



TWIZZA SUPER SCHOOL SERIES

THIS EVENT IS SANCTIONED BY ASA AND ORGANIZED ACCORDING TO THE RULES OF ASA

1 February 2020 – Bestmed Tuks Athletics Stadium

TIME	U17 BOYS		U17 GIRLS		U19 BOYS		U19 GIRLS	
	TRACK	FIELD	TRACK	FIELD	TRACK	FIELD	TRACK	FIELD
11:00		Discus		Shotput (A&B)		Long jump Javelin		Triple jump B
11:15	1500m							
11:30			1500m					
11:45					1500m			
12:00							1500m	
12:20					400mH			
12:30				High jump (A&B)				
						Triple jump A		Shotput A & B
12:45				Long jump A (H1)				
13:00				Discus				
12:31	400mH						400mH	
12:41								
12:47			400mH					
13:00			200m					
13:15	200m							
13:30							200m	
13:40					200m			
13:40		Javelin						
13:45						Shotput (A&B)		
14:00		High jump						Long jump B
14:20		Long jump A (H1)						
13:55							800m	
14:05					800m			
14:15			800m					
14:25	800m							
14:40					110mH			
14:50	110mH							
15:05							100mH	
15:13			100mH					
15:25				Long jump B (H2)				High jump Javelin
						Discus		
16:00		Long jump A (H2)						
15:30			100m					
15:42	100m							
15:56							100m	
16:08					100m			

16:20			400m					
16:38	400m							
16:45							400m	
16:55					400m			
TIME	U17 BOYS		U17 GIRLS		U19 BOYS		U19 GIRLS	
	TRACK	FIELD	TRACK	FIELD	TRACK	FIELD	TRACK	FIELD
OPENING CEREMONY								
17:00-18:00								
18:00				Triple jump B		High jump A		
								Discus
		Triple jump A						
18:15		Shotput (A&B)						
18:30				Javelin				
18:00			400m					
18:08	400m							
18:16							400m	
18:24					400m			
18:32							200m	
18:40					200m			
18:48			200m					
18:56	200m							
19:08			800m					
19:14	800m							
19:20							800m	
19:26					800m			
19:32			100m					
19:40	100m							
19:48							100m	
19:56					100m			
PRIZE GIVING 20:20								