



ATHLETICS SOUTH AFRICA
SPEED SERIES 4 - 22 MARCH 2017
22 MARCH 2017
GERMISTON STADIUM
EKURHULENI



Pre- Program

Item no	Time	MEN		WOMEN	
		Track	Field	Track	Field
1	16:45	3000m Walk			
2	17:00		Hammer Throw		
3	17:00				Hammer Throw
4	17:00		Triple Jump		
5	17:20			80m	
6	17:30	80m (B Race)			
7	17:35	80m (A Race)			
8	17:45	400m (B Race)			
9	17:50	400m (A Race)			
10	17:50				Discus
11	18:00			1 Mile	
12	18:10	4 x 400m Schools Relay			
13	18:20	1 Mile			

Main Program

Item no	Time	MEN		WOMEN	
		Track	Field	Track	Field
14	19:00		Long Jump		
15	19:00	100m (C Race)			
16	19:05	100m (B Race)			
17	19:15	100m (A Race)			
18	19:20			100m (B Race)	
19	19:25			100m (A Race)	
20	19:40	110m Hurdles			
21	19:45			100m Hurdles	
22	19:45		Shot Put		
23	19:55	4 x 100m Relay			
24	20:05			4 x 100m Relay	
25	20:15	4 x 400m Relay			
26	20:25			4 x 400m Relay	

TOP ATHLETES IN ACTION!!!

