



CAPE MILERS CLUB
ASA GRAND PRIX



EVENT SCHEDULE

April 4 | Green Point Athletics Track

16:45 – Women’s 800m (Heat 1)

16:50 – Men’s 800m (Heat 1)

16:55 – Men’s 800m (Heat 2)

17:00 – Men’s 3 000m Steeplechase

17:15 – Women’s 10 000m **CHAMPIONSHIP**



18:05 – Men’s 1 500m (Heat 1)

18:10 – Men’s 3 000m (Heat 1)

18:20 – Men’s 800m (Heat 3)

18:25 – Women’s 800m (ELITE FINAL)

18:30 – Men’s 800m (ELITE FINAL)

18:40 – Men’s 3 000m (ELITE FINAL)

18:55 – Men’s 10 000m **CHAMPIONSHIP**



19:40 – Women’s 1 500m (ELITE FINAL)

19:50 – Men’s 1 500m (ELITE FINAL)

