

PROGRAM | TIMETABLE

WOENSDAG, 6 FEBRUARIE 2019 | COETZENBURG – AGTERSTE HAMMERGOOISIRKEL

| ITEM # | TYD | OUDERDOM | ITEM | PLEK | REKORD |
|--------|-------|-------------|----------|-------|--|
| 1 | 15:00 | Vroue - ope | HG – 4kg | Buite | 42.97 Felrie Oettle (GIM) 2012 Coetzenburg |
| 2 | 16:00 | Seuns o.17 | HG – 5kg | Buite | 56.77 Jaques Tredoux (GIM) 2016 Coetzenburg |
| 3 | 16:45 | Mans o.19 | HG – 6kg | Buite | 54.44 Heinrich Sullwald (PRG) 2016 Coetzenburg |
| 4 | 18:00 | Seuns o.15 | HG – 4kg | Buite | 46.71 Heinrich Sullwald (PRG) 2013 Coetzenburg |

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|--------|-------|---------------|----------------|------|--|
| | 13:30 | SKOOLIEDERE | SCHOOL ANTHEMS | | |
| 5 | 14:00 | Dogters o.14 | 90mH – 76,2cm | | 14.14 Alexa Haasbroek (GIM) 2012 Coetzenburg |
| 6 | 14:00 | Dogters o.14 | SG – 500g | A | 44.51 Jana van Schalkwyk (GIM) 2015 Dal Josafat |
| 7 | 14:00 | Dogters o.14 | VS | A | 4.93 Lené Geldenhuys (GIM) 2014 Dal Josafat |
| 8 | 14:00 | Mans o.19 | DG – 1,75kg | A | 57.77 Jan-Louw Kotze (GIM) 2012 Coetzenburg |
| 9 | 14:00 | Seuns o.15 | PS | A | 3.36 Kyle Rademeyer (GIM) 2016 Coetzenburg |
| 10 | 14:00 | Seuns o.17 | HS | A | 2.10 Breyten Poole PRG 2016 Coetzenburg |
| 11 | 14:00 | Vroue o.19 | DS – 9m | C | 10.54 Louise Louw (HMS) 2013 Coetzenburg |
| 12 | 14:05 | Dogters o.15 | 90mH – 76,2cm | | 13.25 Nienka du Toit (BH) 2012 Coetzenburg |
| 13 | 14:10 | Seuns o.14&15 | 3000m | | 09:21.70 McMashall Hartzenberg (DF) 2012 Coetzenburg |
| 14 | 14:30 | Dogters o.15 | GS – 3kg | B | 11.67 Chamé Coetzee (GIM) 2013 Coetzenburg |
| 15 | 14:30 | Mans o.19 | HS | B | 1.90 Michael Cross (PRG) 2014 Dal Josafat |
| 16 | 14:30 | Seuns o.14 | 100mH – 84,0cm | | 13.86 Luciano Custodio (HJS) xxxx Coetzenburg |
| 17 | 14:30 | Seuns o.14 | VS | B | 6.22 Nathan de Lange (HJS) 2014 Dal Josafat |
| 18 | 14:35 | Dogters o.17 | 100mH – 76,2cm | | 14.05 Maryke Brits (BH) 2010 Coetzenburg |
| 19 | 14:40 | Dogters ope | 3000m | | 10:47.20 Laura Labuschagne (GIM) 2014 Dal Josafat |
| 20 | 14:45 | Dogters o.15 | SG – 500g | A | 48.55 Jana van Schalkwyk (GIM) xxxx Coetzenburg |
| 21 | 14:45 | Seuns o.17 | DG – 1,5kg | A | 64.09 Jan-Louw Kotze (GIM) 2011 Coetzenburg |
| 22 | 15:00 | Dogters o.17 | GS – 3kg | A | 14.30 Nienka du Toit (BH) 2013 Coetzenburg |
| 23 | 15:00 | Seuns o.15 | 100mH – 84,0cm | | 13.37 Dylan Fairbridge (GIM) 2010 Coetzenburg |
| 24 | 15:05 | Vroue o.19 | 100mH – 84,0cm | | 14.44 Jean-Mare Senekal (GIM) 2011 Coetzenburg |
| 25 | 15:10 | Seuns o.17&19 | 3000m | | 09:07.90 Danzil Paulse (DF) 2011 Coetzenburg |
| 26 | 15:30 | Dogters o.15 | VS | A | 5.38 Mieke Basson (BH) 2016 Coetzenburg |
| 27 | 15:30 | Dogters o.17 | SG – 500g | A | 44.32 Andrea Moolman (GIM) 2014 Dal Josafat |
| 28 | 15:30 | Seuns o.14 | GS – 4kg | B | 13.91 Rhynardt Rijnsburger (HJS) 2015 Dal Josafat |
| 29 | 15:30 | Seuns o.15 | DG – 1kg | A | 53.27 Jared Swanepoel (PRG) 2013 Coetzenburg |
| 30 | 15:30 | Seuns o.17 | 110mH – 91,4cm | | 13.65 Tiaan Smit (PRG) 2012 Coetzenburg |
| 31 | 15:30 | Seuns o.17 | PS | A | 4.50 Lukas van der Watt (HJS) 2015 Paarl Gimnasium |
| 32 | 15:35 | Mans o.19 | 110mH – 99,5cm | | 14.23 Tiaan Smit (PRG) 2013 Coetzenburg |
| 33 | 15:40 | Dogters o.14 | 200m | | 26.35 Elke van der Westhuizen (GIM) Coetzenburg |
| 34 | 15:45 | Seuns o.14 | 200m | | 23.93 Nathan de Lange (HJS) 2014 Dal Josafat |
| 35 | 15:50 | Dogters o.15 | 200m | | 26.99 Helene Schaefer (BH) 2010 Coetzenburg |
| 36 | 15:55 | Seuns o.15 | 200m | | 23.33 Benje Momberg (PRG) 2013 Coetzenburg |

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|--------|-------|--------------|----------------|------|--|
| 37 | 16:00 | Dogters o.17 | 200m | | 25.68 Maryke Brits (BH) 2010 Coetzenburg |
| 38 | 16:00 | Vroue o.19 | HS | A | 1.68 Marcelle du Plessis (BH) 2011 Coetzenburg |
| 39 | 16:00 | Mans o.19 | DS – 13m | | 14.47 Rushwahl Samaai (GIM) 2010 Coetzenburg |
| 40 | 16:05 | Seuns o.17 | 200m | | 21.67 Muller du Plessis (GIM) 2016 Coetzenburg |
| 41 | 16:10 | Vroue o.19 | 200m | | 24.72 Rese Smit (GIM) 2014 Dal Josafat |
| 42 | 16:15 | Mans o.19 | 200m | | 22.05 Stefan Brits (HJS) 2010 Coetzenburg |
| 43 | 16:15 | Seuns o.14 | SG – 600g | A | 57.84 Gustav Marais (GIM) 2011 Coetzenburg |
| 44 | 16:15 | Vroue o.19 | DG – 1kg | A | 42.62 Chané Coetzee (GIM) xxxx Coetzenburg |
| 45 | 16:20 | Dogters o.14 | 800m | | 02:22.00 Anneken Viljoen (HMS) 2016 Coetzenburg |
| 46 | 16:25 | Seuns o.14 | 800m | | 2:09.04 Gaiwin Jantjies (GIM) xxx Coetzenburg |
| 47 | 16:30 | Dogters o.15 | 800m | | 02:21.50 Laura Labuschaigne (GIM) 2011 Coetzenburg |
| 48 | 16:30 | Dogters o.17 | VS | B | 5.95 Maryke Brits (BH) 2010 Coetzenburg |
| 49 | 16:30 | Seuns o.15 | HS | B | 1.98 Breyten Poole (PRG) 2015 Dal Josafat |
| 50 | 16:30 | Dogters o.14 | GS – 3kg | A | 11.76 Anika Smit (HMS) 2015 Dal Josafat |
| 51 | 16:35 | Seuns o.15 | 800m | | 2:01.65 Wynand Neethling (PRG) 2016 Coetzenburg |
| 52 | 16:40 | Dogters o.17 | 800m | | 2:16:34 Laura Labuschagne (GIM) 2013 Coetzenburg |
| 53 | 16:45 | Seuns o.17 | 800m | | 1:56.09 Luan van der Vyver (PRG) 2014 Dal Josafat |
| 54 | 16:50 | Vroue o.19 | 800m | | 02:15.8 Sunel Jacobs (BH) 2011 Coetzenburg |
| 55 | 16:55 | Mans o.19 | 800m | | 1:54.72 Fanie Malherbe (HJS) 2015 Dal Josafat |
| 56 | 17:00 | Dogters o.14 | 100m | | 13.04 Elke van der Westhuizen (GIM) 2016 Coetzenburg |
| 57 | 17:00 | Mans o.19 | PS | A | 4.62 Lukas van der Watt (HJS) 2016 Coetzenburg |
| 58 | 17:00 | Seuns o.14 | DG – 1kg | A | 48.95 Rhynardt Rijnsburger (HJS) 2015 Dal Josafat |
| 59 | 17:00 | Seuns o.15 | SG – 600g | A | 47.87 Jacques Rossouw (HJS) 2016 Coetzenburg |
| 60 | 17:05 | Seuns o.14 | 100m | | 11.75 Curwin Gertse (HJS) 2016 Coetzenburg |
| 61 | 17:10 | Dogters o.15 | 100m | | 12.24 Amorie Serfontein (BH) 2012 Coetzenburg |
| 62 | 17:15 | Seuns o.15 | 100m | | 11.25 Muller du Plessis (PRG) 2014 Dal Josafat |
| 63 | 17:20 | Dogters o.17 | 100m | | 12.68 Maryke Brits (BH) 2010 Coetzenburg |
| 64 | 17:25 | Seuns o.17 | 100m | | 10.78 Muller du Plessis (PRG) 2016 Coetzenburg |
| 65 | 17:30 | Vroue o.19 | 100m | | 12.24 Jean-Mare Senekal (GIM) 2011 Coetzenburg |
| 66 | 17:30 | Seuns o.15 | GS – 4kg | B | 16.40 Phillip van Dyk (PRG) 2014 Dal Josafat |
| 67 | 17:30 | Seuns o.17 | DS – 11m | C | 13.49 Paul Geldenhuis (PRG) 2016 Coetzenburg |
| 68 | 17:30 | Vroue o.19 | GS – 4kg | A | 12.04 Nienka du Toit (BH) 2015 |
| 69 | 17:30 | Vroue o.19 | VS | A | 5.48 Tanya van der Berg (DF) 2011 Coetzenburg |
| 70 | 17:35 | Mans o.19 | 100m | | 10.86 Kristiaan de Wet (HJS) 2016 Coetzenburg |
| 71 | 17:40 | Dogters o.14 | 300mH – 76,2cm | | 47.70 Alexa Haasbroek (GIM) 2012 Coetzenburg |
| 72 | 17:45 | Seuns o.14 | 300mH – 76,2cm | | 41.39 Luciano Custodio (HJS) 2016 Coetzenburg |
| 73 | 17:45 | Dogters o.17 | DG – 1kg | A | 45.32 Chané Coetzee (GIM) 2015 Dal Josafat |
| 74 | 17:45 | Seuns o.17 | SG – 700g | A | 71.82 Morné Moolman (DF) 2011 Coetzenburg |
| 75 | 17:50 | Dogters o.15 | 300mH – 76,2cm | | 45.82 Helené Swanepoel (GIM) 2011 Coetzenburg |
| 76 | 18:00 | Dogters o.14 | 1500m | | 5:00.16 Anneken Viljoen (HMS) 2016 Coetzenburg |
| 77 | 18:00 | Dogters o.17 | HS | A | 1.68 Marcelle du Plessis (BH) 2010 Coetzenburg |
| 78 | 18:00 | Seuns o.14 | HS | B | 1.79 Matthew Jacobs (GIM) 2016 Coetzenburg |

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|--------|-------|--------------|----------------|------|--|
| 79 | 18:00 | Seuns o.15 | VS | B | 6.57 Muller du Plessis (PRG) 2014 Dal Josafat |
| 80 | 18:07 | Seuns o.14 | 1500m | | 4:34.10 Mcmarshall Hartzenberg (DF) 2011 Coetzenburg |
| 81 | 18:14 | Dogters o.17 | 400mH – 76,2cm | | 60.02 Helene Swanepoel (GIM) 2013 Coetzenburg |
| 82 | 18:19 | Vroue o.19 | 400mH – 76,2cm | | 59.93 Jean-Mare Senekal (GIM) 2011 Coetzenburg |
| 83 | 18:24 | Dogters o.15 | 1500m | | 05:04.60 Laura Lasuschagne (GIM) 2011 Coetzenburg |
| 84 | 18:29 | Seuns o.15 | 1500m | | 4:22.30 Llewellyn Groeneveld (HJS) 2010 Coetzenburg |
| 85 | 18:30 | Dogters o.15 | DG – 1kg | A | 35.44 Nielke Matthee (GIM) 2011 Coetzenburg |
| 86 | 18:30 | Mans o.19 | SG – 800g | A | 69.30 Morné Moolman (DF) 2012 Coetzenburg |
| 87 | 18:30 | Vroue o.19 | PS | A | 3.20 Bianca de Wee (GIM) 2016 Coetzenburg |
| 88 | 18:36 | Seuns o.15 | 300mH – 84,0cm | | 40.09 Dylan Fairbridge (GIM) 2010 Coetzeburg |
| 89 | 18:43 | Dogters o.17 | 1500m | | 4:48.63 Laura Labuschagne (GIM) 2013 Coetzenburg |
| 90 | 18:50 | Seuns o.17 | 1500m | | 4:11.02 Luan van der Vyver (PRG) 2014 Dal Josafat |
| 91 | 18:57 | Seuns o.17 | 400mH – 84,0cm | | 53.44 Linford Maree (GIM) 2015 Dal Josafat |
| 92 | 19:00 | Dogters o.14 | HS | A | 1.55 Ami Claassen (GIM) 2011 Coetzenburg |
| 93 | 19:00 | Dogters o.15 | HS | B | 1.55 Ami Claassen (GIM) 2012 Coetzenburg |
| 94 | 19:00 | Mans o.19 | VS | B | 7.36 Stefan Brits (HJS) 2010 Coetzenburg |
| 95 | 19:00 | Seuns o.15 | DS – 9m | C | 12.28 Chad Rinkwest (PRG) 2011 Coetzenburg |
| 96 | 19:00 | Seuns o.17 | VS | A | 7.03 Jason Worrel (PRG) 2011 Coetzenburg |
| 97 | 19:04 | Vroue o.19 | 1500m | | 4:41.39 Christine Bosch (GIM) 2014 Dal Josafat |
| 98 | 19:10 | Mans o.19 | GS – 6kg | B | 16.85 Jan-Louw Kotze (GIM) 2012 Coetzenburg |
| 99 | 19:10 | Seuns o.17 | GS – 5kg | A | 18.87 Ruan Brits (HJS) 2013 Coetzenburg |
| 100 | 19:11 | Mans o.19 | 400mH – 91,4cm | | 52.77 Schalk Burger (GIM) 2011 Coetzenburg |
| 101 | 19:15 | Dogters o.14 | DG – 1kg | A | 31.70 Cara Coetsee (GIM) 2015 Dal Josafat |
| 102 | 19:15 | Vroue o.19 | SG – 600g | A | 43.31 Andrea Moolman (GIM) 2015 Dal Josafat |
| 103 | 19:18 | Mans o.19 | 1500m | | 4:09.21 Llewellyn Groeneveld (PRG) 2013 Coetzenburg |
| 104 | 19:25 | Dogters o.14 | 400m | | 60.17 Elke van der Westhuizen (GIM) 2016 Coetzenburg |
| 105 | 19:30 | Seuns o.14 | 400m | | 52.72 Luciano Custodio (HJS) 2016 Coetzenburg |
| 106 | 19:35 | Dogters o.15 | 400m | | 59.88 Helene Swanepoel (GIM) 2011 Coetzenburg |
| 107 | 19:40 | Seuns o.15 | 400m | | 50.14 Linford Maree (GIM) 2014 Dal Josafat |
| 108 | 19:45 | Dogters o.17 | 400m | | 56.75 Helene Swanepoel (GIM) 2013 Coetzenburg |
| 109 | 19:50 | Seuns o.17 | 400m | | 48.70 Jan Nieuwoudt (HJS) 2015 Dal Josafat |
| 110 | 19:55 | Vroue o.19 | 400m | | 57.22 Helene Swanepoel (GIM) 2014 Dal Josafat |
| 111 | 20:00 | Mans o.19 | 400m | | 48.54 Jannie Briers-Louw (GIM) 2011 Coetzenburg |
| 112 | 20:05 | Dogters o.14 | 4x100m aflos | | 53.84 GIM 2016 Coetzenburg |
| 113 | 20:08 | Seuns o.14 | 4x100m aflos | | 45.63 HJS 2016 Coetzenburg |
| 114 | 20:11 | Dogters o.15 | 4x100m aflos | | 52.52 BH 2016 Coetzenburg |
| 115 | 20:14 | Seuns o.15 | 4x100m aflos | | 46.37 HJS 2013 Coetzenburg |
| 116 | 20:17 | Dogters o.17 | 4x100m aflos | | 51.15 BH 2014 Dal Josafat |
| 117 | 20:20 | Seuns o.17 | 4x100m aflos | | 43.65 HJS 2015 Dal Josafat |
| 118 | 20:23 | Vroue o.19 | 4x100m aflos | | 51.30 HMS 2013 Coetzenburg |
| 119 | 20:26 | Mans o.19 | 4x100m aflos | | 42.54 PRG 2013 Coetzenburg |
| 120 | 20:30 | GEESVANG | | | |