

Atletiek Middagprogram

Maandag		Dinsdag		Woensdag		Donderdag		Vrydag	
14:00	14:00 - 15:00 Langafstande Me Karla Cronjé	14:00	14:00 - 15:00 Langafstande Me Karla Cronjé	Kultuur Middag	14:00	14:00 - 15:00 Langafstande Me Karla Cronjé	14:00	14:00	14:00 - 15:00 Langafstande Me Karla Cronjé
			14:30 - 15:30 Verspring & Driesprong Me Ananda Visser						14:30 - 15:30 Verspring & Driesprong Me Ananda Visser
15:00	15:00 - 16:00 Spiesgooi Me Anè von Gericke	15:00	15:00 - 16:00 Spiesgooi Me Anè von Gericke		15:00	15:00 - 16:00 Spiesgooi Me Anè von Gericke	15:00	15:00	15:00 - 16:00 Spiesgooi Me Anè von Gericke
			15:00 - 16:00 Diskus Mr Pieter van Schalkwyk						15:00 - 16:00 Diskus Mr Pieter van Schalkwyk
16:00	16:00-17:00 Hekkie & Naelope Mr Hugo Loubser	16:00	16:00-17:00 Hekkie & Naelope Mr Hugo Loubser		16:00	16:00-17:00 Hekkie & Naelope Mr Hugo Loubser	16:00	16:00	16:00-17:00 Hekkie & Naelope Mr Hugo Loubser
			16:00 - 17:00 Gewigstoot Mr Charles van Rooyen			16:00 - 17:00 Gewigstoot Mr Charles van Rooyen			
17:00		17:00	17:10 - 18:30 Hoogspring Mr Ettiene Swanepoel	17:00	17:10 - 18:30 Hoogspring Mr Ettiene Swanepoel	17:00	17:00		

Afrigters

Hekkie	Mr Hugo Loubser
Naelope	Mr Hugo Loubser
Lang afstande	Me Karla Cronjé
Verspring	Me Ananda Visser

Hoogspring	Mr Ettiene Swanepoel
Gewigstoot	Mr Charles van Rooyen
Spiesgooi	Me Anè von Gericke
Diskus	Mr Pieter van Schalkwyk

Indien daar enige botsings is kan daar met die afrigters self gereël word.

Athletics Afternoon Program

Monday		Tuesday		Wednesday		Thursday		Friday	
14:00	14:00 - 15:00 Long-Distances Me Karla Cronjé	14:00	14:00 - 15:00 Long-Distances Me Karla Cronjé	Culture Afternoon		14:00	14:00 - 15:00 Long-Distances Me Karla Cronjé	14:00	
			14:30 - 15:30 Long Jump & Triple Jump Me Ananda Visser						14:30 - 15:30 Long Jump & Triple Jump Me Ananda Visser
15:00	15:00 - 16:00 Javelin Throw Me Anè von Gericke	15:00	15:00 - 16:00 Javelin Throw Me Anè von Gericke			15:00	15:00 - 16:00 Javelin Throw Me Anè von Gericke	15:00	
			15:00 - 16:00 Discus Throw Mr Pieter van Schalkwyk						15:00 - 16:00 Discus Throw Mr Pieter van Schalkwyk
16:00	16:00-17:00 Hurdles & Sprints Mr Hugo Loubser	16:00	16:00-17:00 Hurdles & Sprints Mr Hugo Loubser			16:00	16:00-17:00 Hurdles & Sprints Mr Hugo Loubser	16:00	
	16:00 - 17:00 Shot Put Mr Charles van Rooyen		16:00 - 17:00 Shot Put Mr Charles van Rooyen				16:00 - 17:00 Shot Put Mr Charles van Rooyen		
17:00		17:00	17:10 - 18:30 High Jump Mr Ettiene Swanepoel			17:00	17:10 - 18:30 High Jump Mr Ettiene Swanepoel	17:00	

Trainers

Hurdles	Mr Hugo Loubser
Sprints	Mr Hugo Loubser
Long-Distances	Me Karla Cronjé
Long Jump	Me Ananda Visser

High Jump	Mr Ettiene Swanepoel
Shot Put	Mr Charles van Rooyen
Javelin Throw	Me Anè von Gericke
Discus Throw	Mr Pieter van Schalkwyk

If there are any clashes, please contact your trainer to make arrangements.