

WEEKEND PLAN (take along to Oudtshoorn):

Gerhard Louwrens - 082 808 1106
Marco Prinsloo – 082 331 2318
Jason Monk – 0072 925 9250
Ilse Pienaar – 083 216 5357

Friday, 4 February 2022

Travel to Oudtshoorn

Saturday, 5 February 2022

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

07.30 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. Function tickets will be handed out

07.40 March-past

08.00 Opening

08.30 First running item

10.00 Warm-up at N.A. Smit Pool (pool will be open from 10:00)

Swimming starts (as soon as possible after running)

18.00 Proceed to Highgate Ostrich Farm

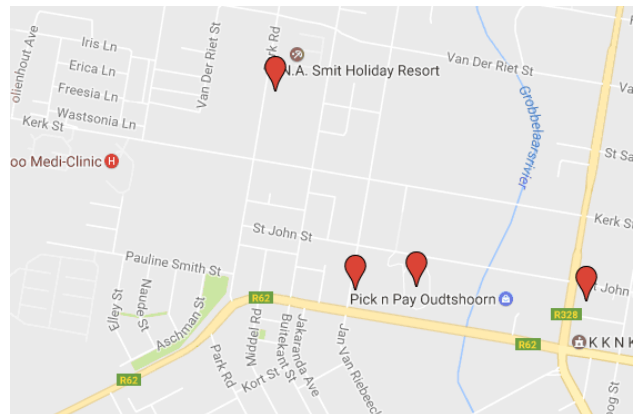
18.30 Prize-giving, dance & Braai (Dress code: casual)

23.59 Last dance

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



Highgate



Venues in Oudtshoorn