



## 2017 TRACK AND FIELD BOLAND ATHLETICS PREPARATION COMETITIONS

Paarl Athletic Club will be hosting the two preparation meetings for athletes that will compete at the ASA National Senior Championships and International Competitions for 2017.

The Track and Field Meeting will start at 16:30 and the last event will take place at 18h30.

### Notes:

1. An entry fee: R20.00 will be charged at the entrance.
2. Any socially acceptable clothing can be worn during competition, as long as the athlete wears a license number.
3. License numbers is a prerequisite. Temporary numbers will be available at the track : R15.00
4. Entries for track events close 30min before the start of the event.  
Entries for field events take place on the track and close 15 minutes before the start of the event.

### PROGRAMME

TIME	WEDNESDAY, 5 APRIL 2017	WEDNESDAY, 12 APRIL 2017
16:30	1. 800m (M/W)	1. 800m (M/W)
16:30	2. Long Jump (M/W)	2. Long Jump (M/W)
16:30	3. Hammer Throw (M)	3. Hammer Throw (M)
16:30	4. Shot Put (M)	4. Shot Put (M)
16:30	5. Pole Vault (M)	5. Pole Vault (M)
17:00	6. 200m (M/W)	6. 200m (M/W)
17:15	7. High Jump (M/W)	7. High Jump (M/W)
17:30	8. Discus (M/W)	8. Triple Jump (M)
18:00	9. 1500m (M/W)	9. Discus (M/W)
18:15	10. 400m (M/W)	10. 1500m (M/W)
18:30		11. 100m (M/W)

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