

NWU-PUK TOP 30 DAG 1

Track Events-Day 1-Friday 19 October				
Opening Sermonie/Opening Ceremony				
11:00	Opening	All Schools	March	School Vlags
11:15	Head Leaders: Volkies	All Schools		Sport Code
Stap/walk				
11:30	3000m Walk	Final	Mixed	14-19
Steeple Chase/Hindernis				
11:50	2000m	Final	Boys	14-19
12:00	2000m	Final	Girls	14-19
Lang Hekkie/Long Hurdles				
12:10	400m Hurdles	Heats	Boys	17/19
12:20	400m Hurdles	Heats	Boys	16
12:30	300m Hurdles	Heats	Boys	15
12:40	400m Hurdles	Heats	Girls	17
12:50	400m Hurdles	Heats	Girls	16
13:00	300m Hurdles	Heats	Girls	15
13:15	300m Hurdles	Heats	Girls	14
13:28	300m Hurdles	Heats	Boys	14
800m's				
13:40	800m	Heats	Girls	14
13:48	800m	Heats	Boys	14
13:56	800m	Heats	Girls	15
14:04	800m	Heats	Boys	15
14:12	800m	Heats	Girls	16
14:16	800m	Heats	Boys	16
14:24	800m	Heats	Girls	17/19
14:32	800m	Heats	Boys	17/19

Dag 1 Vrydag 19 Oktober				
200m's				
14:40	200m	Heats	Girls	14
14:52	200m	Heats	Boys	14
15:02	200m	Heats	Girls	15
15:14	200m	Heats	Boys	15
15:26	200m	Heats	Boys	16
15:44	200m	Heats	Girls	16
15:58	200m	Heats	Boys	17/19
16:10	200m	Heats	Girls	17/19

3000m's (Age 14 - 19)				
16:25	3000m	Final	Boys	14
16:40	3000m	Final	Girls	14
16:55	3000m	Final	Boys	15
17:10	3000m	Final	Girls	15
17:25	3000m	Final	Girls	16-19
17:40	3000m	Final	Boys	16
17:55	3000m	Final	Boys	17 & 19

Field Events/Veld Items					
Friday 19 October					
Shotput/Gewigstoot					
11:30	Shotput	Final	Girls	A	15
	Shotput	Final	Girls	B	17 & 19
13:30	Shotput	Final	Girls	A	14
	Shotput	Final	Boys	B	14
15:30	Shotput	Final	Boys	A	17 & 19
	Shotput	Final	Girls	B	16
Discus/Skyfwerp					
11:30	Discus	Final	Boys	A	15
13:30	Discus	Final	Girls	A	16
15:00	Discus	Final	Boys	A	16
16:45	Discus	Final	Girls	A	15
18:15	Discus	Final	Boys	A	14
19:45	Discus	Final	Girls	A	14
Javelin/Spiesgooi					
11:30	Javelin	Final	Girls	A	14
13:00	Javelin	Final	Boys	A	17 & 19
14:30	Javelin	Final	Girls	A	17 & 19
16:00	Javelin	Final	Boys	A	16
17:30	Javelin	Final	Girls	A	15
19:00	Javelin	Final	Boys	A	14

Day 1/Dag1						
Vrydag 19 Oktober						
High Jump/Hoogspring						Start
11:30	High Jump	Final	Girls	A	17 & 19	1.40m
	High Jump	Final	Girls	B	14	1.35m
13:30	High Jump	Final	Boys	A	16	1.50m
	High Jump	Final	Boys	B	15	1.45m
15:30	High Jump	Final	Boys	A	14	1.45m
	High Jump	Final	Girls	B	16	1.40m
Long & Triple Jump/ Verspring & Driesprong						Board
11:30	Triple Jump	Final	Boys	A	17 & 19	11m/13m
	Long Jump	Final	Boys	B	16	
13:30	Triple Jump	Final	Girls	A	15 & 16	9m
	Long Jump	Final	Girls	A	17 & 19	9m/11m
15:00	Triple Jump	Final	Boys	A	14 & 15	11m
	Long Jump	Final	Boys	B	17 & 19	
17:00	Triple Jump	Final	Boys	A	16	11m/13m
	Long Jump	Final	Girls	B	16	
18:30	Long Jump	Final	Girls	A	14	
	Long Jump	Final	Girls	B	14	
19:45	Triple Jump	Final	Girls	A	17 & 19	11m/13m

NWU-PUK TOP 30 DAG 2

Saturday 20 October					
Javelin/Spiesgool					
09:15	Spiesgool	Finaal	Dogters	A	16
10:30	Spiesgool	Finaal	Seuns	A	15
Discus/Skyfwerp					
10:15	Skyfwerp	Finaal	Seuns	A	17 & 19
12:00	Skyfwerp	Finaal	Dogters	A	17 & 19
Shotput/Gewigstoot					
09:00	Gewigstoot	Finaal	Seuns	A	16
	Gewigstoot	Finaal	Seuns	B	15
Hammerthrow/Hammergool					
07:00	Hammergool	Finaal	Seuns	A	14-19
08:20	Hammergool	Finaal	Dogters	A	14-19

Saterdag 20 Oktober						
High Jump/Hoogspring						Start
08:00	Hoogspring	Finaal	Seuns	A	17 & 19	1.60m
	Hoogspring	Finaal	Dogters	B	15	1.35m
Long jump/ Verspring						
08:00	Verspring	Finaal	Seuns	A	14	
	Verspring	Finaal	Seuns	B	14	
09:45	Verspring	Finaal	Dogters	A	15	
	Verspring	Finaal	Dogters	B	15	
11:15	Verspring	Finaal	Seuns	A	15	
	Verspring	Finaal	Seuns	B	15	

Track Events- Day 2-Saturday 20 Oktober				
1500m's				
07:15	1500m	Heats	Girls	14
07:29	1500m	Heats	Boys	14
07:40	1500m	Heats	Girls	15
07:52	1500m	Heats	Boys	15
08:08	1500m	Heats	Girls	16
08:16	1500m	Heats	Boys	16
08:28	1500m	Heats	Boys	17
08:40	1500m	Heats	Girls	17 & 19
08:50	1500m	Mile	Boys	19
Short Hurdles				
09:00	110m Hurdles	Heats	Boys	17 & 19
09:10	110m Hurdles	Heats	Boys	16
09:20	100m Hurdles	Heats	Boys	15
09:30	100m Hurdles	Heats	Girls	17
09:40	100m Hurdles	Heats	Girls	16
09:50	100m Hurdles	Heats	Boys	14
10:05	90m Hurdles	Heats	Girls	15
10:15	90m Hurdles	Heats	Girls	14

Dag 2-Saterdag 20 Oktober				
400m's				
10:25	400m	Uitdunne	Dogters	14
10:31	400m	Uitdunne	Seuns	14
10:38	400m	Uitdunne	Dogters	15
10:46	400m	Uitdunne	Seuns	15
10:54	400m	Uitdunne	Dogters	16
11:06	400m	Uitdunne	Seuns	16
11:14	400m	Uitdunne	Seuns	17
11:24	400m	Uitdunne	Dogters	17
100m's				
11:30	100m	Uitdunne	Dogters	14
11:39	100m	Uitdunne	Seuns	14
11:48	100m	Uitdunne	Dogters	15
11:57	100m	Uitdunne	Seuns	15
12:06	100m	Uitdunne	Dogters	16
12:15	100m	Uitdunne	Seuns	16
12:24	100m	Uitdunne	Dogters	17, 19
12:33	100m	Uitdunne	Seuns	17
12:42	100m	Uitdunne	Seuns	19

NWU-PUKKE FINALE

12:50-15:10

Track Events- Day 2-Saturday 20 Oktober				
400m's				
12:50	400m	PUK-Final	Girls	14
12:54	400m	PUK-Final	Boys	14
12:58	400m	PUK-Final	Girls	15
13:02	400m	PUK-Final	Boys	15
13:06	400m	PUK-Final	Girls	16

NWU-PUKKE FINALE/FINALS				
Relays				
14:00	4 x 400m	Uitdunne	Dogters	15
14:08	4 x 400m	Uitdunne	Seuns	15
14:16	4 x 400m	Uitdunne	Dogters	17
14:24	4 x 400m	Uitdunne	Seuns	17