



PAUL ROOS
GIMNASIUM – GYMNASIUM

ATHLETICS SCHEDULE
23 January – 27 January



PRG Athletics Supporters

WhatsApp group



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PRG 2023 Athletics 🇧🇪

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Sessions are open, please send the coach a message if you have any questions.
All learners are welcome to attend the sessions.

Item:	Monday	Tuesday	Wednesday	Thursday	Friday
High jump <i>Hoogspring</i>	15:00 -16:00 Coetzenburg Coach Bennie Schlechter 0744396575		15:00 -16:00 Coetzenburg Coach Bennie Schlechter 0744396575	By Invitation Only	Top Boys @ Paarl Boys; Brugstreet
Middle- and long distance <i>Middel- en langafstande</i>	17:00 TBC by the Coach Coach Jacques van Rensburg 0732105514			17:00 TBC by the Coach Coach Jacques van Rensburg 0732105514	
Sprinting <i>Naellope</i>	17:00 Coetzenburg track Coach Johan Germishuis 0823187053	17:00 Coetzenburg track Coach Johan Germishuis 0823187053	17:00 Coetzenburg track Coach Johan Germishuis 0823187053	17:00 Coetzenburg track Coach Johan Germishuis 0823187053	
Hurdles <i>Hekkies</i>		15:30 -16:30 Coetzenburg track Coach Hennie Botha 0828722036		15:30 -16:30 Coetzenburg track Coach Hennie Botha 0828722036	
Long & Triple Jump <i>Verspring & Driesprong</i>	15:00 -16:00 Coetzenburg (pits inside stadium) Coach Francois Nel 0670389970	15:00 -16:00 Coetzenburg (pits inside stadium) Coach Francois Nel 0670389970		15:00 -16:00 Coetzenburg (pits inside stadium) Coach Francois Nel 0670389970	

Item:	Monday	Tuesday	Wednesday	Thursday	Friday
Pole-vault <i>Paalspring</i>	16:00-18:00 Stellenbosch Highschool Coach JP van As 0827624016	16:00-18:00 Stellenbosch Highschool Coach JP van As 0827624016	16:00-18:00 Stellenbosch Highschool Coach JP van As 0827624016	16:00-18:00 Stellenbosch Highschool Coach JP van As 0827624016	Top Boys @ Paarl Boys; Brugstreet
Shotput <i>Gewigstoot</i>	15:00-16:00 Coetzenburg Back Fields Coach Kerwin Noemdo 0824892320		15:00-16:00 Coetzenburg Back Fields Coach Kerwin Noemdo 0824892320		
Discus <i>Diskus</i>	16:00-17:00 Coetzenburg Back Fields Coach Kerwin Noemdo 0824892320		16:00-17:00 Coetzenburg Back Fields Coach Kerwin Noemdo 0824892320		
Javelin <i>Spiesgooi</i>		15:45-16:45 Coetzenburg Stadium (Inside) Coach Daniel Damon 0844895868		15:45-16:45 Coetzenburg Stadium (Inside) Coach Daniel Damon 0844895868	
Hammer throw <i>Hammergooi</i>		15:00-17:00 Coetzenburg Back Fields (Cage) Coach Leon Spies 0721764235		15:00-17:00 Coetzenburg Back Fields (Cage) Coach Leon Spies 0721764235	

For any queries, please contact Mr Dorfling Terblanche, head of PRG Athletics at dterblanche@paulroos.co.za or 0846217607.