

ATHLETICS TIMETABLE - 1st TERM 2018

		Monday		Tuesday		Wednesday		Thursday	
		boys	girls	boys	girls	boys	girls	boys	girls
u/10	High Jump	14:30 - 15:30							
	Long Jump			14:30 - 15:30					
	Shot Put					14:30 - 15:15			
	Sprint			15:30 - 16:30				14:30 - 15:30	
	Hurdles	15:45 - 16:45				16:00 - 17:00			
	Long Distance			15:30 - 16:15					
u/11	High Jump	14:30 - 15:30							
	Long Jump			14:30 - 15:30					
	Javelin	tbc							
	Discus							15:30 - 16:30	
	Shot Put					14:30 - 15:15			
	Sprint			15:30 - 16:30				14:30 - 15:30	
	Hurdles	15:45 - 16:45				16:00 - 17:00			
Long Distance			15:30 - 16:15						
u/12	High Jump					14:30 - 15:30			
	Long Jump			15:30 - 16:30					
	Discus							15:30 - 16:30	
	Javelin	tbc							
	Shot Put					15:15 - 16:00			
	Sprint			15:30 - 16:30				14:30 - 15:30	
	Hurdles	15:45 - 16:45				16:00 - 17:00			
Long Distance			15:30 - 16:15						
u/13	High Jump					14:30 - 15:30			
	Long Jump			15:30 - 16:30					
	Discus							15:30 - 16:30	
	Javelin	tbc							
	Shot Put					15:15 - 16:00			
	Sprint			15:30 - 16:30				14:30 - 15:30	
	Hurdles	15:45 - 16:45				16:00 - 17:00			
Long Distance			15:30 - 16:15						

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Coaches 2018

u/10-u/13	High Jump	L.Barnard / K.Bruwer
	Long Jump	M.Dearlove / S.Stapelberg / M.de Lange
	Javelin	N. Furno / L.JVR
	Discus	K.Ueckermann / J.Krynauw
	Shot Put	N.van Wyk
	Sprint	A. du Plessis / M.JVR
	Hurdles	R.Pelser / M. vd Merwe
Long Distance	M.Strydom / C.Prins / L.Wichers	