

### SWD Program

Tyd		Item
7:00	VROUE & MANS	5 000m STAP
	D o/16 & o/18	5 000m STAP
	S o/16 & o/18	5 000m STAP
8:00	VROUE & MANS	5 000m
	D o/16 & o/18	5 000m
	S o/16 & o/18	5 000m
9:00	VROUE & MANS	400m
	D o/16 & o/18	400m
	S o/16 & o/18	400m
9:50	VROUE & MANS	1 500m STAP
	D o/14 & S o/14	1 500m STAP
10:40	VROUE & MANS	800m
	D o/14, o,16 & o/18	800m
	S o/14, o,16 & o/18	800m
11:30	D o/13	150m HEKKIES
	S o/13	150m HEKKIES
	VROUE 70+	200m HEKKIES
	MANS 80+	200m HEKKIES
	D o/14	200m HEKKIES
	S o/14	200m HEKKIES
	VROUE 60-69	300m HEKKIES
	MANS 60-79	300m HEKKIES
	D o/15 & o/17	300m HEKKIES
	S o/15	300m HEKKIES
	VROUE & MANS	400m HEKKIES
	S o/18	400m HEKKIES
12:30	ETE	
13:15	VROUE & MANS	100m
	D o/13, o/14, o/16 &	100m
	S o/13, o/14, o/16 &	100m
14:00	VROUE	2 000m HIND
	MANS 60+	2 000m HIND
	D o/16 & o/18	2 000m HIND
	S o/16 & o/18	2 000m HIND
	MANS 35-59	3 000m HIND
	VROUE & MANS	3 000m HIND
14:45	D o/13	1 200m
	S o/13	1 200m
	D o/14	75m HEKKIES
	VROUE 40+	80m HEKKIES
	MANS 70+	80m HEKKIES
	SEUNS o/14	80m HEKKIES
	VROUE	1500m
	D o/14, o/15 & o/18	1500m
15:10	D o/16	90m HEKKIES
	VROUE o/20-39	100m HEKKIES
	MANS 50-79	100m HEKKIES
	D o/18	100m HEKKIES
	S o/16	100m HEKKIES
15:35	MANS	1 500m
	S o/14, o/16 & o/18	1 500m
15:50	MANS o/18-49	110m HEKKIES
16:00	D o/13	150m
	So/13	150m
	VROUE & MANS	200m
	D o/14, o/16 & o/18	200m
	D o/14, o/16 & o/18	200m

Tyd		Item
7:00	MANS o/20-49	DISCUS
	S o/13, o/14 & o/16	DISCUS
	MANS 50+	GREEK DISCUS
	MANS o/20-49	LONG JUMP
	S o/18	LONG JUMP
	MANS 50+	HIGH JUMP
	S o/13 & o/14	HIGH JUMP
	VROUE	SHOTPUT
8:30	MANS o/20-49	HAMMERTHROW
	S o/18	HAMMERTHROW
	MANS 50+	WEIGHT THROW
	MANS o/20-49	HIGH JUMP
	S o/16 & o/18	HIGH JUMP
	VROUE	JAVELIN
	D o/13 & o/14	LONG JUMP
S o/16 & o/18	TRIPLE JUMP	
9:30	VROUE	LONG JUMP
	D o/16 & o/18	LONG JUMP
	D o/13, o/14, o/16 & o/18	SHOTPUT
10:00	MANS	JAVELIN
	S o/18	JAVELIN
	MANS 50+	HAMMERTHROW
	VROUE	GREEK DISCUS
	VROUE	HIGH JUMP
	D o/13, o/14, o/16 & o/18	HIGH JUMP
10:30	S o/13, o/14 & o/16	LONG JUMP
11:30	D o/13, o/14, o/16 & o/18	DISCUS
12:00	D o/13, o/14, o/16 & o/18	JAVELIN
12:30	MIDDAGETE	
13:00	MANS o/20-49	SHOTPUT
	S o/16	SHOTPUT
	MANS 50+	DISCUS
	S o/18	DISCUS
	MANS	TRIPLE JUMP
	S o/18	TRIPLE JUMP
	VROUE	WEIGHT THROW
14:00	MANS 30-49	GREEK DISCUS
	S o/18	SHOTPUT
	MANS 50+	JAVELIN
	S o/13, o/14 & o/16	JAVELIN
	VROUE	HAMMER THROW
	D o/16 & o/18	HAMMER THROW
14:30	VROUE & MANS	POLE VAULT
15:30	MANS 30-49	WEIGHT THROW
	MANS 50+	SHOTPUT
	S o/13 & o/14	SHOTPUT
	VROUE	DISCUS
	VROUE	DRIESPRONG