

ATHLETICS / ATLETIEK

Please note that this is a provisional schedule. Refer to the diary for the confirmed dates and times. All practice times are made available to learners on WhatsApp groups.

Neem asseblief kennis dat hierdie slegs die voorlopige beplanning is. Raadpleeg asseblief die dagboek vir bevestigde datums en tye. Alle oefentye is op die leerders se WhatsApp-groepe beskikbaar.

JANUARY

5 – 10	Training camp	Midstream
15	Gr. 8 trials	Midstream
22	Inter-house: 3 000 m, discus, javelin, high jump	Midstream
23	Inter-house	Midstream
28	Wildeklaar TUT Top 14	Pilditch
30	Friendly: Noordheuwel	Noordheuwel

FEBRUARIE

2	Eldo Elite-aflosbyeenkoms	Pilditch
4	Noordheuwel Top-15	Noordheuwel
6	Tuisbyeenkoms	Midstream
13	Vriendskaplik: Oos-Moot	Oos-Moot
14	Curro Podium: Finaal	Pilditch
20	Interhoërspanbou	Sal bevestig word
27	A-bondinterhoër	Pilditch

SEPTEMBER

11	GNSAR: Top 12	Pilditch
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OKTOBER

15 – 17	NWU Top-30	Kenneth McArthur Stadion: Potchefstroom
16	Centurion Lentebyeenkoms	Centurion
23	Barry Lok-byeenkoms	Noordheuwel

DECEMBER

27/11 – 4/12	Training camp	TBA
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PRACTICE TIMES / OEFENTYE

	Monday Maandag	Tuesday Dinsdag	Wednesday Woensdag	Thursday Donderdag	Friday Vrydag	Saturday Saterdag
Sprints Naellope						
Hurdles Hekkies	15:15 – 16:30	14:15 – 15:15 OR/OF 15:15 – 16:15	14:15 – 15:30	14:15 – 15:15 OR/OF 15:15 – 16:15	13:45 – 15:00	08:30 – 10:00
Middle distances Middelafstande						
Long jump Verspring						
High jump Hoogspring	15:15 – 16:30	14:15 – 15:15	15:15 – 16:30	14:15 – 15:15		

Shot put Gewigstoot	Gym 15:00 – 16:00	Field Veld 14:15 – 16:00	Field / Veld 14:15 – 16:00	Field / Veld 14:15 – 15:15	
Discus Diskus	Gym 15:00 – 16:00	Field Veld 16:00 – 18:00	Field / Veld 16:00 – 18:00	Field / Veld 14:15 – 15:15	
Javelin Spiesgooi		15:00 – 16:45		15:00 – 16:45	