**WEEKEND PLAN**

**Friday, 2 February 2023**

Travel to Oudtshoorn

Discount at Spur for supper the evening

**Saturday, 3 February 2024**

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

**07.25 Compulsory Team meeting at De Jager Sports Complex – 100m 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 – 100m mark on track**

07.40 March-past

07.45 Opening

08.15 First running item

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

Swimming starts (as soon as possible after running)

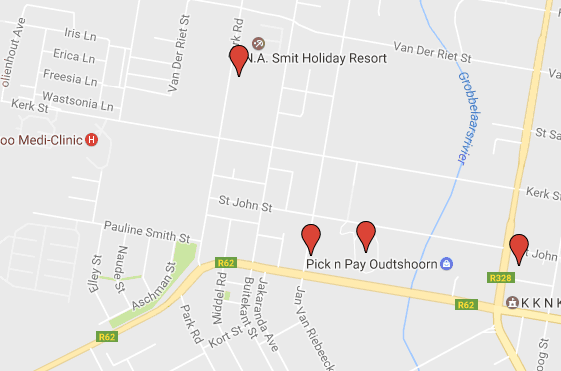
18.15 Proceed to Highgate Ostrich Farm

18.45 Take seats for prize giving

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.**

**Highgate Venues in Oudtshoorn**