

LEO BENNING 2 – 29 May 2021 – Green Point Athletics Stadium

Track Events		Throw Events		Jump Events	
08:00	5000m Run	08:00	Hammer Throw (W)	08:45	Long Jump
08:30	5000m Walk	08:45	Hammer Throw (M)	09:45	High Jump
09:15	80/100/110m Hurdles	09:00	Shot put (W)	10:45	Triple Jump
09:30	200m	09:45	Shot put (M)		
10:00	800m	10:00	Discus (W)		
10:15	200/300/400m Hurdles	10:45	Discus (M)		
10:30	100m	11:00	Javelin (W)		
11:00	1500m	11:45	Javelin (M)		
11:15	400m	12:00	Weight Throw (W)		
		12:45	Weight Throw (M)		