



PUMA SCHOOL OF SPEED-HEATS

SATURDAY 11 FEBRUARY 2017 @ DURBAN

400m's

10:00	400m	Heats	Girls	16
10:08	400m	Heats	Boys	16
10:17	400m	Heats	Girls	18
10:25	400m	Heats	Boys	18
10:37	400m	Heats	Girls	20
10:45	400m	Heats	Boys	20

100m's

12:15	100m	Heats	Girls	16
12:27	100m	Heats	Boys	16
12:38	100m	Heats	Girls	18
12:49	100m	Heats	Boys	18
13:00	100m	Heats	Girls	20
13:06	100m	Heats	Boys	20

200m's

11:05	200m	Heats	Girls	16
11:16	200m	Heats	Boys	16
11:28	200m	Heats	Girls	18
11:40	200m	Heats	Boys	18
11:54	200m	Heats	Girls	20
12:01	200m	Heats	Boys	20

800m's Invitational

13:25	800m	Inv	Girls	16
13:30	800m	Inv	Boys	16
13:35	800m	Inv	Boys	18
13:40	800m	Inv	Boys	20

BREAK 13:45-14:00

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

ATHLETES IN THE 800M INVITATIONAL EVENTS DON'T GO TO THE FINAL



PUMA SCHOOL OF SPEED-FINALS

FINALS 14:00-16:45

400m's

14:00	400m	Final	Girls	20
14:05	400m	Final	Boys	20
14:10	400m	Final	Girls	18
14:15	400m	Final	Boys	18
14:20	400m	Final	Girls	16
14:25	400m	Final	Boys	16

100m's

15:25	100m	Final	Girls	16
15:29	100m	Final	Boys	16
15:33	100m	Final	Girls	18
15:37	100m	Final	Boys	18
15:41	100m	Final	Girls	20
15:45	100m	Final	Boys	20

800m's

14:30	800m	Final	Girls	16
14:35	800m	Final	Boys	16
14:40	800m	Final	Girls	18
14:45	800m	Final	Boys	18
14:50	800m	Final	Girls	20
14:55	800m	Final	Boys	20

Mile

15:50	Mile	Final	Girls	20
15:58	Mile	Final	Boys	20

200m's

15:00	200m	Final	Girls	20
15:04	200m	Final	Boys	20
15:08	200m	Final	Girls	16
15:12	200m	Final	Boys	16
15:16	200m	Final	Girls	18
15:20	200m	Final	Boys	18

4 x 100m Relay Heats

16:06	4 x 100m	Final	Girls	16
16:10	4 x 100m	Final	Boys	16
16:14	4 x 100m	Final	Girls	18
16:18	4 x 100m	Final	Boys	18
16:22	4 x 100m	Final	Girls	20
16:26	4 x 100m	Final	Boys	20

Medley Relay (100m, 200m, 300m & 400m)

16:31	Medley	Final	Girls	20
16:36	Medley	Final	Boys	20

PRIZE GIVING 16:45