

SOUTH AFRICA SCHOOLS ATHLETICS

NATIONAL HIGH SCHOOLS

MAIN STREAM & L.S.E.N.

TRACK & FIELD CHAMPIONSHIPS

COMPETITION MANUAL



**PUC McARTHUR ATHLETICS STADIUM
POTCHEFSTROOM
NORTH WEST PROVINCE**

21 - 24 MARCH 2018

SOUTH AFRICAN SCHOOLS ATHLETICS
HIGH SCHOOLS – MAIN STREAM & L.S.E.N. -
TRACK & FIELD CHAMPIONSHIPS 2018

1. **DATE:** Wednesday to Saturday, 21 March - 24 March 2018
2. **VENUE:** PUC McArthur Athletics Stadium, Potchefstroom, NW Prov.
3. **CATEGORY, AGE GROUP AND ACTUAL AGE IN 2018**

CATEGORY	AGE GROUP	ACTUAL AGE IN 2018
JUNIOR (ASA U/20)	19 & 19L	Born in 1999/2000 (19 years and younger on 31 December 2018)
YOUTH (ASA U/18)	17 & 17L	Born in 2001/2 (17 years and younger on 31 December 2018)
SUB-YOUTH (ASA U/16)	15 & 15L	Born in 2003/4 (15 years and younger on 31 December 2018)

L = L.S.E.N. (Learners with Special Educational Needs) - MMH & DEAF

4. CONTINGENT PER PROVINCE

4.1 PROVINCE

- The maximum number of athletes per Province is stipulated in section Nr 6, page 2.

4.2 ACCOMPANYING OFFICIALS – ALLOCATION FOR MAINSTREAM.

ALLOCATION: (Average - One Official for every 20 athletes)

<u>ATHLETES</u>		<u>TEAM OFFICIALS</u>
25	-	2 (1 General Manager + 1 Coach)
80	-	4 (1 General Manager + 1 Manager + 2 Coaches)
130	-	6 (1 General Manager + 2 Managers + 3 Coaches)
140	-	7 (1 General Manager + 2 Managers + 4 Coaches)
200	-	10 (1 General Manager + 2 Managers + 7 Coaches)
220	-	11 (1 General Manager + 2 Managers + 8 Coaches)
250	-	13 (1 General Manager + 2 Managers + 10 Coaches)

- **1 (One) Provincial Athletics Chairperson and 6 x (Six) Qualified Technical Officials.**

4.3 ACCOMPANYING OFFICIALS – ALLOCATION FOR L.S.E.N.

ALLOCATION: (Average - One Official for every 10 athletes)

<u>ATHLETES</u>		<u>TEAM OFFICIALS</u>
30	-	3 (1 Manager + 2 Coaches)
70	-	7 (1 General Manager + 2 Managers + 4 Coaches)
120	-	12 (1 General Manager + 2 Managers + 9 Coaches)
140	-	14 (1 General Manager + 2 Managers + 11 Coaches)
150	-	15 (1 General Manager + 2 Managers + 12 Coaches)
160	-	16 (1 General Manager + 2 Managers + 13 Coaches)

- **1 (One) Provincial Athletics Chairperson and 2 x (Two) Qualified Technical Officials.**

4.4 **ACCOMPANYING OFFICIALS – ALLOCATION FOR DEAF.**

ALLOCATION: (Average - One Official for every 10 athletes)

<u>ATHLETES</u>		<u>TEAM OFFICIALS (Inclusive of Male & Female)</u>
10	-	2 (1 Manager + Coach)
20	-	3 (1 Manager + 2 Coaches)
30	-	4 (1 Manager + 3 Coaches)

- **1 (One) x Sign Language, 1 (One) Technical Officials per Province.**

4.5 **DOCUMENTATION TO BE COMPLETED**

The names of Technical Officials should be filled in on the accompanying Form and send back by the specified date. (See pages 22 - 24).

5. **REGISTRATION (Please affirm the Date of Registration & Proceedings)**

The General Manager must report for REGISTRATION of their teams on Wednesday, 21 March 2018 between 10:00 and 15:00 at the PUK McArthur Athletics Stadium, Potchefstroom.

This Transport & Accommodation must be arranged through the SRSA Provincial Delegate.

Scrutiny and Age Verification will be done at this meeting – Bring the File with Athletes Info with you!
Verification of Team Entries will be dealt with, as well as all checks!!

6. **PARTICIPATING TEAMS & MAXIMUM NUMBER OF ATHLETES ALLOWED.**

PROVINCE	MAINSTREAM MAX. ALLOWED	L.S.E.N. MAX. ALLOWED	DEAF MAX. ALLOWED
1. EASTERN CAPE PROV.	140	20	10
2. FREE STATE PROV.	230	100	5
3. GAUTENG PROV.	250	140	20
4. KWA ZULU NATAL PROV.	140	30	20
5. LIMPOPO PROV.	120	60	10
6. MPUMALANGA PROV.	130	60	5
7. NORTH WEST PROV.	150	80	5
8. NORTHERN CAPE PROV.	80	20	5
9. WESTERN CAPE PROV.	220	90	20
TOTAL	1500	600	100

NB: Only Provincial Teams takes part – No individual entries will be allowed.

7. **COMPETITION NUMBERS**

The Competition Numbers & Pins will be provided at Registration.

Numbers must be pinned (according to the IAAF rules) at the front and back of the competition vest. In the case of High Jump / Pole Vault, an athlete can have only one number.

8. LOGISTICS

All Logistics is for the account of the Provincial Athletics Team - Accommodation, Transport, Clothing and Food for the Journey.

9. ASSIZING OF IMPLEMENTS

Implements for the Throws & Pole Vault (First day of the competition) must be handed in for asizing purposes on Wednesday, 21 March 2018, between 12:00 and 15:00 at the asizing room. - Please note: Pole Vault poles must be boxed and handed in at the asizing room.

10. ENTRANCE FEES FOR SPECTATORS

- ADULTS - R 30.00 per person.
- LEARNERS - R 15.00 per person.
- PARKING - R 20.00 per vehicle.

11. TEAM ENTRIES

CLOSING DATE: WEDNESDAY, 14 MARCH 2018 - 24:00

Names of athletes must be entered in alphabetical order in the space provided on the Entry Form. Complete entries on the official entry form and E-Mail to Mr. ALBERT BOTHA. Make sure that a copy of the entry forms are forwarded to Mr. Brandon du Plessis. Best Time/Distance/Height recorded by the athlete for the 2017/2018 season must be entered in the appropriate block which will also serve as indicator in which heat the athlete will participate in. (Lane draw purposes).

Penalties will be charged on late registration and submission of names, as decided at the 2014 SASA Annual General Meeting. The penalty for late registration of teams are R 500,00 per day and part thereof.

DIRECT ALL ENTRIES TO: HIGH SCHOOLS TRACK & FIELD

<p>Mr. ALBERT BOTHA (Convenor - Results Team) E-Mail: n.botha@fseducation.gov.za Cell: 082 200 4457 Fax: (086) 665 1816</p>
<p>Mr. BRANDON DU PLESSIS (Vice-Chairperson High Schools) E-Mail: bduplessisathletics@gmail.com Cell: 084 698 6860 (Mail any enquiries to Brandon)</p>
<p>Please verify receipt of your entries after submission to the above.</p>

E-mail: MS Excel

12. VERIFICATION OF BIRTH

ID Document, or Copy thereof certified by a Commissioner of Oaths **OR**
Passport or Copy thereof certified by a Commissioner of Oaths, *(not older than 6 months)*.
The above is compulsory for all learners with a Valid Green Bar-Coded ID Book or ID Card.

Birth Certificate (For athletes younger than 16) or Copy thereof certified by a Commissioner of Oaths with a recent photo attached thereto, stamped in full at the back of the photo. After the photo has been attached to the Certificate, an official stamp should also appear halfway on the photo and halfway on the certificate to form a unit.
The immediate above is relevant for learners younger than 16 years of age.

The General Manager of each Province must have a list of all Athletes with the relevant information stating the ID Number or Birth Certificate Number of each athlete. The list must be verified and duly approved and signed-off by the Provincial Structure. All Team Managers must, however, verify their athletes who finish among the top 3 (three) in an event, before the medals are awarded.
Any Team Manager, failing to comply with this arrangement, will forfeit the athlete's medal. Provinces will be held responsible if an athlete is entered in the wrong age division.

13. MEETING FOR TEAM MANAGERS AND TECHNICAL OFFICIALS

13.1 A meeting for Team Managers and Technical Officials will be held on Wednesday, 21 March 2018 at the registration venue between 15H00 and 17H00.

15H00 = Team Managers Meeting: **Team Mangers & Event Management.**

16H00 = Technical Monitoring Meeting: **Event Managers, Referees & Technical Officials.**

16H45 = Parade Assembly

17H30 = Start of Opening Ceremony: Maximum 1 Hour!

13.2 **Competition Day 2:** Technical Officials - One hour before start of competition.
Team Managers - 10:00 and 16:00

Competition Day 3 & 4: Technical Officials - One hour before start of competition.
Team Managers - 11:00

13.3 It is of vital importance that all General Managers and all Officials attend these meetings.

13.4 General Managers and Assistants as well as Technical Officials attending the various meetings should make use of private transport and attend the meetings as required – They should not depend on the Team Bus for transport.

14. SURFACE OF TRACK

All running and certain field events will take place on a tartan surface.

- Track, Long- & Triple Jump = 7mm (Maximum length of Spikes)
- High Jump & Javelin = 9mm (Maximum length of Spikes).

15. QUALIFYING STANDARDS

See Appendix-B, p12-13.

16. OFFICIAL OPENING – (Compulsory for all Teams)

The official opening will be held on **Wednesday, 21 March 2018 at 16:45** at the Stadium.

16H45 = Parade Assembly **(All Team Managers and Coaches must take part in the March Pass)**

17H30 = Start of Opening Ceremony; (Maximum 1 Hour)

19H00 = Start of the First Track & Field Event.

Provincial Teams & Spectators are requested to assemble on the Athletics Stadium. Banners for the Provincial Teams for this occasion will be provided by the Organizers.

General Managers are requested to ensure that their teams remain for the full duration of the opening ceremony

17. TECHNICAL OFFICIALS

Officials must be dressed in **Black Bottoms & White Tops** for the purpose of officiating. If sponsored Tops are provided, the officials must be dressed in the shirts provided. All Officials are requested to report 60 minutes prior to the start of the competition on Thursday, Friday and Saturday.

The 8 Provinces - (Mainstream + MMH + Deaf) will provide (6+2+2) Technical Officials = **Total 80.**

The Hosting Province(9th Prov.) will provide the rest, **40** Technical Officials. = **Total 120.**

A list with Technical Officials will be circulated to all Provinces at least 7 days before the start of the event.

Indemnity by Technical Officials

All Technical Officials must sign the required Indemnity Form, as approved by ASA, before they can go on the Track or Field to render their services.

18. MEDALS

The first three (3) athletes in the finals will be awarded Championship medals.
Please see the Time Slots for the Medal Presentation on the competition programme.

These athletes must assemble 45 minutes before the time of presentations as scheduled.

All Team Managers must, however, verify their athletes who finish among the top three (three) in an event, before the medals are awarded.

Any Team Manager failing to comply with this arrangement will forfeit the athlete's medal.
(Provinces will be held responsible if an athlete is entered in the wrong age division.)
(This planning may change if the organizers find it necessary to do so)

Please see the Time Slots for the Medal Presentation on the competition programme.

19. INTERNATIONAL PARTICIPATION - 2018

Provincial Structures will be informed.

SECTION B

1. GENERAL RULES

- 1.1 No littering within the grounds will be allowed.
- 1.2 Respect officials - poor behavior etc. can result in suspension.
- 1.3 **No alcohol or glass bottles will be allowed at the stadium.**
- 1.4 Team Managers and Coaches are responsible for the good conduct and behavior of their own athletes. Disciplinary action will be taken against any defaulting Province.
- 1.5 Athletes will not be allowed to compete in any event if in the opinion of the officials if he/she is not suitably attired.
- 1.6 First Aid will be provided at the stadium in the case of injuries or emergencies.
- 1.7 A medical doctor will be on standby. The cost of treatment by this doctor will be for the account of the athlete or his/her province. Provinces are requested to provide their own physiotherapist for their team's own general purposes.
- 1.8 Athletes who belong to a medical scheme must bring their membership cards in case of a serious injury.
- 1.9 Doping tests will be done during the championships.
- 1.10 Implements for the throwing events must be given in on registration, for asizing. The implement will be returned to the athlete at the start of the event.
- 1.11 No person, except officials, will be allowed to enter the area of competition. The same apply to athletes who are not participating. Only Team Managers may enter to launch a protest.

2. RULES FOR THE MEETING

- 2.1 Athletes must report to the officials at the warming up area: Pole-vault 60 minutes, all other field events 30 minutes and all running events 20 minutes, before the event commences, to be escorted to the track...
- 2.2 Athletes must leave the arena immediately after they have completed their event.
- 2.3 All track athletes must remain in their lanes after completing their event. Track judges will take them to the recording table.
- 2.4 Athletes who obtain any of the first 3 positions in the final must report to the officials in charge of the medal presentation.
- 2.5 **Triple Jump Events** - The following take-off will be used during these championships.

GIRLS 15, 17	=	9m Take-off Board
GIRLS 19	=	11m Take-off Board
BOYS 15	=	9m Take-off Board
BOYS 17	=	11m Take-off Board
BOYS 19	=	13m Take-off Board

2.6 **RACE WALK EVENTS - PIT LANE** (Decision taken at SASA AGM, 11 Nov 2017)

- The Rule 230 (Race Walking) will be applied as from 2018.
- **To use the pit-lane:**
- After an athlete received 3 Red Cards, he/she must receive a communication from the Chief Judge or his Assistant showing him a paddle - with the time penalty on both sides.
- Applicable to items 5 000 m and longer.
- The following penalty times shall apply:
 - Races up to and including 5 000 m (5 km): 30 seconds
 - Races longer than 5 000 m and up to 10 000 m (10 km): 60 seconds
 - Races longer than 10 000 m up to and including 20 000 m (20 km): 2 minutes
 - Races longer than 20 000 m up to and including 30 000 m (30 km): 3 minutes
 - Races longer than 30 000 m up to and including 40 000 m (40 km): 4 minutes
 - Races longer than 40 000 m up to and including 50 000 m (50 km): 5 minutes
- It is compulsory at IAAF level events but optional at lower level. **Time penalties are decided by IAAF but can be changed by Org. Committee Rule 100.**
- He/she must immediately stop in the penalty area at the first opportunity.
- The time penalty starts immediately as the athlete enters the Pit Lane.
- Athlete shall be shown an appropriate card notifying him when 10 seconds remain on the penalty after which the official in charge shall allow the athlete to re-enter the event.
- The athlete is not judged in the Penalty Area.
- If the athlete, then receives any additional Red Card(s) (from the judges who had not previously sent him one), he shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- An Athlete who fails to enter the Pit lane when required to do so, or does not remain or the allocated time frame, shall be disqualified by the Chief Judge.
- If athlete receives the third Red Card at the late stage of the race and it is not possible for the Chief Judge or assistant to notify the athlete that he must stop in the penalty area, the athlete shall finish the race - the penalty time shall be added to his official time.
- The Chief Judge maintains the power to immediately disqualify the athlete in the last 100 m of a race (no time penalty).

2.7 **Starting Rule: IAAF 162.7 [From 1 January 2010]**

Except in Combined Events, any athlete responsible for a false start shall be disqualified.

2.8 Seeding, Draws and Qualifications in Track Events according to **ASA Rule 166.**

- 2.9 Qualifying Competition for Field Events according to **ASA Rule 180.8 – 180.15**
Qualifying Rounds will NOT be conducted in the following events:
Shot-put, Discus, Long Jump, Triple Jump, Hammer Throw and Pole-Vault.
In Shot-put, Discus, Long Jump, Triple Jump and Hammer Throw, 3 attempts will be allowed and the 8 best performers will proceed to the next 3 attempts.
Qualifying Rounds will be conducted in the following events:
High Jump & Javelin.
- 2.10 An athlete may participate in a maximum of 3 (three) events plus relay. It is recommended that 40% of all athletes be entered in Field events.
- 2.11 Teams have no restriction on the number of athletes per event, providing that they comply with the qualifying standards as set for the meeting. Only 1 athlete per team is allowed in those events where qualifying standards were not met.
- 2.12 Athletes may not compete in two different age groups during the same meeting, unless there is no corresponding event within the age group for which they were initially entered.
- 2.13 The **two years disparity rule** applies for this competition and will be according to the ASA Rules and Technical Standards.
- 2.14 All athletes taking part in the Sprints, Hurdles and Relays must use starting blocks which will be provided at the start.
- 2.15 **PROTEST / APPEAL: Rule 146**
Only a Team Manager may lodge an appeal on behalf of the athlete.
A fee of R 200.00 must accompany the written appeal.
- 2.16 Qualifying Standards will be reviewed every year.
- 2.17 IAAF and ASA Rules will be applied.
- 2.18 Domestic Rules may be applied where necessary.

3. COMPETITION PROGRAMME

A copy of the preliminary programme is included. The official programme will be provided at the Team Managers & Technical Meeting on 21 March 2018.

See attached Competition Programme: Pages 28 – 36

TECHNICAL INFORMATION

AGE GROUPS FOR THE 2018 SASA TRACK & FIELD CHAMPIONSHIPS:

MAIN STREAM: BOYS & GIRLS: 15, 17, 19

EVENT	BOYS/ Age			GIRLS/ Age		
	15	17	19	15	17	19
100 m	x	x	x	x	x	x
200 m	x	x	x	x	x	x
400 m	x	x	x	x	x	x
800 m	x	x	x	x	x	x
1,500 m	x	x	x	x	x	x
3,000 m	x	x		x	x	
5,000 m			x			x
1 500m Steeple	x			x		
2,000 m Steeple		x			x	
3,000 m Steeple			x			x
90 m H				x		
100 m H	x				x	x
110 m H		x	x			
300 m H	x			x		
400 m H		x	x		x	x
Shot-put	x	x	x	x	x	x
Discus	x	x	x	x	x	x
High Jump	x	x	x	x	x	x
Long Jump	x	x	x	x	x	x
Triple Jump	x	x	x	x	x	x
Javelin	x	x	x	x	x	x
Hammer	x	x	x	x	x	x
Pole-vault	x	x	x	x	x	x
Relay 4 x 100m	x	x	x	x	x	x
Medley Relay 100/200/300/400 m	x	x		x	x	
Relay 4 x 400m			x			x
Walk 5,000 m	x			x	x	
Walk 10,000 m		x	x			x

AGE GROUPS FOR THE 2018 SASA TRACK & FIELD CHAMPIONSHIPS:

L.S.E.N. (MMH & DEAF) - BOYS & GIRLS: 15, 17, 19

EVENT	BOYS/ Age				GIRLS/ Age		
	15	17	19		15	17	19
100 m	x	x	x		x	x	x
200 m	x	x	x		x	x	x
400 m	x	x	x		x	x	x
800 m	x	x	x		x	x	x
1,500 m	x	x	x		x	x	x
3,000 m		x					
5,000 m			x				
2,000 m Steeple							
3,000 m Steeple							
Shot-put	x	x	x		x	x	x
Discus	x	x	x		x	x	x
High Jump	x	x	x		x	x	x
Long Jump	x	x	x		x	x	x
Triple Jump							
Javelin	x	x	x		x	x	x
Hammer							
Pole-vault							
Relay 4 x 100m		x	x			x	x
Medley Relay 100/200/300/400 m			x				x
Relay 4 x 400m							
Walk 3,000 m							
Walk 5,000 m							
Walk 10,000 m							

QUALIFYING STANDARDS 2018 - MAIN STREAM – BOYS & GIRLS

Events	B 15	B17	B 19	G 15	G 17	G 19
100m H	11,30	10,90	10,70	12,40	12,30	12,20
E	11,54	11,14	10,94	12,64	12,54	12,44
200m H	23,50	22,40	21,90	26,20	25,80	25,40
E	23,74	22,64	22,14	26,44	26,04	25,64
400m H	53,70	49,90	49,40	60,90	59,20	58,90
E	53,94	50,14	49,64	61,14	59,44	59,14
800m C	2:02,00	1:56,00	1:54,00	2:20,00	2:18,00	2:18,00
I	2:04,00	1:58,00	1:56,00	2:22,00	2:20,00	2:20,00
1500m C	4:18,00	4:06,00	4:00,00	4:55,00	4:53,00	4:53,00
I	4:22,00	4:10,00	4:04,00	4:59,00	4:57,00	4:57,00
3000m C	9:27,00	8:47,00		11:27,00	10:42,00	
I	9:35,00	8:55,00		11:35,00	10:50,00	
5000m C			15:23,00			20:33,00
I			15:35,00			20:45,00
1500m StC C	5:00,00			6:12,00		
I	5:08,00			6:20,00		
2000m StC C		6:21,00			08:15,00	
I		6:25,00			08:19,00	
3000m StC C			9:52,00			13:00,00
I			10:10,00			13:08,00
1000m Medley C	2:16,00	2:08,00		2:30,00	2:24,00	
I	2:20,00	2:12,00		2:34,00	2:28,00	
90mH H				13,70		
E				13,94		
100mH H	13,70				14,90	15,70
E	13,94				15,14	15,94
110mH H		14,70	15,00			
E		14,94	15,24			
300mH H	41,20			46,20		
E	41,44			46,46		
400mH H		55,50	55,10		66,50	66,50
E		55,64	55,34		66,74	66,74
5000m W C	29:15,00			31:05,00	29:45,00	
I	29:30,00			31:20,00	30:00,00	
10 000m W C		56:35,00	54:35,00			66:35,00
I		57:00,00	55:00,00			67:00,00
Long Jump	6,10m	6,60m	6,80m	5,10m	5,25m	5,30m
Triple Jump	12,50m	13,50m	13,85m	10,00m	10,50m	11,20m
High Jump	1,72m	1,88m	1,94m	1,54m	1,60m	1,60m
Pole Vault	3,00m	3,70m	3,80m	2,35m	2,40m	2,80m
Shot Put	14,85m	15,80m	14,20m	11,40m	11,90m	11,20m
Discus	48,00m	48,00m	42,00m	30,00m	36,00m	36,00m
Javelin	50,00m	58,00m	53,00m	36,00m	40,00m	40,00m
Hammer	42,00m	50,00m	44,00m	35,00m	40,00m	38,00m

Logo: H = Hand Time; E = Electronic Time; C = Coastal Time; I = Inland Time

PROPOSED STARTING HEIGHTS

H = Heats F = Finals

High Jump H	1,55m	1,70m	1,80m	1,40m	1,45m	1,50m
F	1,64m	1,78m	1,84m	1,44m	1,50m	1,53m
Pole-vault	2,60m	3,60m	3,80m	1,80m	2,20m	2,40m

QUALIFYING STANDARDS 2018 – LSEN (MMH & DEAF) - GIRLS

GIRLS

	19	17	15
100m	14:00	14:20	14:50
200m	29:50	29:80	30:00
400m	70:50	71:00	73:00
800m	2:50	2:55.00	3:00,00
1500m	6:20,00	6:30,00	6:50,00
Long Jump	4,30m	4,20m	4,00m
High Jump	1,35m	1,30m	1,25m
Starting Height	1,35m	1,30m	1,25m
Shot Put	8,00m	8,00m	7.50m
Discus	20.00m	19,00m	17,00m
Javelin	21,00m	20,80m	18,00m

QUALIFYING STANDARDS 2018 - LSEN (MMH & DEAF) - BOYS

BOYS

	19	17	15
100m	11:95	12:80	12:90
200m	24:80	25:00	26:00
400m	55.00	56.00	59.00
800m	2:15,00	2:20,00	2:30,00
1500m	4:40,00	4:50,00	5:15,00
3000m		10:30,00	
5000m	19:50,00		
Long Jump	5.90m	5,60m	5,00m
High Jump	1,70m	1,65m	1,50m
Starting Height	1,65m	1,60m	1,45m
Shot Put	11,10m	11,20m	10,00m
Discus	30,00m	29,50m	27,00m
Javelin	40,00m	38,00m	30,00m

**SASA HEIGHTS & DISTANCES BETWEEN HURDLES & NUMBER OF HURDLES
& STEEPLE CHASE (SC) – 2018**

BOYS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance: Last Hurdle to Finish	Total
14 & 15	100 m H	84,0	13,00 M	8,50 M	10,50 M	10
	300 m H	84,0	50,00 M	35,00 M	40,00 M	7
	1500 SC	76,2				
16 & 17	110 m H	91,4	13,72 M	9,14 M	14,02 M	10
	400 m H	84,0	45,00 M	35,00 M	40,00 M	10
	2000 SC	76,2				
18 & 19	110 m H	99,5	13,72 M	9,14 M	14,02 M	10
	400 m H	91,4	45,00 M	35,00 M	40,00 M	10
	3000 SC	91,4				

GIRLS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance: Last Hurdle to Finish	Total
14 & 15	90 m H	76,2	13,00 M	8,00 M	13,00 M	9
	300 m H	76,2	50,00 M	35,00 M	40,00 M	7
	1500 SC	76,2				
16 & 17	100 m H	76,2	13,00 M	8,50 M	10,50 M	10
	400 m H	76,2	45,00 M	35,00 M	40,00 M	10
	2000 SC	76,2				
18 & 19	100 m H	84,0	13,00 M	8,50 M	10,50 M	10
	400 m H	76,2	45,00 M	35,00 M	40,00 M	10
	3000 SC	76,2				

SASA WEIGHTS OF IMPLEMENTS – 2018 (UPDATED 03 NOV 2017)

EVENT	BOYS/Age				GIRLS/Age			
	14	15	17	19	14	15	17	19
Shot-put	4,00Kg	4,00Kg	5,00Kg	6.00Kg	3,00Kg	3,00Kg	3,00Kg	4,00Kg
Discus	1,00Kg	1,00Kg	1,50Kg	1.75Kg	1,00Kg	1,00Kg	1,00Kg	1,00Kg
Javelin	600g	600g	700g	800g	500g	500g	500g	600g
Hammer	4,00Kg	4,00Kg	5,00Kg	6.00Kg	3,00Kg	3,00Kg	3,00Kg	4,00Kg

SASA - HIGH SCHOOLS T&F RECORDS – 2017 (Updated: 04/11/2017)

BOYS 15					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	M April	WCA	10,76	16/03/2016	Bloemfontein
200m	J Weber	WCA	21,79	16/03/2016	Bloemfontein
400m	L Julius	EPR	48,79	2000	Durban
800m	N Ndimande	GAU	1:54,93	16/03/2016	Bloemfontein
1500m	M Maseko	MPU	3:58,44	2000	Durban
3000m	M Maseko	MPU	8:28,99	2000	Durban
100m H (84,0cm)	A Douwie	NWP	12,86	25/03/2015	Rustenburg
300m H (84,0cm)	L Maree	WCA	37,58	27/03/2014	Polokwane
1500m Steeple Chase (76,2cm)	T Matibe	FS	4:29,68	16/03/2016	Bloemfontein
5000m Walk	F Jacobs	WCA	23:55.79	25/03/2015	Rustenburg
High Jump	S Van der Walt	GAU	2,00m	25/03/2015	Rustenburg
Long Jump	S Brits	GAU	6,96m	31/03/2007	Port Elizabeth
	A Swart	WCA	6,96m	29/03/2017	Durban
Triple Jump	N Mbokazi	GAU	14,51m	28/03/2008	Rustenburg
Pole Vault	N van Hysteen	WCA	4,31m	29/03/2017	Durban
Shot Put (4,0kg)	R Combrink	GAU	20,51m	26/03/2010	Sasolburg
Discus (1,0kg)	J.L. Kotze	WCA	66,29m	23/10/2009	Stellenbosch
Javelin (600g)	T. Swanepoel	WCA	71,37m	26/03/2011	Paarl
Hammer (4,0kg)	J Koen	ECA	72.74m	27/03/1998	Port Elizabeth
Relay: 4X100m	Western Cape	WCA	42,15	29/03/2017	Durban
Medley Relay: 100-200-300-400	Western Cape	WCA	1:58,86	16/03/2016	Bloemfontein
BOYS 17					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N. Ranthabane	FS	10,50	29/03/2012	Germiston
200m	L Julius	ECA	20,88	23/03/2002	Germiston
400m	Z Sokwakhana	GAU	46,20	29/03/2017	Durban
800m	L Hadebe	SCN	1:49,30	1997	Mabopane
1500m	D Hlaselo	FS	3:48,95	01/04/2006	Sasolburg
3000m	D Hlaselo	RSA	8:17,19	30/11/2005	Melbourne, AUS
2000m Steeple Chase (76,2cm)	D Mouries	WCA	5:44,54	19/03/2005	Paarl
110m Hurdles (91,4cm)	S Pienaar	BOL	13,38	22/03/2002	Germiston
400m Hurdles (84,0cm)	LJ van Zyl	RSA	50,82	29/05/2002	Caen-France
10 000m Walk	P Vermaak	GAU	46:31.19	25/03/2015	Rustenburg
High Jump	B Poole	WCA	2,18m	29/03/2017	Durban
Long Jump	S Brits	GAU	7,74m	28/03/2008	Rustenburg
Triple Jump	A Rasmeni	ECA	15,50m	28/03/2008	Rustenburg

Pole Vault	H van Wyk	WCA	4,94m	29/03/2017	Durban
Shot Put (5kg)	K Blignaut	GAU	20,42m	16/03/2016	Bloemfontein
Discus (1,5kg)	W Visser	GAU	63,14m	25/03/2015	Rustenburg
Javelin (700g)	A Rautenbach	RSA	79,33m	02/06/2002	Caen-France
Hammer (5,00kg)	T Makhethhe	FS	72,81m	23/03/2013	East London
Relay: 4X100m	Gauteng	GAU	41,18	25/03/2015	Rustenburg
Medley Relay: 100-200-300-400	Gauteng	GAU	1:52,67	29/03/2017	Durban
<u>BOYS 19</u>					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	D de Bruin	GAU	10,34	25/03/2015	Rustenburg
200m	L Julius	ECA	20,88	23/03/2002	Germiston
400m	Z Sokwakhana	GAU	46,20	29/03/2017	Durban
800m	B Mgemane	FS	1:47,10	27/03/2004	Germiston
1500m	J van Deventer	SGT	3:47,30	31/03/2001	Rustenburg
5000m	N Namakoe	GAU	14:18,50	23/03/2013	East London
3000m Steeple Chase (91,4cm)	L Zim	FS	8:57,06	30/03/2007	Port Elizabeth
110m Hurdles (99,0cm)	M Tladi	GAU	13,49	16/03/2016	Bloemfontein
400m Hurdles (91,4cm)	W le Roux	GAU	50,44	27/03/2004	Germiston
10 000m Walk	K Mkane	KZN	46:32,23	29/03/2003	Port Elizabeth
High Jump	C Moleya	GAU	2,20m	25/03/2015	Rustenburg
Long Jump	S Brits	GAU	7,74m	28/03/2008	Rustenburg
Triple Jump	A Rasmeni	ECA	15,67m	06/04/2009	Kings Park
Pole Vault	L vd Watt	WCA	5,01m	16/03/2016	Bloemfontein
Shot Put (6,00kg)	K Blignaut	GAU	20,15m	29/03/2017	Durban
Discus (1,75kg)	G. de Beer	AGN	58,52m	29/03/2012	Germiston
Javelin (800g)	E Wiese	NWP	72,50m	25/03/2015	Rustenburg
Hammer (6,00kg)	T Makhethhe	FS	70,67	27/03/2014	Polokwane
Relay: 4X100m	Gauteng	GAU	41,02	29/03/2017	Durban
Relay: 4X400m	Gauteng	GAU	3:11,25	01/04/2006	Sasolburg
<u>GIRLS 15</u>					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N de Bruyn	GAU	11,74	27/03/2014	Polokwane
200m	I Rossouw	NWP	24,25	1995	Kroonstad
400m	A Naude	KZN	54,73	29/03/2017	Durban
800m	L Coetzee	SGT	2:08,14	2000	Durban
1500m	P Sekgodisa	GAU	4:24,21	29/03/2017	Durban
3000m	N Potgieter	GAU	9:34,98	29/03/2017	Durban
90m Hurdles (76,2cm)	K vd Bergh	NWP	12,39	29/03/2017	Durban

300m Hurdles (76,2cm)	C Terblanche	WPR	41,36	2000	Durban
1500m Steeple Chase (76,2cm)	M Swanepoel	WCA	5:04,37	16/03/2016	Bloemfontein
5000m Walk	A Koen	NWP	25:57,59	27/03/2014	Polokwane
High Jump	N Steyn	SGT	1,76m	1996	Cape Town
Long Jump	C. Johnson	WCA	5,92m	29/03/2012	Germiston
Triple Jump	S Scutte	GAU	12,13m	23/03/2013	East London
Shot Put (3kg)	D Roets	GAU	15,76	29/03/2017	Durban
Discus (1,0kg)	T van der Walt	FS	43,35m	25/03/2015	Rustenburg
Javelin (500g)	J v Schalkwyk	WCA	50,63m	16/03/2016	Bloemfontein
Hammer (3,0kg)	K Smith	WCA	54,78m	16/03/2016	Bloemfontein
Pole Vault	T Tallie	WCA	3,25m	29/03/2017	Durban
Relay: 4X100m	Gauteng	GAU	47,50	27/03/2004	Germiston
Medley Relay: 100-200-300-400	Gauteng	GAU	02:15.41	25/03/2015	Rustenburg
<u>GIRLS 17</u>					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N Mkenku	RSA	11,58	30/06/2006	Greece
200m	I Rossouw	NWP	24,00	1996	Cape Town
400m	I Neuhoff	GAU	54,17	26/03/2010	Sasolburg
800m	M. Stander	GAU	2:06,21	29/03/2012	Germiston
1500m	R Kalmer	RSA	4:18,05	28/06/1997	Cherbourg-FR
3000m	L Roets	MPU	9:35,02	1998	Port Elizabeth
100m Hurdles (76,2cm)	M Theron	MPU	13,38	1999	Pretoria
400m Hurdles (76,2cm)	C Terblanche	WPR	58,77	23/03/2002	Germiston
5000m Walk	M Stafford	NWP	25:04.27	25/03/2015	Rustenburg
2000m Steeple Chase (76,2cm)	C du Preez	NWP	06:43,90	29/03/2017	Durban
High Jump	J. du Plessis	GAU	1,88m	29/03/2012	Germiston
Long Jump	J Robbeson	GAU	6,15m	23/03/2002	Germiston
Triple Jump	D Erwee	FS	12,57m	26/03/2010	Sasolburg
Pole Vault	L Viviers	WCA	3,71m	27/03/2004	Germiston
	M Loesch	WCA	3,71m	27/03/2004	Germiston
Shot Put (3kg)	L. Jordaan	GAU	17,52m	29/03/2012	Germiston
Discus (1,0kg)	T vd Walt	FS	50,85m	29/03/2017	Durban
Javelin (500g)	J van Dyk	WCA	55,15m	23/03/2013	East London
Hammer (3,0kg)	T vd Walt	FS	62,23m	16/03/2016	Bloemfontein
Relay: 4X100m	Gauteng	GAU	46,69	25/03/2015	Rustenburg
Medley Relay: 100-200-300-400	Gauteng	GAU	02:09.25	25/03/2015	Rustenburg

GIRLS 19					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N Mkenku	RSA	11,58	30/06/2006	Greece
200m	J. Palframan	KZN	23,98	29/03/2012	Germiston
400m	J. Palframan	KZN	53,51	29/03/2012	Germiston
800m	G Lofstrand	KZN	2:06,29	23/03/2013	East London
1500m	R Kalmer	RSA	4:18,05	1997	Cherbourg-FR
3000m	R Kalmer	SGT	9:32,70	1996	Cape Town
5000m	B Makhatisi	FS	17:02,52	27/03/2014	Polokwane
2000m Steeple Chase (76,2cm)	T Bell	GAU	6:48,96	23/03/2013	East London
3000m Steeple Chase (76,2)	T Setlhakgole	GAU	10:45,51	29/03/2017	Durban
100m Hurdles (84,0cm)	M Balsamo	BOL	13,81	22/03/2002	Germiston
400m Hurdles (76,2cm)	C Terblanche	WPR	58,77	23/03/2002	Germiston
10 000m Walk	C Swart	FS	51:30,10	06/04/2009	Kings Park
High Jump	M Pretorius	GAU	1,89m	31/03/2007	Port Elizabeth
Long Jump	J Robbeson	GAU	6,15m	23/03/2002	Germiston
	C. Coetzee	GAU	6,15m	31/03/2007	Port Elizabeth
Triple Jump	B Erwee	FS	12,80m	28/03/2008	Rustenburg
Pole Vault	A van Wyk	WPR	3,85m	31/03/2001	Rustenburg
Shot Put (4,0kg)	S du Toit	GAU	16,17m	01/04/2006	Sasolburg
Discus (1,0kg)	I. Senekal	ECA	49,80m	29/03/2012	Germiston
Javelin (600g)	T Britz	NWP	55,38m	28/03/2008	Rustenburg
Hammer (4,0kg)	M Cumming	ECA	55,55m	16/03/2016	Bloemfontein
Relay: 4X100m	South Gauteng	SGT	46,70	2000	Durban
Relay: 4X400m	Gauteng	GAU	3:23,42	31/03/2007	Port Elizabeth

RECORDS: L.S.E.N.(MMH & DEAF) SA SCHOOLS T & F 2017

Updated: 11 November 2017

EVENT	NAME	PROV	VENUE	RECORD	DATE
GIRLS 14					
100m				12,60	
200m	Mareike Wolhuter	Western Cape	Sasolburg	26,16	28/03/2008
800m	Jermilah Mccloen	Gauteng	Rustenburg	2:43,88	25/03/2015
1500m				4:51,50	
Long Jump	Antoinette Kruger	Mpumalanga	East London	4,73m	29/03/2012
High Jump				1,46m	
Shotput				10,09m	
Discus				22,72m	
Javelin	Mahlatse Ndhlove	Gauteng	Germiston	26,33m	29/03/2012
GIRLS 15					
100m				12,80	
200m				25,50	
400m				58,74	
800m	Lethogonolo Maduma	North West	Germiston	2:26,37	29/03/2012
1500m				4:51,30	
Long Jump				4,84m	
High Jump				1,58m	
Shotput	Dinahlee Kotze	Gauteng	Germiston	11,35m	29/03/2012
Discus				29,43m	
Javelin				32,34m	
GIRLS 16					
100m				12,70	
200m				25,80	
400m				58,90	
800m				2:19,60	
1500m				4:51,30	
Long Jump				4,99m	
High Jump				1,60m	
Shotput	Marthie Allers	Gauteng	Rustenburg	10,11m	25/03/2015
Discus	D. Meiring	Eastern Cape	Sasolburg	29,75m	28/03/2008
Javelin				34,18m	
GIRLS 17					
100m				12,7	
200m	Mareike Wolhuter	Western Cape	Paarl	26,46	26/03/2011
400m	Mareike Wolhuter	Western Cape	Paarl	57,55	26/03/2011
800m				2:15,90	
1500m				4:37,40	
Long Jump				5,17m	
High Jump				1,59m	
Shotput	Dinalee Kotze	Gauteng	Polokwane	12,57m	27/03/2014
Discus				28,61m	
Javelin				36,40m	
Relay 4x100	GAUTENG	Gauteng	Rustenburg	00:53,91	25/03/2015

EVENT	NAME	PROV	VENUE	RECORD	DATE
GIRLS 19					
100m				12,35	
200m				23,76	
400m				58,70	
800m				2:17,45	
1500m				4:51,75	
Long Jump				5,21m	
High Jump				1,56m	
Shotput				11,11m	
Discus				29,01m	
Javelin				33,46m	
Relay 4x100	GAUTENG	Gauteng	Polokwane	00:54,08	27/03/2014
1000 Medley	WESTERN CAPE	Western Cape	Rustenburg	2:30,79	25/03/2015
BOYS 14					
100m	Nkosi Siyabonga	Gauteng	Sasolburg	11,74	05/03/2010
200m	M. Marias	Western Cape	Sasolburg	24,20	28/03/2008
800m	Karabo Mowa	Limpopo	Rustenburg	2:18,27	25/03/2015
1500m				4:09,96	
Long Jump				5,88m	
High Jump	Sam Klaas	Gauteng	Sasolburg	1,69m	06/03/2010
Shotput				14,38m	
Discus	Arther Haanford	Gauteng	East London	37,09m	23/03/2013
Javelin				41,08m	
BOYS 15					
100m				11,42	
200m				21,80	
400m	Thabiso Mokoena	Free State	Rustenburg	53,75	25/03/2015
800m				1:59,00	
1500m				4:06,10	
Long Jump	Matthew Alexander	Western Cape	Paarl	6,10m	26/03/2011
High Jump				1,83m	
Shotput				14,59m	
Discus	Bertus v Rooyen	Gauteng	Polokwane	44,13m	
Javelin				48,78m	
BOYS 16					
100m				11,10	
200m				22,60	
400m				51,20	
800m				2:00,83	
1500m				4:09,20	
3000m	Bongani Mtungwa	Gauteng	Paarl	8:15,72	26/03/2011
Long Jump	Matthew Alexander	Western Cape	Germiston	6,68m	29/03/2012
High Jump				1,87m	
Shotput				13,29m	
Discus				40,52m	
Javelin	Arno van Eeden	Western Cape	Rustenburg	51,97m	25/03/2015

EVENT	NAME	PROV	VENUE	RECORD	DATE
BOYS 17					
100m				11,06	
200m				22,20	
400m				49,70	
800m				1:55,50	
1500m				4:05,70	
3000m				8:56,80	
Long Jump				7,02m	
High Jump	Derrick Kgwedi	Mpumalanga	Sasolburg	1,98m	26/03/2010
Shotput	Vian van der Linde	Mpumalanga	Germiston	14,25m	29/03/2012
Discus	Robert v Heerden	Gauteng	Germiston	39,83m	29/03/2012
Javelin				56,86m	
Relay 4x100m	EASTERN CAPE	Eastern Cape	Rustenburg	00:44,70	25/03/2015
BOYS 19					
100m				10,75	
200m				21,78	
400m				49,40	
800m				1:56,30	
1500m				4:00,07	
5000m				15:34,60	
Long Jump	Pule Sibiya	Mpumalanga	Germiston	7,10m	26/03/2012
High Jump	Kgwedi Derrick	Mpumalanga	Paarl	2,03m	26/03/2011
Shotput	W. Hugo	Gauteng	Sasolburg	15,64m	28/03/2008
Discus				41,02m	
Javelin	Jean Pierre du Toit	Mpumalanga	Rustenburg	56,11m	25/03/2015
Relay 4x100m	WESTERN CAPE	Western Cape	Polokwane	00:43,24	26/03/2014
1000m Medley	GAUTENG	GAU	Durban	2:00,59	29/03/2017

TECHNICAL OFFICIALS

OFFICIALS SERVING AT S.A. SCHOOLS ATHLETICS HIGH SCHOOLS TRACK & FIELD CHAMPIONSHIPS – 2018

This page must be returned, after completion, to the relevant person:

RETURN DATE: 05 March 2018 – Latest.

Send to: Mr. Mangethe Zwane

E-Mail: ntshosho@yahoo.com Cell: 083 447 1700

PROVINCE: _____						
OFFICIAL NAME + SURNAME		EVENTS <u>Choice</u> 1 2		LEVEL E.g. II	Accreditation Number	Halaal Kosher Vegetarian
1	MS					
2	MS					
3	MS					
4	MS					
5	MS					
6	MS					
7	MMH					
8	MMH					
9	DEAF					
10	DEAF					

Certified correct by the Provincial Athletics Structure: _____
(Signature)

NAME: _____ Contact No: _____ DATE: _____

TEAM ENTRIES – COVER PAGE (MAINSTREAM)

Complete this form and use it as a cover page for your entries.

1.

PROVINCE: _____

2.

AGE GROUP	TOTAL ENTRIES BOYS	TOTAL ENTRIES GIRLS
15		
17		
19		
TOTAL		

Print the names and gender of the TEAM OFFICIALS accompanying the team.

3.1 Provincial Athletics Chairperson: _____

3.2 General Manager _____

3.3 Assistant Managers 1. _____

2. _____

3.4 Coaches 1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Signature:

PROVINCIAL STRUCTURE: _____ DATE: _____

(This information is certified correct)

TEAM ENTRIES – COVER PAGE (LSEN-MMH)

Complete this form and use it as a cover page for your entries.

1.

PROVINCE: _____

2.

AGE GROUP	TOTAL ENTRIES BOYS	TOTAL ENTRIES GIRLS
15 MMH		
17 MMH		
19 MMH		
TOTAL		

Print the names and gender of the TEAM OFFICIALS accompanying the team.

3.1 Provincial Athletics Chairperson: _____

3.2 General Manager _____

3.3 Assistant Managers 1. _____

2. _____

3.4 Coaches 1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Signature:

PROVINCIAL STRUCTURE: _____ **DATE:** _____

(This information is certified correct)

TEAM ENTRIES – COVER PAGE (LSEN-DEAF)

Complete this form and use it as a cover page for your entries.

1.

PROVINCE: _____

2.

AGE GROUP	TOTAL ENTRIES BOYS	TOTAL ENTRIES GIRLS
15 DEAF		
17 DEAF		
19 DEAF		
TOTAL		

Print the names and gender of the TEAM OFFICIALS accompanying the team.

3.1 Assistant Managers

1. _____

3.4 Coaches

1. _____

2. _____

3. _____

Signature:

PROVINCIAL STRUCTURE: _____ DATE: _____

(This information is certified correct)

WITHDRAWAL & SUBSTITUTION FORM

S.A. SCHOOLS ATHLETICS - NATIONAL HIGH SCHOOLS T&F CHAMPIONSHIPS - 2018

This form is to be used only after entries have been confirmed. It must be submitted to the Technical Information Center well in time.

WITHDRAWAL

Province: Team Manager:

Event No	Event	Athlete No	Competitor Name	Reason for Withdrawal

Signature: Date: Time:

NB: Deadline for this submission is 12:00 on TUESDAY, 20/03/2018 – Changes must be done with Mr. Albert Botha.

SUBSTITUTION

Province: Team Manager:

Event No	Event	Athlete No	Competitor Name	Reason for Withdrawal

Signature: Date: Time:

PROTEST FORM

S.A. SCHOOLS ATHLETICS - NATIONAL HIGH SCHOOLS T&F CHAMPIONSHIPS - 2018

Protest lodged by or on behalf of

Province:

Event No: Event:

According to the rule of this competition, all protests presented to the Referee must include a deposit of R 200.00.

If the Protest fails, the money may not be returned.

I.A.A.F. rule(s) and or local competition rule(s) alleged to have been contravened

.....

Grounds for lodging protest

.....

.....

Signature: Date: Time:

Official Use Only

Time at which result was announced	Time at which protest was made to the Referee	Time Received

Jury's Decision:

.....

.....

The fee will be: Returned Not Returned

Chairperson: Date: Time:

TOURNAMENT PROGRAMME

<p style="text-align: center;">S.A. HIGH SCHOOLS & L.S.E.N. (MMH & DEAF) NATIONAL TRACK & FIELD CHAMPIONSHIPS PUC McARTHUR ATHLETICS STADIUM - POTCHEFSTROOM 2018</p>
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Wednesday, 21 March 2018

- 15:00 - Technical Meeting – Vice Chairperson High Schools
(Event Management/ Managers/ Referees)
- 16:00 - Technical Officials Meeting - SASA Technical
(Event Management/ Referees/ Technical Officials)
- 17:00 - Assemble for parade – LOC + (Province = Min - 10 Boys /10 Girls & 2 Educators)
- 17:30 - Opening Ceremony

Day 1: Wednesday, 21 March 2018

	No	Time	Group	Event	Qualifying, Heats, Semi Finals & Finals	Next Round
	1	19:00	Boys 19	10 000m Walk	Final	
	2	19:00	Boys 15	Hammer Throw (Circle-A)	Final	
	3	19:00	Girls 19 (L)	Javelin	Final	
	4	19:00	Boys 17 (L)	Long Jump (Pit-A)	Final	
	5	19:00	Girls 15 (L)	Shot Put (Circle-A)	Final	

Day 2: Thursday, 22 March 2018

No	Time	Group	Event	Qualifying, Heats, Semi Finals & Finals	Next Round
6	07:30	Boys 15	5 000m Walk	Final	
7	08:10	Boys 15	1500m Steeple Chase	Final	
8	08:20	Girls 15	1500m Steeple Chase	Final	
9	08:30	Girls 15	Hammer Throw (Circle-A)	Final	
10	08:30	Boys 17	Pole Vault	Final	
11	08:30	Girls 17	Triple Jump (Pit-B)	Final	
12	08:30	Girls 15	High Jump (Pit-A&B)	Qualifying Round	F 129 (3)
13	08:30	Girls 17 (L)	Long Jump (Pit-B)	Final	
14	08:30	Girls 19	3000m Steeple Chase	Final	
15	08:45	Boys 19	3000m Steeple Chase	Final	
16	09:00	Girls 15 (L)	1500m	Final	
17	09:00	Girls 19 (L)	Shot Put (Circle-B)	Final	
18	09:00	Girls 19	Discus (Circle-B)	Final	
19	09:10	Boys 15 (L)	1500m	Final	
20	09:20	Girls 17 (L)	1500m	Final	
21	09:30	Boys 17 (L)	1500m	Final	
22	09:40	Girls 19 (L)	1500m	Final	
23	09:50	Boys 19 (L)	1500m	Final	
24	10:00	Girls 15	100m	Heats	SF 87 (2)
10:00		Medal Presentation	Items: 1, 2, 3, 4, 5, 6, 7, 8		
25	10:00	Boys 19	Long Jump (Pit-A)	Final	
26	10:00	Boys 15	Javelin	Qualifying Round	F 126 (3)
27	10:00	Boys 15 (L)	Long Jump (Pit-B)	Final	
28	10:10	Boys 15	100m	Heats	SF 88 (2)
29	10:20	Girls 17	100m	Heats	SF 89 (2)
30	10:30	Boys 17	100m	Heats	SF 90 (2)
31	10:30	Boys 17 (L)	Shot Put (Circle-A)	Final	
32	10:40	Girls 19	100m	Heats	SF 91 (2)
33	10:50	Boys 19	100m	Heats	SF 93 (2)
34	11:00	Girls 15	400m	Heats	F 111 (3)
35	11:00	Girls 17	Discus Throw (Circle-B)	Final	
36	11:00	Boys 17 (L)	High Jump (Pit-B)	Final	
37	11:00	Girls 19 (L)	High Jump) (Pit-A)	Final	

	38	11:10		Boys 15	400m	Heats	F 112 (3)
	39	11:20		Girls 17	400m	Heats	F 113 (3)
	40	11:30		Boys 17	400m	Heats	F 117 (3)
	41	11:30		Boys 15	Pole Vault	Final	
	42	11:40		Girls 19	400m	Heats	F 118 (3)
	43	11:50		Boys 19	400m	Heats	F 119 (3)
	44	11:50		Boys 15	Triple Jump (Pit-B)	Final	
	45	11:50		Boys 17	Long Jump (Pit-A)	Final	
	46	12:00		Boys 15 (L)	400m	Heats	F 120 (3)
	47	12:10		Girls 15 (L)	400m	Heats	F 121 (3)
	48	12:20		Boys 17 (L)	400m	Heats	F 122 (3)
	49	12:30		Girls 17 (L)	400m	Heats	F 123 (3)
	12:40			Medal Presentation	Items: 10, 11, 13, 14, 15, 16 17, 19, 20, 21, 22, 23		
	50	12:40		Boys 19 (L)	400m	Heats	F 124 (3)
	51	12:50		Girls 19 (L)	400m	Heats	F 125 (3)
	52	13:00		Girls 15	1500m	Heats	F 132 (3)
	53	13:00		Boys 17	Shot Put (Circle-B)	Final	
	54	13:00		Boys 19 (L)	Discus Throw (Circle-B)	Final	
	55	13:10		Boys 15	1500m	Heats	F 133 (3)
	56	13:15		Boys 19	Javelin	Qualifying Round	F 148 (3)
	57	13:15		Boys 15	High Jump (Pit-A&B)	Qualifying Round	F 130 (3)
	58	13:20		Girls 17	1500m	Heats	F 134 (3)
	59	13:30		Girls 15 (L)	100m	Heats	F 157 (3)
	60	13:40		Boys 15 (L)	100m	Heats	F 158 (3)
	61	13:50		Girls 17 (L)	100m	Heats	F 159 (3)
	62	13:55		Girls 19	Pole Vault	Final	
	63	14:00		Boys 17 (L)	100m	Heats	F 160 (3)
	64	14:00		Boys 19 (L)	Long Jump (L) (Pit-A)	Final	
	65	14:00		Girls 15 (L)	Long Jump (L) (Pit-B)	Final	
	66	14:10		Girls 19 (L)	100m	Heats	F 161 (3)
	67	14:20		Boys 19 (L)	100m	Heats	F 162 (3)
	14:30			Medal Presentation	Items: 9, 25, 27, 31, 35, 36, 37, 44, 45		
	68	14:30		Boys 17	1500m	Heats	F 135 (3)
	69	14:40		Girls 19	1500m	Heats	F 136 (3)
	70	14:45		Girls 17 (L)	Javelin	Final	
	71	14:45		Boys 19 (L)	High Jump (Pit-A)	Final	

	72	14:50		Boys 19	1500m	Heats	F 137 (3)
	73	15:00		Boys 17 (L)	3000m	Final	
	74	15:00		Girls 17	Hammer Throw (Circle-A)	Final	
	75	15:00		Boys 19	Shot Put (Circle-A)	Final	
	76	15:00		Boys 15 (L)	Shot Put (Circle-B)	Final	
	77	15:15		Boys 17	2000m Steeple Chase	Final	
	78	15:15		Girls 15 (L)	High Jump (Pit-A)	Final	
	79	15:30		Girls 15	Discus Throw (Circle-B)	Final	
	80	15:30		Girls 15	90m Hurdles	Heats	F 103 (3)
	81	15:40		Girls 17	100m Hurdles	Heats	F 104 (3)
	82	16:00		Girls 19	Triple Jump (Pit-B)	Final	
	83	16:10		Boys 15	100m Hurdles	Heats	F 105 (3)
	84	16:20		Girls 19	100m hurdles	Heats	F 108 (3)
	85	16:30		Boys 17	110m Hurdles	Heats	F 109 (3)
	86	16:40		Boys 19	110m Hurdles	Heats	F 110 (3)
	87	16:50		Girls 15	100m	Semi Final	F 138 (3)
	88	17:00		Boys 15	100m	Semi Final	F 139 (3)
	89	17:10		Girls 17	100m	Semi Final	F 140 (3)
	90	17:20		Boys 17	100m	Semi Final	F 141 (3)
	91	17:30		Girls 19	100m	Semi Final	F 142 (3)
	92	17:40		Boys 15 (L)	Discus (Circle-A)	Final	
	93	17:40		Boys 19	100m	Semi Final	F 143 (3)
	94	18:00		Boys 17	10000m Walk	Final	
		18:00		Medal Presentation	Items: 41, 53, 54, 62, 64, 65, 70, 71, 73, 74, 75, 76, 77, 78, 79, 82		
Day 3: Friday, 23 March 2018							
	95	07:00		Girls 19	10 000m Walk	Final	
	96	08:00		Boys 15 (L)	Javelin (L)	Final	
	97	08:00		Girls 19	Hammer Throw (Circle-A)	Final	
	98	08:00		Girls 17	High Jump (Pit-A&B)	Qualifying Round	F 193 (4)
	99	08:30		Girls 15	5 000m Walk	Final	
	100	08:30		Boys 19 (L)	Shot Put (L) (Circle-A)	Final	
	101	08:30		Girls 15	Triple Jump (Pit-B)	Final	
	102	08:30		Girls 17	Pole Vault	Final	
	103	09:15		Girls 15	90m Hurdles	Final	
	104	09:20		Girls 17	100m Hurdles	Final	
	105	09:25		Boys 15	100m Hurdles	Final	

	106	09:25		Boys 17 (L)	Discus Throw (L) (Circle-A)		Final	
	107	09:25		Girls 17	Javelin		Final	
	108	09:30		Girls 19	100m hurdles		Final	
	109	09:35		Boys 17	110m Hurdles		Final	
	110	09:40		Boys 19	110m Hurdles		Final	
	111	09:50		Girls 15	400m		Final	
	112	10:00		Boys 15	400m		Final	
	113	10:10		Girls 17	400m		Final	
	114	10:10		Girls 19	Long Jump (Pit-A)		Final	
	115	10:10		Boys 19	High Jump (Pit-A&B)	Qualifying Round		F 237 (4)
	116	10:10		Girls 17 (L)	Shot Put (Circle-B)		Final	
	117	10:20		Boys 17	400m		Final	
	118	10:30		Girls 19	400m		Final	
	119	10:40		Boys 19	400m		Final	
	120	10:50		Boys 15 (L)	400m		Final	
	121	11:00		Girls 15 (L)	400m		Final	
	122	11:10		Boys 17 (L)	400m		Final	
	123	11:20		Girls 17 (L)	400m		Final	
	124	11:30		Boys 19 (L)	400m		Final	
	125	11:40		Girls 19 (L)	400m		Final	
	126	11:40		Boys 15	Javelin		Final	
	127	11:40		Boys 17	Triple Jump (Pit-B)		Final	
	128	11:40		Girls 17 (L)	Discus (Circle-A)		Final	
	129	11:40		Girls 15	High Jump (Pit-A)		Final	
	130	11:40		Boys 15	High Jump (Pit-B)		Final	
	131	11:40		Girls 15	Pole Vault		Final	
		11:20		Medal Presentation	Items: 92, 94, 95, 96, 97, 99, 100, 101, 102, 103, 104, 105, 108, 109, 110			
	132	11:45		Girls 15	1500m		Final	
	133	11:55		Boys 15	1500m		Final	
	134	12:05		Girls 17	1500m		Final	
	135	12:15		Boys 17	1500m		Final	
	136	12:25		Girls 19	1500m		Final	
	137	12:35		Boys 19	1500m		Final	
	138	12:45		Girls 15	100m		Final	
	139	12:50		Boys 15	100m		Final	
	140	12:55		Girls 17	100m		Final	

	141	13:00		Boys 17	100m		Final	
	142	13:05		Girls 19	100m		Final	
	143	13:10		Boys 19	100m		Final	
	144	13:15		Girls 15 (L)	100m		Final	
	145	13:20		Boys 15 (L)	100m		Final	
	146	13:25		Girls 17 (L)	100m		Final	
	147	13:30		Boys 17 (L)	100m		Final	
	148	13:30		Girls 15 (L)	Discus Throw (Circle-B)		Final	
	149	13:30		Girls 17	Long Jump (Pit-A)		Final	
	150	13:30		Boys 19	Javelin		Final	
	151	13:30		Boys 17	High Jump (Pit-A&B)	Qualifying Round		F 207 (4)
	152	13:30		Girls 17	Shot Put (Circle-B)		Final	
	153	13:35		Girls 19 (L)	100m		Final	
	154	13:40		Boys 19 (L)	100m		Final	
	155	13:45		Girls 15	800m	Heats		F 231 (4)
	156	13:55		Boys 15	800m	Heats		F 232(4)
	13:55		Medal Presentation	Items: 106, 107,111, 112,113,114,116,117,118,119,120,121,122,123, 124,125, 128				
	157	14:05		Girls 17	800m	Heats		F 246 (4)
	158	14:15		Boys 17	800m	Heats		F 247 (4)
	159	14:25		Girls 19	800m	Heats		F 254 (4)
	160	14:35		Boys 19	800m	Heats		F 255 (4)
	161	14:45		Girls 17	3000m		Final	
	162	15:00		Boys 17	3000m		Final	
	163	15:00		Girls 15 (L)	Javelin		Final	
	164	15:00		Boys 15	Discus Throw (Circle-A)		Final	
	165	15:20		Girls 15	200m	Heats		SF 248 (4)
	166	15:30		Boys 15	200m	Heats		SF 249 (4)
	167	15:40		Girls 17	200m	Heats		SF 250 (4)
	168	15:50		Boys 17	200m	Heats		SF 251 (4)
	169	16:00		Girls 19	200m	Heats		SF 252 (4)
	170	16:10		Boys 19	200m	Heats		SF 253 (4)
	171	16:10		Girls 15	Javelin		Final	
	172	16:10		Girls 19	High Jump (Pit-A&B)	Qualifying Round		F 210 (4)
	173	16:10		Boys 19	Pole Vault		Final	
	174	16:20		Girls 15	300m Hurdles	Heats		
	175	16:20		Boys 15	300m Hurdles	Heats		

	176	16:30		Girls 17	400m Hurdles	Heats	
	177	16:40		Girls 19	400m Hurdles	Heats	
	178	16:50		Boys 17	400m Hurdles	Heats	
	179	17:00		Boys 19	400m Hurdles	Heats	
	180	17:10		Boys 17	Discus (Circle-A)		Final
	181	17:10		Boys 17 (L)	Javelin		Final
	17:15			Medal Presentation	Items: 126, 127, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 146, 147, 148, 150		
	182	17:10		Boys 19 (L)	5 000m		Final
	183	17:30		Girls 19	5 000m		Final
	184	17:50		Girls 15	Medley Relay		Final
	185	18:00		Boys 15	Medley Relay		Final
	186	18:10		Girls 17	Medley Relay		Final
	187	18:20		Boys 17	Medley Relay		Final
	188	18:30		Girls 19 (L)	4 x 100m Relay		Final
	189	18:35		Boys 19 (L)	4 x 100m Relay		Final
	190	18:40		Girls 19	4 x 100m Relay		Final
	191	18:45		Boys 19	4 x 100m Relay		Final
Day 4: Saturday, 24 March 2018							
	192	07:45		Girls 17	5000m Walk		Final
	193	08:15		Girls 17	High Jump (Pit-B)		Final
	194	08:15		Boys 15	High Jump (L) (Pit-B)		Final
	195	08:30		Girls 15	3000m		Final
	196	08:40		Girls 15	200m	Semi Final	F 248 (4)
	197	08:40		Girls 19	Javelin		Final
	198	08:40		Boys 19	Hammer Throw (Circle-A)		Final
	199	08:40		Girls 15	Long Jump (Pit-A)		Final
	200	08:40		Girls 19	Shot Put (Circle-B)		Final
	201	08:50		Boys 15	200m	Semi Final	F 249 (4)
	202	09:00		Girls 17	200m	Semi Final	F 250 (4)
	203	09:10		Boys 17	200m	Semi Final	F 251 (4)
	204	09:20		Girls 19	200m	Semi Final	F 252 (4)
	205	09:30		Boys 19	200m	Semi Final	F 253 (4)
	206	09:40		Girls 15 (L)	200m	Heats	F 239 (4)
	207	09:45		Boys 17	High Jump (Pit-A)		Final
	208	09:50		Boys 15 (L)	200m	Heats	F 240 (4)
	209	10:00		Girls 17 (L)	200m	Heats	F 241 (4)

	210	10:00		Girls 19	High Jump (Pit-B)		Final	
	211	10:00		Girls 19	Discus Throw (L) (Circle-B)		Final	
	212	10:10		Boys 17 (L)	200m	Heats		F 242 (4)
	213	10:20		Girls 19 (L)	200m	Heats		F 243 (4)
	214	10:30		Boys 19 (L)	200m	Heats		F 244 (4)
	215	10:30		Boys 19	Triple Jump (Pit-B)		Final	
	216	10:30		Boys 19 (L)	Javelin		Final	
	217	10:30		Girls 15	Shot Put (Circle-A)		Final	
		10:30		Medal Presentation	Items: 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 171, 173, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191			
	218	10:40		Girls 17 (L)	800m		Final	
	219	10:45		Boys 17 (L)	800m		Final	
	220	10:50		Girls 19 (L)	800m		Final	
	221	10:55		Boys 19 (L)	800m		Final	
	222	11:00		Boys 19	Discus Throw (Circle-A)		Final	
	223	11:00		Girls 15 (L)	800m		Final	
	224	11:05		Boys 15 (L)	800m		Final	
	225	11:15		Girls 15	300m Hurdles		Final	
	226	11:25		Boys 15	300m Hurdles		Final	
	227	11:35		Girls 17	400m Hurdles		Final	
	228	11:45		Girls 19	400m Hurdles		Final	
	229	11:55		Boys 17	400m Hurdles		Final	
	230	12:05		Boys 19	400m Hurdles		Final	
	231	12:20		Girls 15	800m		Final	
	232	12:25		Boys 15	800m		Final	
	233	12:25		Boys 17	Javelin		Final	
	234	12:25		Boys 15	Long Jump (Pit-A)		Final	
	235	12:25		Girls 19 (L)	Long Jump (Pit-B)		Final	
	236	12:25		Boys 15	Shot Put (Pit-B)		Final	
	237	12:25		Boys 19	High Jump (Pit-A)		Final	
	238	12:25		Girls 17 (L)	High Jump (Pit-B)		Final	
	239	12:35		Girls 15 (L)	200m		Final	
	240	12:40		Boys 15 (L)	200m		Final	
	241	12:45		Girls 17 (L)	200m		Final	
	242	12:50		Boys 17 (L)	200m		Final	
	243	12:55		Girls 19 (L)	200m		Final	
	244	13:00		Boys 19 (L)	200m		Final	

	245	13:05		Boys 17	Hammer Throw (Circle-A)	Final	
	13:00			Medal Presentation	Items: 192, 193, 194, 195, 197, 198, 199, 200, 207, 210, 211, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230		
	246	13:10		Girls 17	800m	Final	
	247	13:15		Boys 17	800m	Final	
	248	13:20		Girls 15	200m	Final	
	249	13:25		Boys 15	200m	Final	
	250	13:35		Girls 17	200m	Final	
	251	13:40		Boys 17	200m	Final	
	252	13:45		Girls 19	200m	Final	
	253	13:50		Boys 19	200m	Final	
	254	13:55		Girls 19	800m	Final	
	14:00			Medal Presentation	Items: 231, 232, 238, 239, 240, 241, 242, 243, 244		
	255	14:00		Boys 19	800m	Final	
	256	14:10		Boys 19	5000m	Final	
	257	14:40		Boys 15	3000m	Final	
	15:00			Medal Presentation	Items: 233, 234, 235, 236, 237, 238, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255		
	258	15:15		Girls 19 (L)	Medley Relay (L)	Final	
	259	15:30		Boys 19 (L)	Medley Relay (L)	Final	
	260	15:40		Girls 17	2000m Steeple Chase	Final	
	261	15:50		Girls 17 (L)	4 x 100m Relay (L)	Final	
	262	15:55		Boys 17 (L)	4 x 100m Relay (L)	Final	
	263	16:00		Girls 15	4 x 100m Relay	Final	
	264	16:05		Boys 15	4 x 100m Relay	Final	
	265	16:10		Girls 17	4 x 100m Relay	Final	
	266	16:15		Boys 17	4 x 100m Relay	Final	
				16:20 – 16:50	Closing Ceremony and Special Awards		
	267	16:50		Girls 19	4 x 400m Relay	Final	
	268	16:55		Boys 19	4 x 400m Relay	Final	
16:30 Medal collection at medal table for the following events: Items: 256 - 268 No presentation of these items because of time constraints – Team managers collect and sign for medals							

Results will be available throughout the Tournament on the following link : www.jobareresults.co.za