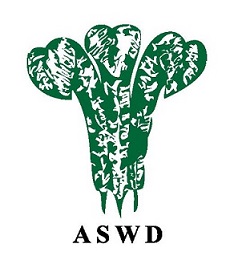
ASWD

TALENT ID & MASTERS

ATHLETICS MEETING

27 & 28 OCTOBER 2017



DE JAGER

ATHLETICS STADIUM

OUDTSHOORN

**MEETING HELD ACCORDING TO ASA RULES & REGULATIONS**

***FRIDAY 27 OCTOBER 2017***

**Dag 1 / Day 1**

**Ingo Hildebrand Memorial Throws Pentathlon**

**PROGRAM**

|  |  |  |  |
| --- | --- | --- | --- |
| **Vroue/Women** | | **Mans/Men** | |
| **14:00** | Hammer | **14:40** | Hammer |
| **14:30** | Gewigstoot | **15:20** | Shot Put |
| **15:10** | Diskus | **16:00** | Discus |
| **15:50** | Spiesgooi | **16:40** | Javelin |
| **16:30** | Massagooi | **17:20** | Weight Throw |

**SATURDAY 28 OCTOBER 2017 Day 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **PROGRAM**  **BAAN/TRACK** | | | **PROGRAM**  **VELD/FIELD** | | |
| **7:00** | 5 000m Stap | Mans & Vroue  Ope  Seuns & Dogters | **7:00** | Discus | Men 30 – 49 (2kg)  Boys u/16 (1kg) |
| **8:00** | 5 000m | Mans & Vroue  Ope |  | Greek Discus | Men 50+ (Circle B) |
| **9:00** | 400m | Mans & Vroue  Ope  Dogters u/16  Seuns u/16  Dogters u/18  Seuns u/18 |  | Long Jump  High Jump  Shot Put | Men 30 – 49  Boys u/18  Men 50+  Boys u/18  Women (Circle A) |
| **9:50** | 1500m Stap | Mans & Vroue  Ope  Dogters u/16  Seuns u/16  Dogters u/18  Seuns u/18 | **8:30** | Hammer  Weight Throw  High Jump  Javelin  Long Jump  Triple Jump | Men 30 – 49 (7kg)  Boys u/18 (5 kg)  Men 50+ (Circle B)  Men 30 – 49  Boys u/16  Women  Girls u/16  Boys u/16 |
| **10:40** | 800m | Mans & Vroue  Ope  Dogters u/16  Seuns u/16  Dogters u/18  Seuns u/18 | **9:30** | Long Jump  Shot Put | Women  Girls u/16  Girls u/18  Girls u/16  Girls u/18 |
| **11:30** | 200mH | Vroue 70+  Mans 80+ | **10:00** | Javelin | Men 30 – 49 (800g)  Boys u/18 (700g) |
|  | 300mH  400mH | Vroue 60 – 69  Mans 70 – 79  Mans 60 – 69  Vroue 35 – 49  Mans 50 – 59  Mans 35 - 49 |  | Hammer  Greek Discus  High Jump | Men 50+  Women (Circle A)  Women  Girls u/16  Girls u/18 |
|  |  |  | **10:30** | Triple Jump  Long Jump | Boys u/18  Boys u/16 |
|  |  |  | **11:30** | Discus | Girls u/16  Girls u/18 |
|  |  |  | **12:00** | Javelin | Girls u/16  Girls u/18 |
| **ETE/LUNCH 12:30 – 13:00** | | | **ETE/LUNCH 12:30 – 13:00** | | |
| **13:15** | 100m | Mans & Vroue  Ope  Dogters u/16  Seuns u/16  Dogters u/18  Seuns u/18 | **13:00** | Shot Put  Discus  Triple Jump  Weight Throw | Men 30 – 49 (Circle B)  Boys u/16  Men 50+  Boys u/18  Men  Women (Circle A) |
| **14:00** | 2 000m SC | Mans 60+  Vroue | **14:00** | Greek Discus  Shot Put | Men 30 – 49 (Circle B)  Boys u/18 (Circle A) |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **14:00** | 3 000m SC | Mans 35 - 59 | **14:00** | Javelin | Men 50+ (700 – 400g)  Boys u/16 (600g) |
| **14:45**  **14:50** | 1500m  80mH | Dogters u/16  Vroue 60+  Vroue 50 – 59 |  | Hammer | Women  Girls u/16  Girls u/18 |
|  |  | Vroue 40 - 49 |  | Long Jump | Men 50+ |
| **14:55** | 1500m | Seuns u/16 | **14:20** | Pole Vault | Men & Women |
| **15:00** | 80mH | Mans 80+ | **15:30** | Weight Throw | Men 30 – 49 (Circle A) |
| **15:05** | 1500m | Dogters u/18 |  | Shot Put | Men 50+ (Circle B) |
| **15:10** | 80mH | Mans 70 - 79 |  | Discus | Women |
| **15:15** | 1500m | Seuns u/18 |  | Triple Jump | Women |
| **15:20** | 100mH | Mans 70 – 79 |  |  |  |
| **15:25** | 1500m | Vroue |  |  |  |
| **15:30** | 100mH | Vroue 35 – 39 |  |  |  |
| **15:35** | 1500m | Mans |  |  |  |
| **15:40** | 100mH | Mans 60 – 69 |  |  |  |
| **15:45** | 100mH | Mans 50 – 59 |  |  |  |
| **15:50** | 110mH | Mans 35 – 49 |  |  |  |
|  |  |  |  |  |  |
| **16:00** | 200m | Mans & Vroue  Ope  Dogters u/16  Seuns u/16  Dogters u/18  Seuns u/18 |  |  |  |