

**Meeting :PAUL ROOS GYMNASIUM INTERHOUSE
2024/01/18 to 2024/01/19 at STELLENBOSCH**

PROGRAM

Performance Scores: ASA 2020 table, Hand time, Height above sea=107

Seq	Time	Pit	Event	Category	Next	Spec
START OF DAY 1						
1	14:00		Final Boys 19 400m Hurdles			91.4cm
2	14:05		Final Boys 17 400m Hurdles			84cm
3	14:15		Final Boys 15 300m Hurdles			84cm
4	14:25		Final Boys 14 300m Hurdles			76.2cm
Hurdles at Coetzenburg Stadium						
5	15:00		Final Boys 14 Polevault			
6	15:00		Final Boys 15 Polevault			
7	15:00		Final Boys 17 Polevault			
8	15:00		Final Boys 19 Polevault			
9	15:00		Final Boys 14 Hammer			4kg
10	15:00		Final Boys 15 Hammer			4kg
11	15:00		Final Boys 17 Hammer			5kg
12	15:00		Final Boys 19 Hammer			6kg
Hammerthrow behind the stadium						
13	15:00		Final Boys 19 TripleJump			13m
14	15:00		Final Boys 17 TripleJump			11m
15	15:00		Final Boys 15 TripleJump			9m
16	15:00		Final Boys 14 TripleJump			
Triple jump at Coetzenburg Stadium						
17	15:30		Final Boys 19 110m Hurdles			99.5cm
18	15:35		Final Boys 17 110m Hurdles			91.4cm
19	15:45		Final Boys 15 100m Hurdles			84cm
20	15:55		Final Boys 14 100m Hurdles			84cm
21	18:10		Final Boys 14 3000m			
22	18:10		Final Boys 15 3000m			
23	18:30		Final Boys 17 3000m			
24	18:30		Final Boys 19 3000m			
3000m's at Markotter						

**Meeting :PAUL ROOS GYMNASIUM INTERHOUSE
2024/01/18 to 2024/01/19 at STELLENBOSCH**

START OF DAY 2

25	09:00	A	Final Boys 19 HighJump	
26	09:00	A	Final Boys 14 LongJump	
27	09:00		Final Boys 14 1500m	
28	09:00	A	Final Boys 17 Discus	1.5kg
29	09:00	A	Final Boys 15 Javelin	600g
30	09:00	A	Final Boys 14 Shotput	4kg
31	09:12		Final Boys 15 1500m	
32	09:24		Final Boys 17 1500m	
33	09:36		Final Boys 19 1500m	
34	09:50		Final 1 of 7 Boys 14 200m	(No final)
35	09:50		Final 2 of 7 Boys 14 200m	(No final)
36	09:50		Final 3 of 7 Boys 14 200m	(No final)
37	09:50		Final 4 of 7 Boys 14 200m	(No final)
38	09:50		Final 5 of 7 Boys 14 200m	(No final)
39	09:50		Final 6 of 7 Boys 14 200m	(No final)
40	09:50		Final 7 of 7 Boys 14 200m	(No final)
41	09:58		Final 1 of 4 Boys 15 200m	(No final)
42	09:58		Final 2 of 4 Boys 15 200m	(No final)
43	09:58		Final 3 of 4 Boys 15 200m	(No final)
44	09:58		Final 4 of 4 Boys 15 200m	(No final)
45	10:00	A	Final Boys 17 HighJump	
46	10:00	A	Final Boys 15 LongJump	
47	10:00	A	Final Boys 14 Discus	1kg
48	10:00	A	Final Boys 19 Javelin	800g
49	10:00	A	Final Boys 15 Shotput	4kg
50	10:06		Final 1 of 5 Boys 17 200m	(No final)
51	10:06		Final 2 of 5 Boys 17 200m	(No final)
52	10:06		Final 3 of 5 Boys 17 200m	(No final)
53	10:06		Final 4 of 5 Boys 17 200m	(No final)
54	10:06		Final 5 of 5 Boys 17 200m	(No final)
55	10:14		Final 1 of 2 Boys 19 200m	(No final)
56	10:14		Final 2 of 2 Boys 19 200m	(No final)
57	10:22		Final Boys 14 800m	
58	10:32		Final Boys 15 800m	
59	10:42		Final Boys 17 800m	
60	10:52		Final Boys 19 800m	
61	11:00	A	Final Boys 15 HighJump	
62	11:00	A	Final Boys 17 LongJump	
63	11:00	A	Final Boys 19 Discus	1.75kg
64	11:00	A	Final Boys 14 Javelin	600g
65	11:00	A	Final Boys 17 Shotput	5kg
66	11:02		Final 1 of 7 Boys 14 100m	(No final)
67	11:02		Final 2 of 7 Boys 14 100m	(No final)
68	11:02		Final 3 of 7 Boys 14 100m	(No final)
69	11:02		Final 4 of 7 Boys 14 100m	(No final)
70	11:02		Final 5 of 7 Boys 14 100m	(No final)
71	11:02		Final 6 of 7 Boys 14 100m	(No final)
72	11:02		Final 7 of 7 Boys 14 100m	(No final)
73	11:22		Final 1 of 4 Boys 15 100m	(No final)

**Meeting :PAUL ROOS GYMNASIUM INTERHOUSE
2024/01/18 to 2024/01/19 at STELLENBOSCH**

74	11:22		Final 2 of 4 Boys 15 100m	(No final)
75	11:22		Final 3 of 4 Boys 15 100m	(No final)
76	11:22		Final 4 of 4 Boys 15 100m	(No final)
77	11:32		Final 1 of 8 Boys 17 100m	(No final)
78	11:32		Final 2 of 8 Boys 17 100m	(No final)
79	11:32		Final 3 of 8 Boys 17 100m	(No final)
80	11:32		Final 4 of 8 Boys 17 100m	(No final)
81	11:32		Final 5 of 8 Boys 17 100m	(No final)
82	11:32		Final 6 of 8 Boys 17 100m	(No final)
83	11:32		Final 7 of 8 Boys 17 100m	(No final)
84	11:32		Final 8 of 8 Boys 17 100m	(No final)
85	11:42		Final 1 of 7 Boys 19 100m	(No final)
86	11:42		Final 2 of 7 Boys 19 100m	(No final)
87	11:42		Final 3 of 7 Boys 19 100m	(No final)
88	11:42		Final 4 of 7 Boys 19 100m	(No final)
89	11:42		Final 5 of 7 Boys 19 100m	(No final)
90	11:42		Final 6 of 7 Boys 19 100m	(No final)
91	11:42		Final 7 of 7 Boys 19 100m	(No final)
92	12:00	A	Final Boys 14 HighJump	
93	12:00	A	Final Boys 19 LongJump	
94	12:00		Final 1 of 5 Boys 14 400m	(No final)
95	12:00		Final 2 of 5 Boys 14 400m	(No final)
96	12:00		Final 3 of 5 Boys 14 400m	(No final)
97	12:00		Final 4 of 5 Boys 14 400m	(No final)
98	12:00		Final 5 of 5 Boys 14 400m	(No final)
99	12:00	A	Final Boys 15 Discus	1kg
100	12:00	A	Final Boys 17 Javelin	700g
101	12:00	A	Final Boys 19 Shotput	6kg
102	12:10		Final 1 of 3 Boys 15 400m	(No final)
103	12:10		Final 2 of 3 Boys 15 400m	(No final)
104	12:10		Final 3 of 3 Boys 15 400m	(No final)
105	12:20		Final 1 of 3 Boys 17 400m	(No final)
106	12:20		Final 2 of 3 Boys 17 400m	(No final)
107	12:20		Final 3 of 3 Boys 17 400m	(No final)
108	12:30		Final 1 of 2 Boys 19 400m	(No final)
109	12:30		Final 2 of 2 Boys 19 400m	(No final)
110	12:50		Final Boys 14 4x100m Relay	
111	12:55		Final Boys 15 4x100m Relay	
112	13:00		Final Boys 17 4x100m Relay	
113	13:05		Final Boys 19 4x100m Relay	
114	13:10		Final Men 25 4x100m Relay	
115	13:25		Final Boys 14 1234 Swedish Relay	
116	13:30		Final Boys 15 1234 Swedish Relay	
117	13:35		Final Boys 17 1234 Swedish Relay	
118	13:40		Final Boys 19 1234 Swedish Relay	
13:45 Cheerleaders Relay				
119	13:50		Final Boys 19 Mile	
14:00 Announcement of Winning Teams & School Song				