Reduce power now to avoid load shedding.

NATIONAL: LOAD SHEDDING in STAGE 2 greater CT: LOAD SHEDDING in STAGE 1

Switch off pool pumps and geysers now in order to reduce impact.

Use less electricity during peak time (between 17:00 and 21:00) whenever possible

Adjust air conditioners to 23 degrees Celsius if you need to use them

Use minimal fridges

	036	minima muges			
	Use a microwave instead of an oven to cook.		Day of the month:		
Zone	1	Bellville Zone1	midnight-2:30am	1st	17th
Zone	2	Maitland+Milnerton	2am-4:30am	1st	17th
Zone	3	Somerset West	4am-6:30am	1st	17th
Zone	4	MitchellsPlain	6am-8:30am	1st	17th
Zone	5	Newlands Zone 5	8am-10:30am	1st	17th
Zone	6	Durbanville Zone 6	10am-12:30	1st	17th
Zone	7	Citybowl+CampsBay	midday-2:30pm	1st	17th
Zone	8	Fishhoek Zone 8	2pm-4:30pm	1st	17th
Zone	9	Pinelands Zone 9	4pm-6:30pm	1st	17th
Zone	10	Brackenfell	6pm-8:30pm	1st	17th
Zone	11	HoutBay+Wynberg	8pm-10:30pm	1st	17th
Zone	12	Athlone Zone 12	10pm-0:30am	1st	17th
Zone	13	Goodwood	midnight-2:30am	2nd	18th
Zone	14	WestCoast	2am-4:30am	2nd	18th
Zone	15	Observatory	4am-6:30am	2nd	18th
Zone	16	Philippi Zone 16	6am-8:30am	2nd	18th
				2nd	18th
Zone	1	Bellville Zone1	8am-10:30am	2nd	18th
Zone	2	Maitland+Milnerton	10am-12:30	2nd	18th
Zone	3	Somerset West	midday-2:30pm	2nd	18th
Zone	4	MitchellsPlain	2pm-4:30pm	2nd	18th
Zone	5	Newlands Zone 5	4pm-6:30pm	2nd	18th
Zone	6	Durbanville Zone 6	6pm-8:30pm	2nd	18th
Zone	7	Citybowl+CampsBay	8pm-10:30pm	2nd	18th
Zone	8	Fishhoek Zone 8	10pm-0:30am	2nd	18th
Zone	9	Pinelands Zone 9	midnight - 2:30am	3rd	19th
Zone	10	Brackenfell	2am-4:30am	3rd	19th
Zone	11	HoutBay+Wynberg	4am-6:30am	3rd	19th
Zone	12	Athlone Zone 12	6am-8:30am	3rd	19th
Zone	13	Goodwood	8am-10:30am	3rd	19th
Zone	14	WestCoast	10am-12:30	3rd	19th
Zone	15	Observatory	midday-2:30pm	3rd	19th
Zone	16	Philippi Zone 16	2pm-4:30pm	3rd	19th
					19th
Zone	1	Bellville Zone1	4pm-6:30pm	3rd	19th

Zone	2	Maitland+Milnerton	6pm-8:30pm	3rd	19th
Zone	3	Somerset West	8pm-10:30pm	3rd	19th
Zone	4	MitchellsPlain	10pm-0:30am	3rd	19th
20116	•	Witteriensi iam	10pm 0.30am	Siu	13011
Zone	5	Newlands Zone 5	midnight-2:30am	4th	20th
Zone	6	Durbanville Zone 6	2am-4:30am	4th	20th
Zone	7	Citybowl+CampsBay	4am-6:30am	4th	20th
Zone	8	Fishhoek Zone 8	6am-8:30am	4th	20th
Zone	9	Pinelands Zone 9	8am-10:30am	4th	20th
Zone	10	Brackenfell	10am-12:30	4th	20th
Zone	11	HoutBay+Wynberg	midday-2:30pm	4th	20th
Zone	12	Athlone Zone 12	2pm-4:30pm	4th	20th
Zone	13	Goodwood	4pm-6:30pm	4th	20th
Zone	14	WestCoast	6pm-8:30pm	4th	20th
Zone	15	Observatory	8pm-10:30pm	4th	20th
Zone	16	Philippi Zone 16	10pm-0:30am	4th	20th
			·		
Zone	2	Maitland+Milnerton	midnight-2:30am	5th	21st
Zone	3	Somerset West	2am-4:30am	5th	21st
Zone	4	MitchellsPlain	4am-6:30am	5th	21st
Zone	5	Newlands Zone 5	6am-8:30am	5th	21st
Zone	6	Durbanville Zone 6	8am-10:30am	5th	21st
Zone	7	Citybowl+CampsBay	10am-12:30	5th	21st
Zone	8	Fishhoek Zone 8	midday-2:30pm	5th	21st
Zone	9	Pinelands Zone 9	2pm-4:30pm	5th	21st
Zone	10	Brackenfell	4pm-6:30pm	5th	21st
Zone	11	HoutBay+Wynberg	6pm-8:30pm	5th	21st
Zone	12	Athlone Zone 12	8pm-10:30pm	5th	21st
Zone	13	Goodwood	10pm-0:30am	5th	21st
Zone	14	WestCoast	midnight-2:30am	6th	22nd
Zone	15	Observatory	2am-4:30am	6th	22nd
Zone	16	Philippi Zone 16	4am-6:30am	6th	22nd
					22nd
Zone	1	Bellville Zone1	6am-8:30am	6th	22nd
Zone	2	Maitland+Milnerton	8am-10:30am	6th	22nd
Zone	3	Somerset West	10am-12:30	6th	22nd
Zone	4	MitchellsPlain	midday-2:30pm	6th	22nd
Zone	5	Newlands Zone 5	2pm-4:30pm	6th	22nd
Zone	6	Durbanville Zone 6	4pm-6:30pm	6th	22nd
Zone	7	Citybowl+CampsBay	6pm-8:30pm	6th	22nd
Zone	8	Fishhoek Zone 8	8pm-10:30pm	6th	22nd
Zone	9	Pinelands Zone 9	10pm-0:30am	6th	22nd
Zone	10	Brackenfell	midnight-2:30am	7th	23rd
Zone	11	HoutBay+Wynberg	2am-4:30am	7th	23rd
Zone	12	Athlone Zone 12	4am-6:30am	7th	23rd

Zone	13	Goodwood	6am-8:30am	7th	23rd
Zone	14	WestCoast	8am-10:30am	7th	23rd
Zone	15	Observatory	10am-12:30	7th	23rd
Zone	16	Philippi Zone 16	midday-2:30pm	7th	23rd
Zone	1	Bellville Zone1	2pm-4:30pm	7th	23rd
Zone	2	Maitland+Milnerton	4pm-6:30pm	7th	23rd
Zone	3	Somerset West	6pm-8:30pm	7th	23rd
Zone	4	MitchellsPlain	8pm-10:30pm	7th	23rd
Zone	5	Newlands Zone 5	10pm-0:30am	7th	23rd
_	_				
Zone	6	Durbanville Zone 6	midnight-2:30am	8th	24th
Zone	7	Citybowl+CampsBay	2am-4:30am	8th	24th
Zone	8	Fishhoek Zone 8	4am-6:30am	8th	24th
Zone -	9	Pinelands Zone 9	6am-8:30am	8th	24th
Zone -	10	Brackenfell	8am-10:30am	8th	24th
Zone -	11	HoutBay+Wynberg	10am-12:30	8th	24th
Zone	12	Athlone Zone 12	midday-2:30pm	8th	24th
Zone	13	Goodwood	2pm-4:30pm	8th	24th
Zone	14	WestCoast	4pm-6:30pm	8th	24th
Zone	15	Observatory	6pm-8:30pm	8th	24th
Zone	16	Philippi Zone 16	8pm-10:30pm	8th	24th
Zone	1	Bellville Zone1	10pm-0:30am	8th	24th
Zone	2	Samarcat Wast	midnight-2:20am	0+h	25+h
Zone	3	Somerset West	midnight-2:30am	9th	25th
Zone	4	MitchellsPlain	2am-4:30am	9th	25th
Zone Zone	4	MitchellsPlain Newlands Zone 5	2am-4:30am 4am-6:30am	9th 9th	25th 25th
Zone Zone Zone	4 5 6	MitchellsPlain Newlands Zone 5 Durbanville Zone 6	2am-4:30am 4am-6:30am 6am-8:30am	9th 9th 9th	25th 25th 25th
Zone Zone Zone Zone	4 5 6 7	MitchellsPlain Newlands Zone 5 Durbanville Zone 6 Citybowl+CampsBay	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am	9th 9th 9th 9th	25th 25th 25th 25th
Zone Zone Zone Zone Zone	4 5 6 7 8	MitchellsPlain  Newlands Zone 5  Durbanville Zone 6  Citybowl+CampsBay  Fishhoek Zone 8	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30	9th 9th 9th 9th 9th	25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9	MitchellsPlain  Newlands Zone 5  Durbanville Zone 6  Citybowl+CampsBay  Fishhoek Zone 8  Pinelands Zone 9	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm	9th 9th 9th 9th 9th 9th	25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9	MitchellsPlain  Newlands Zone 5  Durbanville Zone 6  Citybowl+CampsBay  Fishhoek Zone 8  Pinelands Zone 9  Brackenfell	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm	9th 9th 9th 9th 9th 9th 9th	25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11	MitchellsPlain  Newlands Zone 5  Durbanville Zone 6  Citybowl+CampsBay  Fishhoek Zone 8  Pinelands Zone 9  Brackenfell  HoutBay+Wynberg	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm	9th 9th 9th 9th 9th 9th 9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12	MitchellsPlain  Newlands Zone 5  Durbanville Zone 6  Citybowl+CampsBay  Fishhoek Zone 8  Pinelands Zone 9  Brackenfell	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm	9th 9th 9th 9th 9th 9th 9th 9th 9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11	MitchellsPlain Newlands Zone 5 Durbanville Zone 6 Citybowl+CampsBay Fishhoek Zone 8 Pinelands Zone 9 Brackenfell HoutBay+Wynberg Athlone Zone 12	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm	9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13	MitchellsPlain  Newlands Zone 5  Durbanville Zone 6  Citybowl+CampsBay  Fishhoek Zone 8  Pinelands Zone 9  Brackenfell  HoutBay+Wynberg  Athlone Zone 12  Goodwood	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm	9th 9th 9th 9th 9th 9th 9th 9th 9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13	MitchellsPlain  Newlands Zone 5  Durbanville Zone 6  Citybowl+CampsBay  Fishhoek Zone 8  Pinelands Zone 9  Brackenfell  HoutBay+Wynberg  Athlone Zone 12  Goodwood	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm	9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13	MitchellsPlain  Newlands Zone 5  Durbanville Zone 6  Citybowl+CampsBay  Fishhoek Zone 8  Pinelands Zone 9  Brackenfell  HoutBay+Wynberg  Athlone Zone 12  Goodwood	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm	9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13 14	MitchellsPlain Newlands Zone 5 Durbanville Zone 6 Citybowl+CampsBay Fishhoek Zone 8 Pinelands Zone 9 Brackenfell HoutBay+Wynberg Athlone Zone 12 Goodwood WestCoast	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm 10pm-0:30am	9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13 14	MitchellsPlain Newlands Zone 5 Durbanville Zone 6 Citybowl+CampsBay Fishhoek Zone 8 Pinelands Zone 9 Brackenfell HoutBay+Wynberg Athlone Zone 12 Goodwood WestCoast  Observatory	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm 10pm-0:30am	9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13 14	MitchellsPlain Newlands Zone 5 Durbanville Zone 6 Citybowl+CampsBay Fishhoek Zone 8 Pinelands Zone 9 Brackenfell HoutBay+Wynberg Athlone Zone 12 Goodwood WestCoast  Observatory	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm 10pm-0:30am	9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13 14	MitchellsPlain Newlands Zone 5 Durbanville Zone 6 Citybowl+CampsBay Fishhoek Zone 8 Pinelands Zone 9 Brackenfell HoutBay+Wynberg Athlone Zone 12 Goodwood WestCoast  Observatory Philippi Zone 16	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm 10pm-0:30am midnight-2:30am 2am-4:30am	9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13 14	MitchellsPlain Newlands Zone 5 Durbanville Zone 6 Citybowl+CampsBay Fishhoek Zone 8 Pinelands Zone 9 Brackenfell HoutBay+Wynberg Athlone Zone 12 Goodwood WestCoast  Observatory Philippi Zone 16  Bellville Zone1	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm 10pm-0:30am midnight-2:30am 2am-4:30am 4am-6:30am	9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13 14	MitchellsPlain Newlands Zone 5 Durbanville Zone 6 Citybowl+CampsBay Fishhoek Zone 8 Pinelands Zone 9 Brackenfell HoutBay+Wynberg Athlone Zone 12 Goodwood WestCoast  Observatory Philippi Zone 16  Bellville Zone1 Maitland+Milnerton Somerset West MitchellsPlain	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm 10pm-0:30am midnight-2:30am 2am-4:30am 4am-6:30am 6am-8:30am	9th	25th 25th 25th 25th 25th 25th 25th 25th
Zone Zone Zone Zone Zone Zone Zone Zone	4 5 6 7 8 9 10 11 12 13 14 15 16	MitchellsPlain Newlands Zone 5 Durbanville Zone 6 Citybowl+CampsBay Fishhoek Zone 8 Pinelands Zone 9 Brackenfell HoutBay+Wynberg Athlone Zone 12 Goodwood WestCoast  Observatory Philippi Zone 16  Bellville Zone1 Maitland+Milnerton Somerset West	2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am 10am-12:30 midday-2:30pm 2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm 10pm-0:30am midnight-2:30am 2am-4:30am 4am-6:30am 6am-8:30am 8am-10:30am	9th	25th 25th 25th 25th 25th 25th 25th 25th

Zone Zone Zone Zone	6 7 8 9	Durbanville Zone 6 Citybowl+CampsBay Fishhoek Zone 8 Pinelands Zone 9	2pm-4:30pm 4pm-6:30pm 6pm-8:30pm 8pm-10:30pm	10th 10th 10th 10th	26th 26th 26th 26th
Zone	10	Brackenfell	10pm-0:30am	10th	26th
Zone	11	HoutBay+Wynberg	midnight-2:30am	11th	27th
Zone	12	Athlone Zone 12	2am-4:30am	11th	27th
Zone	13	Goodwood	4am-6:30am	11th	27th
Zone	14	WestCoast	6am-8:30am	11th	27th
Zone	15	Observatory	8am-10:30am	11th	27th
Zone	16	Philippi Zone 16	10am-12:30	11th	27th 27th
Zone	1	Bellville Zone1	midday-2:30pm	11th	27th
Zone	2	Maitland+Milnerton	2pm-4:30pm	11th	27th
Zone	3	Somerset West	4pm-6:30pm	11th	27th
Zone	4	MitchellsPlain	6pm-8:30pm	11th	27th
Zone	5	Newlands Zone 5	8pm-10:30pm	11th	27th
Zone	6	Durbanville Zone 6	10pm-0:30am	11th	27th
7	7	Citrub and a Common Paris	midnight 2,200 m	1 2+b	20+6
Zone	7	Citybowl+CampsBay	midnight-2:30am	12th	28th
Zone	8	Fishhoek Zone 8	2am-4:30am	12th	28th
Zone	9	Prockenfull	4am-6:30am	12th	28th
Zone	10	Brackenfell	6am-8:30am 8am-10:30am	12th	28th
Zone	11	HoutBay+Wynberg Athlone Zone 12		12th	28th
Zone	12 13		10am-12:30	12th 12th	28th 28th
Zone		Goodwood WestCoast	midday-2:30pm		
Zone Zone	14 15	Observatory	2pm-4:30pm	12th 12th	28th 28th
		•	4pm-6:30pm		
Zone	16	Philippi Zone 16	6pm-8:30pm	12th 12th	28th 28th
Zone	1	Bellville Zone1	8pm-10:30pm	12th	28th
Zone	2	Maitland+Milnerton	10pm-0:30am	12th	28th
20116	۷	Mattanu+Millerton	10pm-0.30am	12(11	2011
Zone	4	MitchellsPlain	midnight-2:30am	13th	29th
Zone	5	Newlands Zone 5	2am-4:30am	13th	29th
Zone	6	Durbanville Zone 6	4am-6:30am	13th	29th
Zone	7	Citybowl+CampsBay	6am-8:30am	13th	29th
Zone	8	Fishhoek Zone 8	8am-10:30am	13th	29th
Zone	9	Pinelands Zone 9	10am-12:30	13th	29th
Zone	10	Brackenfell	midday-2:30pm	13th	29th
Zone	11	HoutBay+Wynberg	2pm-4:30pm	13th	29th
Zone	12	Athlone Zone 12	4pm-6:30pm	13th	29th
Zone	13	Goodwood	6pm-8:30pm	13th	29th

Zone	14	WestCoast	8pm-10:30pm	13th	29th
Zone	15	Observatory	10pm-0:30am	13th	29th
Zone	16	Philippi Zone 16	midnight-2:30am	14th	30th
Zone	1	Bellville Zone1	2am-4:30am	14th	30th
Zone	2	Maitland+Milnerton	4am-6:30am	14th	30th
Zone	3	Somerset West	6am-8:30am	14th	30th
Zone	4	MitchellsPlain	8am-10:30am	14th	30th
Zone	5	Newlands Zone 5	10am-12:30	14th	30th
Zone	6	Durbanville Zone 6	midday-2:30pm	14th	30th
Zone	7	Citybowl+CampsBay	2pm-4:30pm	14th	30th
Zone	8	Fishhoek Zone 8	4pm-6:30pm	14th	30th
Zone	9	Pinelands Zone 9	6pm-8:30pm	14th	30th
Zone	10	Brackenfell	8pm-10:30pm	14th	30th
Zone	11	HoutBay+Wynberg	10pm-0:30am	14th	30th
20110		moutbay: wymberg	100111 0.300111	14(1)	30111
Zone	12	Athlone Zone 12	midnight-2:30am	15th	31st
Zone	13	Goodwood	2am-4:30am	15th	31st
Zone	14	WestCoast	4am-6:30am	15th	31st
Zone	15	Observatory	6am-8:30am	15th	31st
Zone	16	Philippi Zone 16	8am-10:30am	15th	31st
		PP			31st
Zone	1	Bellville Zone1	10am-12:30	15th	31st
Zone	2	Maitland+Milnerton	midday-2:30pm	15th	31st
Zone	3	Somerset West	2pm-4:30pm	15th	31st
Zone	4	MitchellsPlain	4pm-6:30pm	15th	31st
Zone	5	Newlands Zone 5	6pm-8:30pm	15th	31st
Zone	6	Durbanville Zone 6	8pm-10:30pm	15th	31st
Zone	7	Citybowl+CampsBay	10pm-0:30am	15th	31st
	-	,			
Zone	8	Fishhoek Zone 8	midnight-2:30am	16th	
Zone	9	Pinelands Zone 9	2am-4:30am	16th	
Zone	10	Brackenfell	4am-6:30am	16th	
Zone	11	HoutBay+Wynberg	6am-8:30am	16th	
Zone	12	Athlone Zone 12	8am-10:30am	16th	
Zone	13	Goodwood	10am-12:30	16th	
Zone	14	WestCoast	midday-2:30pm	16th	
Zone	15	Observatory	2pm-4:30pm	16th	
Zone	16	Philippi Zone 16	4pm-6:30pm	16th	
Zone	1	Bellville Zone1	6pm-8:30pm	16th	
Zone	2	Maitland+Milnerton	8pm-10:30pm	16th	
Zone	3	Somerset West	10pm-0:30am	16th	