

Program of the day

TIME	NO	ITEM	AGE	RECORD HOLDER	SCHOOL	YEAR	RECORD
09:00	1	1500m	G u/13	O. De Klerk	HE	2002	05:10,40s
09:00	2	Highjump	G u/12	E. Hofmeyr	HO	1984	1,48m
09:00	3	Highjump	B 0u/12	M. Stiglingh	HO	1995	1,52m
09:00	4	Long Jump	G u/13	A. Frost	HO	2001	5,27m
09:00	5	Long Jump	B u/13	D. Van Zyl	RO	2001	5,16m
09:00	6	Javelin	G u/13	L. Geel	DH	2010	29,51m
09:00	7	Discus	B u/13	B. Van Niekerk	DH	2010	26,71m
09:10	8	1500m	B u/13	D. Oberholzer	DH	2001	04:49,63s
09:20	9	1200m	G u/10	L. Venter	RK	2001	4:27,10s
09:26	10	1200m	B u/10	A. Venter	HE	2001	4:06,45s
09:32	11	1200m	G u/11	J. Wild	RK	2007	3:56,10s
09:38	12	1200m	B u/11	Q. Writes	DH	1994	3:37,00s
09:44	13	1200m	G u/12	Y. van der Watt	RO	1996	3:52,40s
09:50	14	1200m	B u/12	Q. Writes	DH	1995	3:37,07s
10:00	15	60m	G u/6	C. Enenya	PAN	2010	10,49s
10:00	16	Highjump	G u/13	C. Du Preez	DH	2002	1,57m
10:00	17	Highjump	B u/13	R. Herbst	MAR	2007	1,63m
10:00	18	Shot Put	G u/11	R. Van Wyngaard	RO	2001	9,24m
10:00	19	Shot Put	B u/11	K. Blignaut	FL	2010	11,68m
10:00	20	Long Jump	G u/12	L. Botha	HO	2000	5,03m
10:00	21	Long Jump	B u/12	E. Rossouw	HO	1983	5,08m
10:04	22	60m	B u/6	T. Kotze	FO	2007	10,61s
10:08	23	60m	G u/7	E. Nel	DH	1980	9,70s
10:12	24	60m	B u/7	C. Grobbelaar	DH	1983	9,40s
10:16	25	60m	G u/8	L. De Beer	HO	1997	9,06s
10:20	26	60m	B u/8	J. Kruger	DH	1994	8,80s
10:24	27	60m	G u/9	C. van Wyngaard	FL	2009	9,35s
10:28	28	60m	B u/9	A. du Plessis	HE	2005	8,84s
10:45	29	70mH	G u/11	C. McKay	R	2011	12,83s
10:49	30	70mH	B u/11	S. Le Roux	HO	2011	12,10s
10:53	31	70mH	G u/10	H. Herbs	Unno	1992	11,90s
10:57	32	70mH	B u/10	F. Smith	FO	1995	11,50s
11:00	33	Discus	G u/12	D. Kloppers	HO	2010	25,09m
11:00	34	Javelin	B u/12	B. Stoop	RK	2010	26,17m
11:05	35	75mH	G u/12	T. Penberthy	HE	2010	11,96s
11:09	36	75mH	B u/12	H. Venter	HO	2001	12,20s
11:13	37	75mH	G u/13	T. Penberthy	HE	2011	11,68s
11:20	38	80mH	B u/13	H. Venter	HO	2002	11,43s
11:30	39	High Jump	G u/10	C. Blunden/ M. Pieterse	RO/ DH	2005 2007	1,22m
11:30	40	High Jump	B u/10	V. Lategan/ N. Sauls	He/ FP	2005 2009	1,26m
11:30	41	Long Jump	G u/11	R. Bezuidenhout	HO	1997	4,46m
11:30	42	Long Jump	B u/11	J. Roberts/ S Lindsay	MAR/WP	2009	4,69m
11:30	43	Shot Put	G u/12	Y. Koekemoer	HO	2000	10,05m
11:30	44	Shot Put	B u/12	J. Bisschoff	GdLR	2006	12,28m
11:30	45	800m	G u/13	C. Cartens	HE	2002	2:26,05s
11:36	46	800m	B u/13	D. Oberholzer	RH	2001	2:18,47s
12:00	47	Discus	G u/13	L. Geel	DH	2010	30,05m
12:00	48	Javelin	B u/13	Z. Lange	HO	2009	35,19m
12:00	49	150mH	G u/12	C. Cronje	HE	2010	22,49s
12:04	50	150mH	B u/12	H. Bezuidenhout	HE	2002	22,90s
12:14	51	200mH	G u/13	T. Penberthy	HE	2011	29,94s
12:18	52	200mH	B u/13	R. Vorster	DH	2002	29,00s
12:30	53	80m	G u/10	A. Smit	HO	1992	11,10s
12:34	54	80m	B u/10	A. Lubbe	HO	1984	10,50s
12:35	55	80m	G u/11	M. Venter	FO	1982	10,6s
12:38	56	80m	B u/11	J. Kruger	DH	1994	10,6s
12:45	57	Long Jump	G u/10	J. Greyvenstein	DH	1996	4,25m
12:45	58	Long Jump	B u/10	A. Van Tonder	DH	1997	4,33m

Gewijsroot
← 9/10

12:45	59	High Jump	G u/11	S. Wessels	DH	1999	1,37m
12:45	60	High Jump	B u/11	C. Bekker/ D. de Koning	He/ Pa	1999 2009	1,43m
12:47	61	80m	G u/9	K. Roodt	FO	1996	11,40s
12:50	62	80m	B u/9	H. Venter	HO	1998	10,90s
12:53	63	80m	G u/8	L. Harmen	FP	2010	12,91s
12:57	64	80m	B u/8	R. Theys	CP	2010	12,15s
13:00	65	80m	G u/7	M. Midzwone	HO	2007	12,80s
13:00	66	Javelin	G u/12	N. Joubert	DH	2009	22,48m
13:00	67	Discus	B u/12	W. Nortje	FL	2009	28,38m
13:00	68	Shot Put	G u/13	J. Roets	RK	2006	10,68m
13:00	69	Shot Put	B u/13	R. Herbst	MAR	2009	11,98m
13:03	70	80m	B u/7	P. Mokwase	CB	2009	12,79s
13:06	71	80m	G u/6	D. Kelly	RV	2009	14,47s
13:09	72	80m	B u/6	M. Makhombe	JN	2009	14,40s
13:20	73	150m	G u/12	T. Mamatu	Ropt Pr	2007	19,89s
13:30	74	150m	B u/12	C. de Buys	DH	2007	19,89s
13:30	75	200m	G u/13	I. Parks	DH	2001	24,97s
13:30	76	200m	B u/13	J. Swarts	RK	2007	25,89s
13:30	77	Walk 1500m	B u/13	D. Coetzee	HO	2005	06:41,32
13:30	78	Walk 1500m	G u/13	R. Pretorius	HO	2010	08:31,31s
14:00	70	100m	G u/10	J. Greyvenstein	DH	1996	14,10s
14:04	80	100m	B u/10	H. Venter	HO	1999	13,06s
14:08	81	100m	G u/11	J. Greyvenstein	DH	1997	13,64s
14:12	82	100m	B u/11	J. Kruger	DH	1997	13,24s
14:15	83	100m	G u/12	F. Smith	FO	1997	12,80s
14:15	84	100m	B u/12	H. Venter	HO	2001	12,50s
14:16	85	100m	G u/13	S. Smith	FO	1997	12,50s
14:20	86	100m	B u/13	H. Venter	HO	2002	11,53s

