

**ATHLETICS CENTRAL NORTH WEST
OPEN T&F MEETING TUESDAY 8 DECEMBER 2020**

Event No	Time	MEN		WOMEN	
		Track	Field	Track	Field
1	15:00	100mH (14+15jr=U16)	84cm		
2	15:10			90mH (14+15jr=U16)	76.2cm
3	15:20	80mH (11+12=U13)	76.2cm		
4	15:30			75mH (11+12=U13)	76.2cm
5	15:40	70mH (9+10=U11)	68.0cm		
6	15:50			70mH (9+10=U11)	68.0cm
7	16:00		Javelin (14-17)		Javelin (14-17)
8	16:00		Shot Put (S/Y+Youth)		Shot Put (S/Y+Youth)
9	16:00		High Jump (Youth, Jnr+Snr)		High Jump (Youth, Jnr+Snr)
10	16:00		Long Jump (Youth,Jnr+Snr)		Long Jump (Youth, Jnr+Snr)
11	16:00	110mH (Youth, Jnr+Snr)			
12	16:15			100mH (Youth,Jnr+Snr)	
13	16:30			80m (8-9yr)	
14	16:40	80m (8-9yr)			
15	16:50			80m (10-11Year)	
16	17:00	80m (10-11Year)			
17	17:10			1000m (S/Youth)	
18	17:15	1000m (Sub-Youth)			
19	17:25			1000m (Youth, Jnr+Snr)	
20	17:30	1000m (Youth, Jnr+Snr)			
21	17:30		Javelin (Jnr+Snr)		Javelin (Jnr+Snr)
22	17:30		Long Jump (9-15)		Long Jump (9-15)
23	17:30		Shot Put (Jnr+Snr)		Shot Put (Jnr+Snr)
24	17:40			100m (12-15)	
25	17:50	100m (12-15)			
26	18:00			100m (Youth+Jnr)	
27	18:10	100m (Youth+Jnr)			
28	18:20			100m (Snr)	
29	18:30	100m (Snr)			
30	18:40	2000m SC (Youth, Jnr+Snr)			
31	18:45		Triple Jump (14-snr)		Triple Jump (14-snr)
32	18:55			200m (12-15)	
33	19:05	200m (12-15)			
34	19:15			200m (Youth, Jnr+Snr)	
35	19:25	200m (Youth, Jnr+Snr)			
36	19:35			3000m (Youth, Jnr+Snr)	
37	19:50	3000m (Youth, Jnr+Snr)			
38	20:05			400m (14-17)	
39	20:15	400m (14-17)			
40	20:25			400m (18-19)	
41	20:35	400m (18-19)			
42	20:40			400m (Snr)	
43	20:45	400m (Snr)			

PLEASE TAKE NOTE:

THE TIMES ON THE PROGRAM CAN STILL SLIGHTLY CHANGE DEPENDING ON THE NUMBER OF ENTRIES RECEIVED!!

Entry fee - Athletes = R60 (EFT with pre-entry please)

Entry fee - Coaches, Parents and Asistants = R60 (GATE)

REMEMBER: ONLY PRE-ENTRIES WILL BE ACCEPTED!

Mail to: acnwatletiek@gmail.com

Entries close at 13h00 on Friday 4 Des 2020