

LAERSKOOL EVERS DAL PRIMARY SCHOOL

TOP 6 ATLETIEKPROGRAM o/10 – o/13 ATHLETICS PROGRAMME TOP 6

WEDNESDAY 9 JANUARY – FRIDAY 11 JANUARY 2019



WOENSDAG – 9 JANUARIE 2019

1	12:00	Long Jump (A) Girls u/10
2		Verspring (B) Seuns o/10
3	12:20	Long Jump (A) Girls u/11
4		Verspring (B) Seuns o/11
5	12:40	Long Jump (A) Girls u/12
6		Verspring (B) Seuns o/12
7	13:00	Long Jump (A) Girls u/13
8		Verspring (B) Seuns o/13
9	13:20	Javelin Girls & Boys u/12
10	13:45	Spiesgooi Dogters & Seuns o/13

DONDERDAG – 10 JANUARIE 2019

1	8:00	High Jump (A) Girls u/10
2		Hoogspring (B) Seuns o/10
3	8:30	High Jump (A) Girls u/11
4		Hoogspring (B) Seuns o/11
5	9:00	High Jump (A) Girls u/12
6		Hoogspring (B) Seuns o/12
7	9:30	High Jump (A) Girls u/13
8		Hoogspring (B) Seuns o/13
	10:14	POUSE
9	10:30	Shot Put (A) Girls u/10
10		Gewigstoot (B) Seuns o/10
11	11:00	Shot Put (A) Girls u/11
12		Gewigstoot (B) Seuns o/11
13	11:30	Shot Put (A) Girls u/12
14		Gewigstoot (B) Seuns o/12
15	12:00	Shot Put (A) Girls u/13
16		Gewigstoot (B) Seuns o/13
17	12:30	Discus Girls & Boys u/12
	13:04	Pouse
18	13:20	Diskus Dogters & Seuns o/13

FIRDAY – 11 JANUARY 2019

1	9:00	1500m Girls u/13
2	9:07	1500m Seuns o/13
3	9:14	1200m Girls u/12
4	9:20	1200m Seuns o/12
5	9:26	1200m Girls u/11
6	9:32	1200m Seuns o/11
7	9:38	1200m Girls u/10
8	9:44	1200m Seuns o/10
9	9:50	80m H Boys u/13
10	9:55	75m H Dogters o/13
11	9:58	75m H Boys u/12
12	10:03	75m H Dogters o/12
13	10:08	70m H Boys u/11
14	10:11	70m H Dogters o/11
	10:14	POUSE
15	10:50	70m H Boys u/10
16	10:53	70m H Dogters o/10
17	11:03	200m H Girls u/13
18	11:06	200m H Seuns o/13
19	11:10	150m H Girls u/12
20	11:13	150m H Seuns o/12
21	11:18	800m Girls u/13
22	11:22	800m Seuns o/13
23	11:26	100m Girls u/10
24	11:29	100m Seuns o/10
25	11:32	100m Girls u/11
26	11:36	100m Seuns o/11
27	11:39	100m Girls u/12
28	11:42	100m Seuns o/12
29	11:45	100m Girls u/13
30	11:48	100m Seuns o/13
31	11:52	80m Girls u/10

32	11:55	80m Seuns o/10
33	11:58	80m Girls u/11
34	12:01	80m Seuns o/11
35	12:07	150m Girls u/12
36	12:10	150m Seuns o/12
37	12:17	200m Girls o/13
38	12:20	200m Seuns o/13
39	12:27	1500m Walk Girls and Boys u/13

PLEASE NOTE: THESE ARE ESTIMATED TIMES

Sleutel tot sukses...
Key to success...



Doelgerig
Keuses
Diligence
Perseverance
Commitment
Toewyding
Uithouvermoë