	19:45	200m (B Race)			
26	19:50	200m (A Race)			
27	19:55	800m (C Race)			
28	20:00	800m (B Race)			
29	20:10	800m (A Race)			
30	20:20			800m	
31	20:30	3000m			
32	20:45			400m (A Race)	
33	20:50	400m (B Race)			
34	20:55	400m (A Race)			

TOP ATHLETES IN ACTION!!!