

Athletics Practices Term 1 - 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

14:40 - 15:45	<p>Shot put Ananja Beck</p>	<p>High Jump Pieter Brink</p>	<p>Sprints MC Coetzee Middle Distance Adri Walters</p>	<p>Middle Distance Adri Walters Shot put Ananja Beck High Jump Pieter Brink</p>	
15:45 - 16:55	<p>Middle Distance Adri Walters Discus Ananja Beck Sprints MC Coetzee Javelin Dewald Cooke Hurdles Jean-Mare Senekal Long Jump Helene Peens Triple Jump Helene Peens</p>	<p>Discus Ananja Beck Hurdles Jean-Mare Senekal Sprints MC Coetzee Long Jump Helene Peens Triple Jump Helene Peens</p>	<p>Shot put Ananja Beck Sprints MC Coetzee Hurdles Jean-Mare Senekal Javelin Dewald Cooke</p>	<p>Triple Jump Helene Peens Discus Ananja Beck Long Jump Helene Peens Hurdles Jean-Mare-Senekal</p>	