

**BLOEMFONTEIN EXCELLENTé ATHLETIC CLUB/TOGETHER WITH
ATHLETICS FREE STATE:**

LEAGUE ONE ATHLETIC MEETING 1ST FEBRUARY 2012

VENUE: FREE STATE ATHLETIC STADIUM

TIME: 17:00

**ENTRANCE: ATHLETES AND SPECTATORS. GATE 7, SOUTHERN SIDE
OF PAVILION)**

**ASA OFFICIAL NUMBERS MUST BE WORN. (TEMPORARY NUMBERS WILL BE
AVAILABLE @ 20.00 OBTAINABLE AT ENTRANCE.**

	TIME	EVENT	GENDER
1	17:00	HIGHJUMP	MEN OPEN
2		LONG JUMP	WOMEN OPEN
3	17:00	100m	Sub-YOUTH GIRLS 15 YRS AND YOUNGER
4		100m	SUB-YOUTH BOYS 15 YRS AND YOUNGER
5		100M	YOUTH GIRLS 17 YRS AND YOUNGER
6		100M	YOUTH BOYS 17 YRS AND YOUNGER
7		100M	JUNIOR WOMAM 19 YRS AND YOUNGER
8		100M	JUNIOR MEN 19 YRS AND YOUNGER
9	17:00	JAVELIN	MEN and WOMEN OPEN
10	17:30	3000M	MEN OPEN
11	17:50	90MH	SUB YOUTH GIRLS 15 YRS AND YOUNGER
12	17;55	100MH	YOUTH WOMEN
13	18:00	100MH	JUNIOR WOMEN
14	18:00	SHOTPUT	MEN AND WOMAN OPEN
15	18:05	100MH	SENIOR WOMEN
16	18:10	100MH	SUB -YOUTH BOYS 15 YRS AND YOUNGER
17	18:15	110MH	YOUTH BOYS
18	18:20	110MH	JUNIOR MEN
19	18:25	110MH	SENIOR MEN
20	18:30	400M	WOMEN OPEN
21	18:35	400M	SENIOR WOMAN
22	18:40	100M	SENIOR WOMAN
23	18:45	100M	SENIOR MEN

THANK YOU FOR YOUR ATTENDANCE AND PARTICIPATION!

HELD UNDER THE RULES OF ASA and IAAF

CONTACT ATHLETICS FREE STATE (0514303251) OR DUP DU PLESSIS
(0733567631 OR E-MAIL: jprdup@mtnloaded.co.za) FOR FURTHER DETAILS