

**Meeting :TYGERBERG SUMMER GRAND PRIX
2024/12/07 at PAROW ATHLETICS TRACK**

PROGRAM

Performance Scores: APE 2024 table, Electronic Time, Height above sea=0

Seq	Time	Pit	Event	Category	Next	Spec
1	07:00		Final Girls 16 2000m			
2	07:00		Final Girls 18 2000m			
3	07:00		Final Women 20 2000m			
4	07:00		Final Women 25 2000m			
5	07:00		Final Master Women 2000m			
6	07:30		Final Boys 16 2000m			
7	07:30		Final Boys 18 2000m			
8	07:30		Final Men 20 2000m			
9	07:30		Final Men 25 2000m			
10	07:30		Final Master Men 2000m			
11	08:00		Final Girls 08 60m			
12	08:00		Final Boys 13 Shotput			4kg
13	08:00		Final Girls 11 LongJump			
14	08:00		Final Boys 12 Javelin			500g
15	08:00		Final Girls 13 HighJump			
16	08:00		Final Women 20 Discus			
17	08:00		Final Women 25 Discus			
18	08:07		Final Boys 08 60m			
19	08:14		Final Girls 09 60m			
20	08:21		Final Boys 09 60m			
21	08:28		Final Girls 10 60m			
22	08:30		Final Boys 12 Shotput			3kg
23	08:30		Final Girls 10 LongJump			
24	08:35		Final Boys 10 60m			
25	08:40		Final Girls 16 Discus			1kg
26	08:40		Final Girls 18 Discus			
27	08:40		Final Girls 12 HighJump			
28	08:42		Final Girls 11 60m			
29	08:49		Final Boys 11 60m			
30	08:56		Final Girls 12 60m			
31	09:00		Final Boys 13 Javelin			600g
32	09:00		Final Boys 11 Shotput			2kg
33	09:00		Final Girls 13 LongJump			
34	09:03		Final Boys 12 60m			
35	09:10		Final Girls 13 60m			
36	09:17		Final Boys 13 60m			
37	09:20		Final Girls 11 HighJump			
38	09:20		Final Men 20 Discus			
39	09:20		Final Men 25 Discus			
40	09:24		Final Girls 16 60m			
41	09:30		Final Girls 12 LongJump			
42	09:30		Final Boys 10 Shotput			
43	09:31		Final Boys 16 60m			
44	09:38		Final Girls 18 60m			
45	09:45		Final Boys 18 60m			
46	09:52		Final Women 20 60m			
47	09:59		Final Men 20 60m			

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48	10:00	Final Girls 12 Javelin	500g
49	10:00	Final Girls 10 HighJump	
50	10:00	Final Boys 16 Discus	1.5kg
51	10:00	Final Boys 18 Discus	
52	10:00	Final Girls 13 Shotput	3kg
53	10:00	Final Boys 11 LongJump	
54	10:06	Final Women 25 60m	
55	10:13	Final Men 25 60m	
56	10:20	Final Master Women 60m	
57	10:27	Final Master Men 60m	
58	10:30	Final Girls 12 Shotput	3kg
59	10:30	Final Boys 10 LongJump	
60	10:34	Final Girls 10 1000m	
61	10:40	Final Boys 13 HighJump	
62	10:41	Final Boys 10 1000m	
63	10:48	Final Girls 11 1000m	
64	10:55	Final Boys 11 1000m	
65	11:00	Final Girls 13 Javelin	500g
66	11:00	Final Girls 11 Shotput	2kg
67	11:00	Final Boys 13 LongJump	
68	11:02	Final Girls 12 1000m	
69	11:09	Final Boys 12 1000m	
70	11:16	Final Girls 13 600m	
71	11:20	Final Boys 12 HighJump	
72	11:23	Final Boys 13 600m	
73	11:28	Final Girls 16 Shotput	3kg
74	11:28	Final Girls 18 Shotput	
75	11:30	Final Girls 10 Shotput	
76	11:30	Final Boys 12 LongJump	
77	11:30	Final Girls 16 600m	
78	11:37	Final Boys 16 600m	
79	11:44	Final Girls 18 600m	
80	11:51	Final Boys 18 600m	
81	11:58	Final Women 20 600m	
82	11:58	Final Master Women 600m	
83	12:00	Final Men 20 Javelin	
84	12:00	Final Boys 11 HighJump	
85	12:00	Final Men 20 LongJump	
86	12:00	Final Men 25 LongJump	
87	12:05	Final Men 20 600m	
88	12:05	Final Master Men 600m	
89	12:10	Final Women 25 600m	
90	12:15	Final Men 25 600m	
91	12:20	Final Girls 08 80m	
92	12:27	Final Boys 08 80m	
93	12:30	Final Girls 16 LongJump	
94	12:30	Final Women 20 Shotput	
95	12:30	Final Women 25 Shotput	
96	12:30	Final Girls 18 LongJump	
97	12:34	Final Girls 09 80m	
98	12:40	Final Boys 10 HighJump	

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99	12:41	Final Boys 09 80m	
100	12:48	Final Girls 10 150m	
101	12:55	Final Boys 10 150m	
102	13:00	Final Men 25 Javelin	
103	13:00	Final Women 20 HighJump	
104	13:00	Final Women 25 HighJump	
105	13:00	Final Women 20 LongJump	
106	13:00	Final Women 25 LongJump	
107	13:00	Final Boys 16 Shotput	5kg
108	13:02	Final Girls 11 150m	
109	13:09	Final Boys 11 150m	
110	13:16	Final Girls 12 150m	
111	13:23	Final Boys 12 150m	
112	13:30	Final Men 20 HighJump	
113	13:30	Final Men 25 HighJump	
114	13:30	Final Boys 18 Shotput	
115	13:30	Final Girls 13 150m	
116	13:37	Final Boys 13 150m	
117	13:44	Final Girls 16 150m	
118	13:51	Final Boys 16 150m	
119	13:58	Final Girls 18 150m	
120	14:00	Final Boys 18 Javelin	
121	14:00	Final Men 20 Shotput	
122	14:00	Final Boys 16 LongJump	
123	14:00	Final Boys 18 LongJump	
124	14:05	Final Boys 18 150m	
125	14:12	Final Women 20 150m	
126	14:16	Final Women 25 150m	
127	14:19	Final Men 20 150m	
128	14:20	Final Girls 16 HighJump	
129	14:20	Final Girls 18 HighJump	
130	14:23	Final Men 25 150m	
131	14:30	Final Men 25 Shotput	
132	14:30	Final Master Women 150m	
133	14:37	Final Master Men 150m	
134	14:44	Final Girls 13 1000m	
135	14:51	Final Boys 13 1000m	
136	14:58	Final Girls 16 1000m	
137	15:00	Final Boys 16 Javelin	700g
138	15:00	Final Boys 18 HighJump	
139	15:00	Final Boys 16 HighJump	
140	15:05	Final Boys 16 1000m	
141	15:12	Final Girls 18 1000m	
142	15:19	Final Boys 18 1000m	
143	15:26	Final Women 20 1000m	
144	15:26	Final Master Women 1000m	
145	15:33	Final Men 20 1000m	
146	15:33	Final Master Men 1000m	
147	15:40	Final Women 25 1000m	
148	15:47	Final Men 25 1000m	
149	15:54	Final Girls 16 300m	

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150	16:00	Final Women 20 Javelin	
151	16:00	Final Women 25 Javelin	
152	16:01	Final Boys 16 300m	
153	16:08	Final Girls 18 300m	
154	16:15	Final Boys 18 300m	
155	16:22	Final Women 20 300m	
156	16:29	Final Men 20 300m	
157	16:36	Final Women 25 300m	
158	16:43	Final Men 25 300m	
159	16:50	Final Master Women 300m	
160	16:57	Final Master Men 300m	
161	17:00	Final Girls 18 Javelin	
162	17:00	Final Girls 16 Javelin	500g
163	17:04	Final Girls 10 70m Hurdles	
164	17:11	Final Boys 10 70m Hurdles	
165	17:18	Final Girls 11 70m Hurdles	68cm
166	17:25	Final Boys 11 70m Hurdles	68cm
167	17:32	Final Girls 12 75m Hurdles	68cm
168	17:39	Final Boys 12 75m Hurdles	76.2cm
169	17:46	Final Girls 13 75m Hurdles	76.2cm
170	17:51	Final Boys 13 80m Hurdles	76.2cm
171	17:57	Final Girls 16 90m Hurdles	
172	18:02	Final Boys 16 100m Hurdles	84cm
173	18:07	Final Girls 18 100m Hurdles	
174	18:07	Final Women 20 100m Hurdles	
175	18:12	Final Women 25 100m Hurdles	
176	18:17	Final Boys 18 110m Hurdles	
177	18:22	Final Men 20 110m Hurdles	
178	18:27	Final Men 25 110m Hurdles	