

WEEKEND PLAN (take along to Oudtshoorn):

General: Johan Ferreira (073 032 5252)

Hostel: Christopher van Niekerk (084 584 0653)

Hostel: Leon Hanekom (082 756 1561)

Friday, 31 January 2020

16.00 Hostel check-in time – **late arrival** after 22h00, please inform Christopher/Leon

19.00 Supper at Spur (own expense) or any other venue

21.00 Lights out u.8 – u.15

Other age groups all quiet, please

22.00 Everybody in their own rooms and quiet

Saturday, 1 February 2020

06.00 Breakfast

06.50 Proceed to De Jager Sports Complex (extra parking via St Johns Road)

07.00 Compulsory Team meeting at De Jager Sports Complex – 300m mark – (please inform Gerhard 082 808 1106 if you cannot be at the team meeting)

WP Team and supporters sit on top right hand side of pavillion.

07.30 March-past and opening

08.00 First running item

?? Warm-up at N.A. Smit Pool (pool will be open from 11:00)

?? Swimming starts (as soon as possible after running)

18.15 Proceed to Highgate Ostrich Farm

19.00 Prize-giving & dance & Braai (Dress code: casual)

23.59 Last dance

PLEASE NOTE THAT TIMES FOR SATURDAY ARE SUBJECT TO CHANGE. ATHLETES WILL BE NOTIFIED AT THE TEAM MEETING.

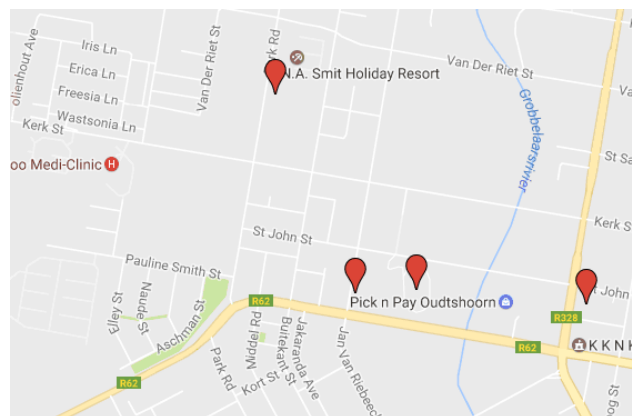
Sunday, 2 February 2020

07.30 Breakfast

09.00 Vacate hostel



Highgate



Venues in Oudtshoorn