



SOUTH AFRICA

PROGRAMME

SCHOOL OF SPEED SERIES

SCHOOL OF SPEED SERIES





SOUTH AFRICA

PUMA SCHOOL OF SPEED-HEATS

TEUSDAY 28 FEBRUARY 2017 @ PAARL

400m's				
15:30	400m	Heats	Girls	16
15:38	400m	Heats	Boys	16
15:46	400m	Heats	Girls	18
15:54	400m	Heats	Boys	18
16:06	400m	Heats	Girls	20
16:09	400m	Heats	Boys	20

100m's				
17:05	100m	Heats	Girls	16
17:11	100m	Heats	Boys	16
17:20	100m	Heats	Girls	18
17:26	100m	Heats	Boys	18
17:38	100m	Heats	Girls	20
17:44	100m	Heats	Boys	20

200m's				
16:20	200m	Heats	Girls	16
16:26	200m	Heats	Boys	16
16:32	200m	Heats	Girls	18
16:38	200m	Heats	Boys	18
16:47	200m	Heats	Girls	20
16:53	200m	Heats	Boys	20

BREAK 18:00-18:15

FASTEST 8 ATHLETES FROM THE HEATS IN EACH EVENT GO TO THE FINAL



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PUMA SCHOOL OF SPEED-FINALS

FINALS 18:15-21:30

Mile				
18:15	Mile	Final	Girls	20
18:23	Mile	Final	Boys	20

200m's				
19:26	200m	Final	Girls	20
19:30	200m	Final	Boys	20
19:34	200m	Final	Girls	16
19:38	200m	Final	Boys	16
19:42	200m	Final	Girls	18
19:50	200m	Final	Boys	18

400m's				
18:31	400m	Final	Girls	20
18:35	400m	Final	Boys	20
18:39	400m	Final	Girls	18
18:43	400m	Final	Boys	18
18:47	400m	Final	Girls	16
18:51	400m	Final	Boys	16

100m's				
20:00	100m	Final	Girls	16
20:05	100m	Final	Boys	16
20:10	100m	Final	Girls	18
20:15	100m	Final	Boys	18
20:20	100m	Final	Girls	20
20:25	100m	Final	Boys	20

800m's				
18:56	800m	Final	Girls	16
19:01	800m	Final	Boys	16
19:06	800m	Final	Girls	18
19:11	800m	Final	Boys	18
19:16	800m	Final	Girls	20
19:21	800m	Final	Boys	20

4 x 100m Relay Heats				
20:30	4 x 100m	Final	Girls	Open
20:35	4 x 100m	Final	Boys	Open

PRIZE GIVING 20:40

