

Donderdag (25 Maart 2010)

	Bellville Astro	DFM Velde	Oude Molen	UCT
10:30 – 11:20	Paarl HMS 0.16 vs Bloemhof 0.16		Springfield vs Strand	Waterkloof vs Stellenberg
11:20 – 12:10	Robertson 0.16 vs DFM 0.16		Bloemhof vs Fairmont	Bellville vs Vredenburg
12:10 – 13:00	DFM Premier vs Framesby	Stellenberg 0.16 vs Durbanville 0.16	Robertson vs St. George	Langenhoven vs Eldoraigne
13:00 – 13:50	Garsfontein 0.15 vs Garsfontein 0.16	Brandwag 0.16 vs Oudtshoorn 0.16	Richardsbaai vs Brackenfell	Waterkloof vs Strand
13:50 – 14:40	DFM Premier vs Bloemhof	DFM 0.18 vs Montana 0.16	Brandwag vs Oudtshoorn	Langenhoven vs Stellenberg
14:40 – 15:30	Framesby vs Springfield	Garsfontein 0.15 vs Robertson 0.16	Robertson vs Brackenfell	Fairmont vs Strand
15:30 – 16:20	Bloemhof 0.16 vs DFM 0.16	Paarl HMS 0.16 vs DFM 0.18	St. George vs Vredenburg	Eldoraigne vs Waterkloof
16:20 – 17:10	Oudtshoorn 0.16 vs Stellenberg 0.16		Brandwag vs Richardsbaai	Stellenberg vs Fairmont
17:10 – 18:00	Montana 0.16 vs Brandwag 0.16		Bellville vs Oudtshoorn	Springfield vs Bloemhof
18:00 – 18:50	Garsfontein 0.16 vs Durbanville 0.16		Eldoraigne vs Framesby	Langenhoven vs DFM Premier

Vrydag (26 Maart 2010)

	Bellville Astro	DFM Velde	Oude Molen	UCT
10:30 – 11:20	Paarl HMS 0.16 vs DFM 0.16	Robertson 0.16 vs Garsfontein 0.16	Brackenfell vs Bellville	Brandwag vs Robertson
11:20 – 12:10	Bloemhof 0.16 vs Stellenberg 0.16	Garsfontein 0.15 vs DFM 0.18	Stellenberg vs Eldoraigne	DFM Premier vs Springfield
12:10 – 13:00	Richardsbaai vs Vredenburg	Robertson 0.16 vs Brandwag 0.16	Brackenfell vs St. George	Framesby vs Bloemhof
13:00 – 13:50	DFM 0.18 vs Garsfontein 0.16	Montana 0.16 vs Oudtshoorn 0.16	Waterkloof vs Langenhoven	Strand vs DFM Premier
13:50 – 14:40	Robertson vs Oudtshoorn	Durbanville 0.16 vs Brandwag 0.16	Springfield vs Fairmont	Framesby vs Stellenberg
14:40 – 15:30	Richardsbaai vs Bellville	Montana 0.16 vs DFM 0.16	Bloemhof vs Langenhoven	St. George vs Brandwag
15:30 – 16:20	Oudtshoorn 0.16 vs Garsfontein 0.15	Bloemhof 0.16 vs Durbanville 0.16	Eldoraigne vs Springfield	DFM Premier vs Waterkloof
16:20 – 17:10	Paarl HMS 0.16 vs Stellenberg 0.16		Strand HS vs Bloemhof	Brandwag vs Brackenfell
17:10 – 18:00	Richardsbaai vs St. George		Vredenburg vs Oudtshoorn	Framesby vs St Cyprians

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Saterdag (27 Maart 2010)

	Bellville Astro	DFM Velde	Oude Molen	UCT
08:00 – 08:50	Paarl HMS 0.16 vs Brandwag 0.16	Robertson 0.16 vs Stellenberg 0.16	Framesby vs Waterkloof	Langenhoven vs Strand
08:50 – 09:40	Garsfontein 0.15 vs Durbanville 0.16	Bloemhof 0.16 vs Montana 0.16	Milnerton vs Robertson	Eldoraigne vs St Cyprians
09:40 – 10:30	Richardsbaai vs Oudtshoorn	Garsfontein 0.16 vs DFM 0.16	DFM Premier vs Stellenberg	Vredenburg vs Brackenfell
10:30 – 11:20	Bellville vs Brandwag		Bloemhof vs Waterkloof	Eldoraigne vs Strand
11:20 – 12:10	DFM 0.16 vs Stellenberg 0.16	Brandwag 0.16 vs DFM 0.18	Springfield vs Stellenberg	Langenhoven vs St Cyprians
12:10 – 13:00	Montana 0.16 vs Garsfontein 0.16	Paarl HMS 0.16 vs Durbanville 0.16	St. George vs Milnerton	Vredenburg vs Robertson
13:00 – 13:50	Oudtshoorn 0.16 vs Robertson 0.16		Oudtshoorn vs Brackenfell	Framesby vs Strand
13:50 – 14:40	DFM 0.18 vs Stellenberg 0.16		Waterkloof vs Springfield	DFM Premier vs St Cyprians
14:40 – 15:30	Garsfontein 0.15 vs Montana 0.16		Bloemhof vs Stellenberg	Richardsbaai vs Robertson
15:30 – 16:20	Oudtshoorn 0.16 vs Garsfontein 0.16		Springfield vs Langenhoven	St. George vs Oudtshoorn
16:20 – 17:10	Bloemhof 0.16 vs DFM 0.18		Bloemhof vs Eldoraigne	Vredenburg vs Brandwag

20min / kant

5min rustyd

5min ruil