

Baan Items

3000m's (Walk)				
09:15	3000mW	Final	Seuns	14-19
09:30	3000mW	Final	Dogters	14-19
3000m's (Age 14-16)				
10:00	3000m	Final	Seuns	14-16
10:15	3000m	Final	Dogters	14-16

Lang Hekkies/Long Hurdles				
10:30	400m Hekkies	Uitdunne	Seuns	19
10:33	400m Hekkies	Uitdunne	Seuns	17
10:36	400m Hekkies	Uitdunne	Seuns	16
10:40	400m Hekkies	Uitdunne	Dogters	19
10:43	300m Hekkies	Uitdunne	Seuns	15
10:49	400m Hekkies	Uitdunne	Dogters	17
10:52	400m Hekkies	Uitdunne	Dogters	16
10:55	300m Hekkies	Uitdunne	Seuns	14
10:58	300m Hekkies	Uitdunne	Dogters	15
11:02	300m Hekkies	Uitdunne	Dogters	14

1500m's				
11:10	Myl	Uitdunne	Seuns	19
11:17	1500m	Uitdunne	Dogters	17 & 19
11:24	1500m	Uitdunne	Seuns	17
11:31	1500m	Uitdunne	Dogters	16
11:38	1500m	Uitdunne	Seuns	16
11:45	1500m	Uitdunne	Dogters	15
11:52	1500m	Uitdunne	Seuns	15
11:59	1500m	Uitdunne	Dogters	14
12:06	1500m	Uitdunne	Seuns	14

Kort Hekkies/Short Hurdles				
12:15	110mH	Heats	Boys	19
12:22	110mH	Heats	Boys	17
12:30	110mH	Heats	Boys	16
12:40	100mH	Heats	Girls	19
12:43	100mH	Heats	Boys	15

Track Events

Kort Hekkies/Short Hurdles				
12:50	100mH	Heats	Girls	17
12:56	100mH	Heats	Girls	16
13:00	100mH	Heats	Boys	14
13:06	90mH	Heats	Girls	15
13:12	90mH	Heats	Girls	14

800m's				
13:20	800m	Uitdunne	Seuns	19
13:24	800m	Uitdunne	Seuns	17
13:28	800m	Uitdunne	Dogters	16
13:32	800m	Uitdunne	Dogters	15
13:36	800m	Uitdunne	Seuns	15
13:40	800m	Uitdunne	Dogters	14
13:44	800m	Uitdunne	Seuns	14

200m's				
13:55	200m	Heats	Girls	14
14:01	200m	Heats	Boys	14
14:10	200m	Heats	Girls	15
14:19	200m	Heats	Boys	15
14:28	200m	Heats	Girls	16
14:37	200m	Heats	Boys	16
14:52	200m	Heats	Girls	17
14:58	200m	Heats	Boys	17
15:13	200m	Heats	Girls	19
15:16	200m	Heats	Boys	19

2000m Steeple Chase				
15:30	2000m	Final	Boys	15-17
15:45	2000m	Final	Girls	15-17

3000m's (Age 17, 19 & Senior)				
15:50	3000m	Final	Boys	17&19
16:05	3000m	Final	Girls	17&19

Baan Items

100m's				
16:20	100m	Heats	Boys	14
16:29	100m	Heats	Girls	14
16:41	100m	Heats	Boys	15
16:50	100m	Heats	Girls	15
16:59	100m	Heats	Boys	16
17:12	100m	Heats	Girls	16
17:18	100m	Heats	Boys	17
17:27	100m	Heats	Girls	17
17:30	100m	Heats	Boys	19
17:42	100m	Heats	Girls	19

400m's				
17:50	400m	Heats	Girls	14
17:58	400m	Heats	Boys	14
18:02	400m	Heats	Girls	15
18:06	400m	Heats	Boys	15
18:12	400m	Heats	Girls	16
18:16	400m	Heats	Boys	16
18:26	400m	Heats	Girls	17
18:30	400m	Heats	Boys	17
18:42	400m	Heats	Girls	19
18:50	400m	Heats	Boys	19

Price-Giving

21:00

Departure

21:10

**Geen finale nie, atlete word geplaas volgens tye
No finals, athletes are placed on time**

**Athletes who runs in TUKS finals, doesn't
run in the heats**

TUKS FINALS/FINALE

800m's TUKS Finals				
19:05	800m	Final	Girls	17 &19
19:10	800m	Final	Boys	17
19:15	800m	Final	Boys	15
19:20	800m	Final	Girls	15
19:25	800m	Final	Girls	14
19:30	800m	Final	Boys	16

200m's Tuks Finals				
19:35	200m	Final	Girls	14
19:39	200m	Final	Boys	14
19:43	200m	Final	Girls	15
19:47	200m	Final	Boys	15
19:51	200m	Final	Girls	16
19:55	200m	Final	Boys	16
19:59	200m	Final	Girls	17
20:03	200m	Final	Boys	17

100m's Tuks Finals				
20:07	100m	Final	Girls	14
20:11	100m	Final	Girls	15
20:15	100m	Final	Girls	16
20:19	100m	Final	Boys	16
20:23	100m	Final	Girls	17
20:27	100m	Final	Boys	17
20:31	100m	Final	Girls	19
20:35	100m	Final	Boys	19

Aflosse/Relays				
20:40	4 X 100m	Final	Dogters	15
20:45	4 X 100m	Final	Seuns	15
20:50	4 X 100m	Final	Dogters	17/19
20:55	4 X 100m	Final	Seuns	17/19