

**TYDTAFEL / TIMETABLE****14:45 PROSESSIE / PROCESSION**

Athletes and Cheerleaders  
Singing of National Anthem - Brittany Smith  
Skoolhoofde en Sjampanjenooi  
School Song and War Cry of each school

NO	TYD/TIME	ITEM/EVENT	OUDERDOM/AGE
1	15:30	3000m	Ope Open
2	15:45	90m Hekkies 90m Hurdles	D o/14 G u/14
3		Verspring A Long Jump A	D o/14 G u/14
4		Spiesgooi Javelin	D o/15 G u/15
5		Hoogspring A High Jump A	D o/15 G u/15
6		Gewigstoot Shot Put	D o/17 G u/17
7		Diskus Discus	D o/19 G u/19
8		Driesprong B Triple Jump	Ope Open
9	15:55	90m Hekkies 90m Hurdles	D o/15 G u/15
10	16:05	100m Hekkies 100m Hurdles	D o/17 G u/17
11	16:15	100m Hekkies 100m Hurdles	D o/19 G u/19
12	16:20	200m	D o/14 G u/14
13	16:25	200m	D o/15 G u/15
14	16:30	200m	D o/17 G u/17
15		Spiesgooi Javelin	D o/14 G u/14
16		Gewigstoot Shot Put	D o/15 G u/15
17		Diskus Discus	D o/17 G u/17
18		Verspring A Long Jump A	D o/17 G u/17
19		Hoogspring B High Jump B	D o/19 G u/19
20	16:35	200m	D o/19 G u/19
21	16:45	800m	D o/14 G u/14
22	16:55	800m	D o/15 G u/15
23	17:05	800m	D o/17 G u/17
24	17:15	800m	D o/19 G u/19
25		Gewigstoot Shot Put	D o/14 G u/14
26		Diskus Discus	D o/15 G u/15
27		Verspring B Long Jump B	D o/15 G u/15
28		Hoogspring A High Jump A	D o/17 G u/17
29		Spiesgooi Javelin	D o/19 G u/19
30	17:25	100m	D o/14 G u/14
31	17:30	100m	D o/15 G u/15
32	17:35	100m	D o/17 G u/17
33	17:40	100m	D o/19 G u/19
34	17:50	400m	D o/14 G u/14
35	18:00	400m	D o/15 G u/15
36		Diskus Discus	D o/14 G u/14
37		Hoogspring B High Jump B	D o/14 G u/14
38		Spiesgooi Javelin	D o/17 G u/17
39		Gewigstoot Shot Put	D o/19 G u/19
40		Verspring A Long Jump A	D o/19 G u/19
41	18:10	400m	D o/17 G u/17
42	18:20	400m	D o/19 G u/19
43	18:30	1 500m	D o/14 G u/14
44	18:40	1 500m	D o/15 G u/15
45	18:50	1 500m	D o/17 G u/17
46	19:00	1 500m	D o/19 G u/19
47	19:10	4 x 100m Aflos 4 x 100m Relay	D o/14 G u/14
48	19:15	4 x 100m Aflos 4 x 100m Relay	D o/15 G u/15
49	19:20	4 x 100m Aflos 4 x 100m Relay	D o/17 G u/17
50	19:25	4 x 100m Aflos 4 x 100m Relay	D o/19 G u/19
51	19:30	4 x 100m Aflos 4 x 100m Relay	Prefekte Prefects
52	19:40	Presentation of Trophies	

