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**

|  |  |
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| **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**

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| **PROGRAM****BAAN/TRACK** | **PROGRAM****VELD/FIELD** |
| **7:00** | 5 000m Stap | Mans & VroueOpeSeuns & Dogters | **7:00** | Discus | Men 30 – 49 (2kg)Boys u/16 (1kg) |
| **8:00** | 5 000m | Mans & VroueOpe |  | Greek Discus | Men 50+ (Circle B) |
| **9:00** | 400m | Mans & VroueOpeDogters u/16Seuns u/16Dogters u/18Seuns u/18 |  | Long JumpHigh JumpShot Put | Men 30 – 49Boys u/18Men 50+Boys u/18Women (Circle A) |
| **9:50** | 1500m Stap | Mans & VroueOpeDogters u/16Seuns u/16Dogters u/18Seuns u/18 | **8:30** | HammerWeight ThrowHigh JumpJavelinLong JumpTriple Jump | Men 30 – 49 (7kg)Boys u/18 (5 kg)Men 50+ (Circle B)Men 30 – 49Boys u/16WomenGirls u/16Boys u/16 |
| **10:40** | 800m | Mans & VroueOpeDogters u/16Seuns u/16Dogters u/18Seuns u/18 | **9:30** | Long JumpShot Put | WomenGirls u/16Girls u/18Girls u/16Girls u/18 |
| **11:30** | 200mH | Vroue 70+Mans 80+ | **10:00** | Javelin | Men 30 – 49 (800g)Boys u/18 (700g) |
|  | 300mH400mH | Vroue 60 – 69Mans 70 – 79Mans 60 – 69Vroue 35 – 49Mans 50 – 59Mans 35 - 49 |  | HammerGreek DiscusHigh Jump | Men 50+Women (Circle A)WomenGirls u/16Girls u/18 |
|  |  |  | **10:30** | Triple JumpLong Jump | Boys u/18Boys u/16 |
|  |  |  | **11:30** | Discus | Girls u/16Girls u/18 |
|  |  |  | **12:00** | Javelin | Girls u/16Girls u/18 |
| **ETE/LUNCH 12:30 – 13:00** | **ETE/LUNCH 12:30 – 13:00** |
| **13:15** | 100m | Mans & VroueOpeDogters u/16Seuns u/16Dogters u/18Seuns u/18 | **13:00** | Shot PutDiscusTriple JumpWeight Throw | Men 30 – 49 (Circle B)Boys u/16Men 50+Boys u/18MenWomen (Circle A) |
| **14:00** | 2 000m SC | Mans 60+Vroue  | **14:00** | Greek DiscusShot Put | Men 30 – 49 (Circle B)Boys u/18 (Circle A) |
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|  |  |  |  |  |  |
| **14:00** | 3 000m SC | Mans 35 - 59 | **14:00** | Javelin | Men 50+ (700 – 400g)Boys u/16 (600g) |
| **14:45****14:50** | 1500m80mH | Dogters u/16Vroue 60+Vroue 50 – 59 |  | Hammer | WomenGirls u/16Girls 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 & VroueOpeDogters u/16Seuns u/16Dogters u/18Seuns u/18 |  |  |  |