



ASA Grand Prix 3
PUK McArthur Stadium - Potchefstroom
Saturday, 18 April 2020



Seq	Time	Event	Specs
Pre-Program			
1	17:20	Triple Jump Senior Men	13m
2	17:25	Discus Throw Senior Women	1kg
3	17:30	Javelin Throw Senior Men	800g
4	17:50	800m Senior Women	
5	18:00	1500m/3000m Senior Men	
Main Program			
6	19:00	Long Jump Senior Women	
7	19:15	400m Hurdles Senior Men	0,914m
8	19:25	400m Hurdles Senior Women	0,762m
9	19:35	800m Senior Men	
10	19:45	100m Senior Men	
11	19:50	100m Senior Women	
12	20:00	400m Senior Women	
13	20:05	400m Senior Men	
14	20:15	4*100m Relay Senior Women	
15	20:25	4*100m Relay Senior Men	

Disclaimer

From the ASA Office e-mail: ceo@athleticssa.net. For more information: ASA website www.athletics.org.za

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