

SOUTH AFRICAN MARATHON CHAMPS - PROGRAM OF EVENTS 2019

SATURDAY 15th JUNE

				LAPS	PORTAGES	DISTANCE
8:00		PADDLERS MEETING AND RACE BRIEFING				KM
8:30	K1	U/23 MEN		9	6	26
8:35	K1	U/23 WOMEN		8	5	23
10:30	K1 - Guppy	GUPPY RACE BRIEFING				
11:00	K1 - Guppy	GUPPY U/12 BOYS		3	0	6,3
11:05	K1 - Guppy	GUPPY U/12 GIRLS		3	0	6,3
11:10	K1 - Guppy	GUPPY U/10 BOYS		4	0	4
11:15	K1 - Guppy	GUPPY U/10 GIRLS		4	0	4
11:20	K1 - Guppy	GUPPY U/8 BOYS / GIRLS		2	0	2
		Medals for the guppy's				
12:00	K1	JUNIOR BOYS U/18		7	4	20,3
12:00	K1	JUNIOR BOYS U/16		7	4	20,3
12:02	K1	JUNIOR GIRLS U/18		6	3	17,5
12:02	K1	JUNIOR GIRLS U/16		6	3	17,5
12:04	K1	JUNIOR BOYS U/14		4	2	11,8
12:06	K1	JUNIOR GIRLS U14		4	2	11,8
12:08	C1	BOYS and GIRLS		4	2	11,8
14:30	K1	MENS SHORT COURSE		3	2	3
15:00	K1	LADIES SHORT COURSE		3	2	3
15:30	K2	MIXED DOUBLES		5	4	19
		MEDAL CEREMONY				

SUNDAY 16th JUNE

				LAPS	PORTAGES	DISTANCE
8:00		PADDLERS MEETING AND RACE BRIEFING				KM
8:15	K1	SUB VETERAN MEN	35	7	4	20,3
8:17	K1	VETERAN MEN	40	7	4	20,3
8:19	K1	SUB MASTER MEN	45	7	4	20,3
8:21	K1	MASTER MEN	50	7	4	20,3
10:15	K1	SUB GRANDMASTER MEN	55	6	3	17,5
10:15	K1	GRANDMASTER MEN	60	6	3	17,5
10:17	K1	MASTER WOMEN 35 - 64 YEARS	35 - 59	5	2	14,7
10:17	K1	MASTER MEN 65+	65	5	0	14,7
10:17	K1	MASTER WOMEN 65+	65	4	0	11,9
10:21	C1	Men and WOMEN	ALL	7	4	20,3
10:21	PARA	Men and WOMEN	ALL	4	0	11,9
11:45	K2	JUNIOR BOYS U/18		7	4	20,3
11:45	K2	JUNIOR BOYS U/16		7	4	20,3
11:47	K2	JUNIOR GIRLS U/18		6	3	17,5
11:47	K2	JUNIOR GIRLS U/16		6	3	17,5
11:49	K2	JUNIOR BOYS U/14		4	2	11,8
11:51	K2	JUNIOR GIRLS U/14		4	2	11,8
14:00	K1	SENIOR MEN		10	7	29
14:05	K1	SENIOR WOMEN		9	6	25,9
16:30		MEDAL CEREMONY				

MONDAY 17th JUNE

				LAPS	PORTAGES	DISTANCE
8:00		PADDLERS MEETING AND RACE BRIEFING				
8:15	K2	SUB VETERAN MEN	35	7	4	20
8:17	K2	VETERAN MEN	40	7	4	20
8:19	K2	SUB MASTER MEN	45	7	4	20
8:21	K2	MASTER MEN	50	7	4	20
8:23	K2	SUB GRANDMASTER MEN	55	6	3	17,5
10:00	K2	MASTER WOMEN 35 - 54 YEARS	35 - 54	5	2	14,7
10:00	K2	GRANDMASTER MEN	60	6	4	17,5
10:02	K2	MASTER WOMEN 55-64 YEARS	55 - 64	5	2	14,7
10:02	K2	MEN 65+	65	5	0	14,7
10:02	K2	WOMEN 65+	65	4	0	11,9
10:02	C2	MEN and WOMEN		6	3	17,5
12:00	K2	SENIOR MEN		10	7	29
12:05	K2	SENIOR WOMEN		9	6	25,9
14:30		MEDAL CEREMONY				