



TYGERBERG A.C. SUMMER SPECIAL

Tygerberg A.C. Track
Saturday, 18 December 2021

1	18:30	G.u.10	100m
2	18:30	G.u.18/20 + Senior Women	Javelin
3	18:30	B.u.18/20 + Senior Men	Javelin
4	18:30	G.u.18/20 + Senior Women	Long Jump
5	18:30	B.u.18/20 + Senior Men	Long Jump
6	18:35	B.u.10	100m
7	18:40	G.u.13	100m
8	18:45	B.u.13	100m
9	19:00	Women All Ages	60m
10	19:10	Men All Ages	60m
11	19:30	G.u.10	800m
12	19:30	B.u.18/20 + Senior Men	Triple Jump
13	19:35	B.u.10	800m
14	19:40	G.u.13	800m
15	19:45	B.u.13	800m
16	20:00	Women All Ages	3000m
17	20:00	G.u.18/20 + Senior Women	Shot Put
18	20:00	B.u.18/20 + Senior Men	Shot Put
19	20:15	Men All Ages	3000m
20	20:30	Women All Ages	150m
21	20:30	G.u.18/20 + Senior Women	Triple Jump
22	20:40	Men All Ages	150m
23	21:00	Masters Women	150m
24	21:05	Masters Men	150m
25	21:15	Women All Ages	600m
26	21:20	Men All Ages	600m
27	21:30	Women All Ages	300m
28	21:40	Men All Ages	300m

The meeting is presented by the Tygerberg Athletics Club according to the rules of ASA and WPA

All entries must be send to Mariana Meyer by 10 December 2021
E-mail entries to: coachmariana@mweb.co.za Tel: 082 777 4050

Entry Form can be downloaded from the WPA website:

<https://wpa.org.za/western-province-athletics-track-field-entries/>