

Boland Athletics Results

21/ 22 February 2020 **Uitslag Item 81 - 90m Hekkies Dogters 14Jaar (Finaal)**

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|----------|------|---------|-----|
| 2 | Zahni | Smit | BStr | 13.93 | PR |
| 4 | Eluzai | Williams | BStr | 14.16 | P |
| 5 | | Mieke | BStr | 14.50 | P |
| 6 | STEFANIE | BURGER | NB | 14.78 | P |
| 7 | Danielle | Muller | NWB | 15.31 | P |
| 8 | Elzahn | Nel | BStr | 15.40 | P |
| 11 | Ashley | Blake | WB | 19.26 | P |
| 12 | Abrihette | Booyesen | WB | 19.48 | P |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|-------------|------|---------|-----|
| 1 | Kiera-Lee | Abrahams | BStr | 13.84 | PR |
| 3 | Lana | Obherholzer | BStr | 14.05 | PR |
| 9 | Amy | Adendorff | NB | 16.61 | P |
| 10 | Andrea | Samuels | WB | 17.58 | P |

Uitslag Item 82 - Hamergooi Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|--------|------|---------|-----|
| 1 | Hesta | Bruwer | NB | 38.68 | P |
| 2 | Zinneerah | Ahmed | WB | 34.70 | |
| 3 | Rejeanne | Herbst | BStr | 33.39 | |
| 4 | Cohen | Kortje | WB | 32.71 | |
| 5 | Abigail | Durand | BStr | 32.39 | |
| 6 | Aimee | Botha | BStr | 32.09 | |

Uitslag Item 83 - 90m Hekkies Dogters 15Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|-----------|------|---------|-----|
| 1 | Lane | Gilomee | WZ | 14.00 | |
| 3 | Leila | Van Aarde | BStr | 14.18 | |
| 5 | Leah | Winter | BStr | 14.63 | |
| 10 | Kaytlin | Visser | NB | 17.90 | |
| 11 | Demi | Faroa | NB | 18.79 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|----------------|------|---------|-----|
| 4 | Robynn | Ferreira | BStr | 14.54 | |
| 6 | Liezal | Groenewald | NB | 15.44 | |
| 7 | Marique | van der Meulen | WB | 15.46 | |
| 8 | Chloe | Lottering | WB | 15.59 | |
| 9 | GENE | CORNELIUS | SB | 15.95 | |

Uitslag Item 84 - 100m Hekkies Dogters 17Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|--------------|------|---------|-----|
| 1 | Brenda | Du Toit | BStr | 14.62 | P |
| 3 | Anne-marie | Cilliers | BStr | 14.98 | P |
| 4 | Kristen | van der Ross | WB | 15.17 | |
| 7 | Meriska | Van Zyl | NB | 17.64 | |
| 9 | Dané | Auret | NB | 19.70 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|--------------|------|---------|-----|
| 2 | Leah | Swile | BStr | 14.88 | P |
| 5 | Chiara | Sutherland | BStr | 15.44 | |
| 6 | Carla | van der Bank | BStr | 15.72 | |
| 8 | Cassia | Julius | NB | 17.99 | |
| 10 | CHANTE | BOTHA | SB | 23.01 | |
| 11 | Minke | Engelbrecht | BStr | 36.83 | |

Uitslag Item 85 - Paalspring Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|-----------|------|---------|-----|
| 1 | Sumari | Rademeyer | BStr | 3.20 | P |
| 2 | Jaymee | Cooper | BStr | 3.10 | P |
| 3 | Mienke | Pepler | BStr | 3.00 | P |

Uitslag Item 86 - Spiesgooi Seuns 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|------------|------|---------|-----|
| 1 | Freek | de Kock | BStr | 48.67 | |
| 2 | Liam | Burger | BStr | 47.34 | |
| 3 | Ruan | de Weerd | BStr | 40.60 | |
| 4 | Gabrie | Loubser | WB | 39.87 | |
| 5 | GARETH | TATTERSALL | SB | 38.31 | |

Uitslag Item 87 - 100m Hekkies Seuns 14Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|--------------|------|---------|-----|
| 1 | Ruben | Mundell | WB | 14.35 | P |
| 3 | Andre | Conradie | NB | 15.20 | P |
| 5 | Mattew | Henckerman | WB | 15.83 | P |
| 7 | CAYON | BROUWERS | SB | 15.93 | P |
| 8 | Nigel | Van Wyk | WZ | 16.04 | P |
| 10 | Luzaine | van der Vent | WB | 16.07 | P |
| 13 | Ruan | de Weerd | BStr | 16.46 | P |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|-----------|------|---------|-----|
| 2 | Lee-Vano | Cupido | BStr | 14.50 | P |
| 4 | Valentino | Nomadluka | NB | 15.47 | P |
| 9 | Jasper | Smit | WB | 16.04 | P |
| 11 | E | Prinsloo | BStr | 16.12 | P |
| 12 | Luan | Giliomee | WZ | 16.14 | P |
| 14 | Dwigh | Easu | WB | 17.17 | P |
| 15 | Franklin | May | NB | 17.19 | P |

Uitslag Item 88 - 100m Hekkies Seuns 15Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|---------------|------|---------|-----|
| 1 | Clemond | Nel | BStr | 13.60 | P |
| 2 | Dewald | De Villiers | BStr | 13.61 | P |
| 3 | Handre | Nel | BStr | 14.26 | |
| 4 | Keelan | Hays | NB | 14.28 | |
| 5 | Jovawn | Visagie | NB | 14.44 | |
| 9 | CARLOS | VAN DER BERGH | NB | 16.96 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|--------|------|---------|-----|
| 7 | Brady | Manuel | WB | 15.04 | |
| 8 | Suwenster | Walt | WB | 15.28 | |

Uitslag Item 89 - 100m Hekkies Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|-----------|------|---------|-----|
| 1 | Elitha | Sylvester | IN | 15.63 | P |
| 2 | Natalie | Louw | IN | 16.96 | |
| 3 | Ferial | Swanepoel | WB | 17.73 | |
| 4 | Carla | Muller | BStr | 18.11 | |
| 5 | ATEEQA | ABRAHAMS | BStr | 20.52 | |
| 6 | NADJA | JASPRICA | SB | 29.03 | |

Uitslag Item 90 - 110m Hekkies Seuns 17Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|---------|------|---------|-----|
| 5 | Dwayne | Atkins | NB | 15.67 | |
| 6 | Jayden | Douries | NB | 15.71 | |
| 7 | De Wet | Mostert | NB | 15.76 | |
| 8 | Michail | Damon | NB | 15.77 | |
| 10 | Cillie | du Toit | WZ | 16.18 | |
| 11 | Emile | Joubert | WZ | 16.73 | |
| 12 | Keanan | Adams | WB | 16.76 | |

| | | | | | |
|----|-------|---------|----|-------|--|
| 13 | DALEN | ABSALOM | SB | 16.77 | |
|----|-------|---------|----|-------|--|

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------------|-------------|------|---------|-----|
| 1 | Denman | Jacobs | WB | 13.98 | P |
| 2 | Jacques | de Villiers | BStr | 15.15 | |
| 3 | Rezin | Cleophas | WB | 15.58 | |
| 4 | Emrique Larkham | Liedeman | BStr | 15.63 | |
| 9 | JAYDEN | DANIELS | BStr | 15.99 | |
| 14 | Berthal-John | Samuels | WB | 17.48 | |

Uitslag Item 91 - 110m Hekkie's Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|-------------|------|---------|-----|
| 1 | Benjamin | Jordaan | WB | 16.22 | |
| 2 | Prevan | Roos | NB | 16.55 | |
| 3 | Isaac | Mentoor | WB | 16.75 | |
| 4 | Curwin | Gertse | BStr | 17.15 | |
| 5 | BRANDON | HARTZENBERG | BStr | 17.61 | |

Uitslag Item 92 - 10km Stap Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------|--------|------|------------|-----|
| 1 | Cara | Bester | WB | 2:20:00.07 | |

Uitslag Item 93 - 10km Stap Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|-------------|------|------------|-----|
| 1 | Christiaan | Bester | WB | 53:40.53 | P |
| 2 | Gerhard | Strydom | WB | 57:18.24 | |
| 3 | Tiaano | Walters | WB | 1:00:09.56 | |
| 4 | Keanu | Niemand | WB | 1:09:45.54 | |
| 5 | Iain | De Villiers | BStr | 1:10:07.86 | |
| 6 | Wayton | Roberts | NB | 1:10:25.19 | |

Uitslag Item 94 - Hamergooi Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|----------|------|---------|-----|
| 1 | Cody | Adonis | BStr | 38.47 | |
| 2 | Stepan | Rossouw | BStr | 36.57 | |
| 3 | Joshua | Paddock | WB | 36.50 | |
| 4 | Christoff | Etsebeth | BStr | 35.94 | |
| 5 | Danio | Botha | BStr | 34.72 | |
| 6 | Cerv | Verster | BStr | 34.49 | |

Uitslag Item 95 - Paalspring Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------|-------------|------|---------|-----|
| 1 | Lizan | Engelbrecht | BStr | 3.20 | P |
| 2 | Anais | van Wyk | BStr | 3.00 | P |
| 3 | Anke | Deetlefs | BStr | 2.70 | P |

Uitslag Item 96 - Spiesgooi Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|--------------|------|---------|-----|
| 1 | Bernardo | Diedericks | BStr | 59.20 | PR |
| 2 | Divan | Fuller | BStr | 57.05 | PR |
| 3 | Jacques | van den Berg | BStr | 56.91 | PR |
| 4 | Nicus | Van Coller | BStr | 54.34 | PR |
| 5 | Albertus | Bester | BStr | 50.43 | PR |

Uitslag Item 97 - 300m Hekkies Dogters 14Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|----------|------|---------|-----|
| 2 | Liza | Du Toit | WZ | 48.41 | |
| 3 | | Mieke | BStr | 48.46 | |
| 5 | Feanne | Swart | BStr | 49.91 | |
| 7 | Abrihette | Booyesen | WB | 52.69 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|-------------|------|---------|-----|
| 1 | Babera | de Kock | BStr | 48.41 | |
| 4 | Lana | Obherholzer | BStr | 48.90 | |
| 6 | Amy | Adendorff | NB | 52.67 | |
| 8 | Mia | Burger | NB | 53.71 | |
| 9 | HELENA | KRIEL | SB | 54.62 | |

Uitslag Item 98 - Hamergooi Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|-----------|------|---------|-----|
| 1 | Marli | Botha | BStr | 52.13 | P |
| 2 | Michelle | Burger | NB | 47.75 | P |
| 3 | Sumari | Hanekom | WB | 35.94 | |
| 4 | Elri | Kemp | BStr | 34.51 | |
| 5 | Hanli | Matthysen | WB | 30.39 | |

Uitslag Item 99 - 300m Hekkies Dogters 15Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------|-----------|------|---------|-----|
| 3 | Leila | Van Aarde | BStr | 46.99 | |
| 4 | Leah | Winter | BStr | 47.86 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------|---------|------|---------|-----|
| 1 | Lane | Gilomee | WZ | 46.04 | P |
| 2 | Vasti | le Roux | BStr | 46.20 | P |

Uitslag Item 100 - 400m Hekkies Dogters 17Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|-------------------|------|---------|-----|
| 1 | Brenda | Du Toit | BStr | 1:03.16 | P |
| 2 | Alex | Heerink van Breda | BStr | 1:04.35 | P |
| 5 | Milan | Horn | BStr | 1:07.10 | |
| 7 | Meriska | Van Zyl | NB | 1:11.51 | |
| 8 | Cailin | Papier | NB | 1:14.29 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|--------------|------|---------|-----|
| 3 | Rochelle | Geustyn | BStr | 1:05.50 | P |
| 4 | Kristen | van der Ross | WB | 1:06.30 | P |
| 6 | Cloe | de Kock | BStr | 1:10.02 | |
| 9 | Tammy-Lee | Daniels | NB | 1:15.39 | |

Uitslag Item 101 - 400m Hekkies Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|-------------|------|---------|-----|
| 1 | Jumarie | Archer | BStr | 1:07.84 | |
| 2 | Elitha | Sylvester | IN | 1:08.11 | |
| 3 | Chloe | Parsadh | BStr | 1:10.96 | |
| 4 | Hanlie | Visser | BStr | 1:12.40 | |
| 5 | Nikola | Muller | BStr | 1:15.10 | |
| 6 | Yuniswa | Coetzee | IN | 1:19.30 | |
| 7 | CASSENDRA | MBATHA | SB | 1:22.42 | |
| 8 | Caity | Schenmeyer | IN | 1:23.22 | |
| 9 | Nikki | Schernmeyer | IN | 1:33.63 | |

Uitslag Item 102 - 300m Hekkies Seuns 14Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|--------------|------|---------|-----|
| 1 | Ruben | Mundell | WB | 43.09 | PR |
| 6 | Luan | Giliomee | WZ | 45.63 | PR |
| 9 | Luzaine | van der Vent | WB | 46.21 | PR |
| 10 | Marais | Westraat | BStr | 46.23 | PR |
| 11 | Christiaan | Lehmensich | BStr | 46.26 | PR |
| 13 | Keanan | Afrika | BStr | 47.85 | PR |
| 14 | Martin | Coetzee | NWB | 48.56 | PR |
| 16 | ROSSOUW | KRIEL | NB | 49.62 | PR |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|---------------|------|---------|-----|
| 3 | Lee-Vano | Cupido | BStr | 44.09 | PR |
| 4 | Adriaano | Hartogh | BStr | 44.19 | PR |
| 5 | Valentino | Nomadluka | NB | 44.76 | PR |
| 7 | Benedict | George | NB | 46.08 | PR |
| 8 | Latino | Mentoor | BStr | 46.15 | PR |
| 12 | Donovan | van der Merwe | WB | 46.31 | PR |
| 15 | RAYVEN | APLOON | SB | 49.44 | PR |
| 17 | Mattew | Henckerman | WB | 50.08 | PR |

Uitslag Item 103 - 300m Hekkies Seuns 15Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|--------------------|------|---------|-----|
| 4 | Johan | Van Der Westhuizen | WZ | 42.16 | |
| 5 | Nickayle | Faro | WB | 42.86 | |
| 6 | Brady | Manuel | WB | 43.85 | |
| 7 | Suwenster | Walt | WB | 45.75 | |
| 8 | Dewald | De Villiers | BStr | 47.55 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|----------|------|---------|-----|
| 1 | Valentino | Ward | NB | 40.50 | P |
| 2 | Jovawn | Visagie | NB | 41.04 | P |
| 3 | Jameel | de Jongh | BStr | 41.36 | P |
| 9 | CHRISTOPHER | GOUWS | BStr | 50.71 | |

Uitslag Item 104 - 400m Hekkies Seuns 17Jaar (Finaal)

Lopie 1 van 3

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|------------|------|---------|-----|
| 1 | JAYDEN | DANIELS | BStr | 56.08 | |
| 4 | Cillie | du Toit | WZ | 57.82 | |
| 9 | Yanga | Xuba | NB | 59.21 | |
| 11 | Jacques | Rossouw | BStr | 1:00.10 | |
| 12 | Joshua | September | NB | 1:00.65 | |
| 14 | CONNER | VAN TONDER | SB | 1:23.75 | |

Lopie 2 van 3

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|----------|------|---------|-----|
| 3 | Jayden | Douries | NB | 57.17 | |
| 6 | De Wet | Mostert | NB | 58.51 | |
| 7 | Shah-Jehaan | de Jongh | BStr | 59.05 | |
| 8 | Keagan | Smith | BStr | 59.16 | |
| 13 | Dillon | Oppelt | WB | 1:07.79 | |

Lopie 3 van 3

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|---------|------|---------|-----|
| 2 | Thinus | Saayman | NB | 57.02 | |
| 5 | Emile | Joubert | WZ | 58.34 | |
| 10 | Keanan | Adams | WB | 59.26 | |

Uitslag Item 105 - 400m Hekkies Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|----------------|------|---------|-----|
| 1 | Luciano | Custodio | BStr | 53.47 | P |
| 2 | Liam | Pietersen | IN | 53.84 | P |
| 3 | Adriaan | Kennedy | IN | 56.44 | |
| 4 | Francesco | May | NB | 56.69 | |
| 5 | Jo-an | van den Heever | NB | 57.58 | |
| 6 | Isaac | Mentoor | WB | 57.58 | |
| 7 | Benjamin | Jordaan | WB | 1:00.20 | |
| 8 | Roben | Julies | IN | 1:16.96 | |

Uitslag Item 106 - 10km Stap Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|------------|------|------------|-----|
| 1 | Tariq | Klink | NB | 55:51.98 | |
| 2 | TSHEPO | XHABAKASHE | SB | 58:03.50 | |
| 3 | Cicero | Mentoor | WB | 1:00:56.03 | |
| 4 | Granwill | Mac Donald | BStr | 1:04:42.31 | |
| 5 | RIDIAAN | HENDRICKS | SB | 1:09:45.84 | |

Uitslag Item 107 - Hamergooi Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|---------------|------|---------|-----|
| 1 | Francois | Malan | WB | 53.78 | P |
| 2 | Christopher | Smit | BStr | 52.24 | P |
| 3 | Wouter | Basson | BStr | 50.43 | P |
| 4 | Pieter | van Schalkwyk | BStr | 48.18 | |
| 5 | JP | du Plessis | BStr | 42.89 | |
| 6 | Tokollo | Calata | NB | 24.13 | |

Uitslag Item 108 - 5000m Stap Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|----------|------|----------|-----|
| 1 | Marius | Galant | WB | 27:58.86 | P |
| 2 | Colon | Daniels | WB | 27:59.35 | P |
| 3 | Christopher | Ley | NB | 28:00.13 | P |
| 4 | Christiano | Galant | WB | 28:07.59 | P |
| 5 | Mornay | Booyesen | IN | 29:04.14 | P |
| 6 | Damiane | White | WB | 29:38.02 | P |

Uitslag Item 109 - 5000m Stap Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|---------------|------|----------|-----|
| 1 | Emma | Hartley | WB | 29:58.58 | P |
| 2 | Carina | Van der Vyver | NB | 30:01.53 | P |
| 3 | Jody-Rose | Willemse | NB | 30:17.38 | P |
| 4 | Danika | Van Deventer | NB | 31:21.53 | |
| 5 | Amber | Louw | IN | 31:37.10 | |

Uitslag Item 110 - Paalspring Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------|-----------|------|---------|-----|
| 1 | Tonet | Tallie | BStr | 3.15 | P |
| 2 | Jana | Swanepoel | BStr | 2.85 | P |

Uitslag Item 111 - Spiesgooi Dogters 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|-------------|------|---------|-----|
| 1 | Michaela | Birch | BStr | 38.76 | |
| 2 | Uanita | Engelbrecht | BStr | 36.51 | |
| 3 | Christy | Kent | NB | 31.82 | |
| 4 | Juane | Maass | BStr | 29.79 | |
| 5 | Marianka | Mostert | BStr | 29.07 | |

Uitslag Item 112 - Hamergooi Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------------|---------|------|---------|-----|
| 1 | Damien | Bothma | BStr | 66.39 | PR |
| 2 | Herman | Visser | BStr | 55.90 | PR |
| 3 | Marco | De Witt | BStr | 51.99 | P |
| 4 | Joruhan | de Wit | BStr | 50.61 | P |
| 5 | Hendrik Johann | Erasmus | BStr | 50.48 | P |
| 6 | Saul | Pitout | BStr | 47.63 | P |

Uitslag Item 121 - 5000m Stap Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|-----------|------|----------|-----|
| 1 | Inge | Buxton | WB | 30:01.53 | |
| 2 | Lee-Ann | Schroeder | NB | 30:21.53 | |
| 3 | Hannelie | du Toit | NB | 31:37.10 | |
| 4 | Lesley-Ann | Olivier | NB | 35:47.18 | |
| 5 | Veronique | De Lange | BStr | 37:43.57 | |
| 6 | Chelsea | Daries | WB | 37:44.11 | |

Uitslag Item 122 - Hamergooi Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|---------|------|---------|-----|
| 1 | Anja | Prins | WB | 45.07 | P |
| 2 | MELISSA | HOFFMAN | BStr | 41.49 | P |
| 3 | Anél | Swart | BStr | 38.59 | P |
| 4 | Karla | Bruwer | NB | 35.11 | P |

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|---|----------|--------|----|-------|--|
| 5 | Rochelle | Elford | NB | 16.05 | |
|---|----------|--------|----|-------|--|

Uitslag Item 123 - 3000m Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|---------|------|----------|-----|
| 1 | Alme | Jordan | IN | 10:13.79 | PR |
| 2 | Farren | Wenn | BStr | 10:53.71 | |
| 3 | Anika | Smit | WB | 11:18.83 | |
| 4 | Carlin | Jacobs | BStr | 11:19.45 | |
| 5 | Delicia | Zimri | NWB | 11:25.00 | |
| 6 | Bellamy | Kruger | BStr | 11:42.79 | |
| 7 | Simone | Botha | NB | 12:38.07 | |
| 8 | Bianca | George | NB | 12:56.40 | |
| 9 | Cara | Koopman | NB | 12:56.95 | |

Uitslag Item 133 - 10000m Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------|------------|------|----------|-----|
| 1 | Mark | Standfliet | NB | 33:28.75 | |
| 2 | Bruce | Maboza | NB | 34:06.34 | |

Uitslag Item 134 - 3000m Hindernis Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|------------|------|----------|-----|
| 1 | Lorenzo | Zimry | BStr | 9:58.53 | |
| 2 | Romano | Sauls | WB | 10:03.39 | |
| 3 | Jannes | Marais | BStr | 10:10.38 | |
| 4 | Thapelo | Ntakasane | NB | 10:14.40 | |
| 5 | Lee-Handry | Robertson | IN | 10:18.80 | |
| 6 | Jonathan | Valentyn | IN | 10:21.15 | |
| 7 | Jason | Esplin | IN | 10:35.99 | |
| 8 | Lee-Ray | Wildskutt | IN | 10:44.73 | |
| 9 | Sinthandile | Zola | NB | 10:51.71 | |
| 10 | Giovanno | Steyn | BStr | 10:53.66 | |
| 11 | Albert | Prins | IN | 11:01.22 | |
| 12 | Thabo | Matubatuba | IN | 12:16.76 | |
| 13 | Elfranco | Fortein | IN | 12:42.95 | |

Uitslag Item 135 - Diskusgooi Dogters 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|-------------|------|---------|-----|
| 1 | Uanita | Engelbrecht | BStr | 38.29 | R |
| 2 | Lisa | Terblanche | BStr | 32.97 | R |
| 3 | Aimee | Bothma | BStr | 28.01 | |
| 4 | Aneldi | Niewoudt | NB | 26.86 | |
| 5 | Zaylinne | Mutingh | WB | 24.50 | |
| 6 | MARE | LOUW | SB | 23.83 | |
| 7 | Layla | Geldenhuis | BStr | 23.73 | |
| 8 | Mirne | Relihan | WB | 20.80 | |

Uitslag Item 136 - Gewigstoot Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|----------|------|---------|-----|
| 1 | Caitlen-Lee | Lombaard | NB | 11.57 | P |
| 2 | Cailé | Cooks | BStr | 11.03 | P |
| 3 | Mia | Olwagen | NB | 10.92 | P |
| 4 | Elle | Olivier | BStr | 10.91 | P |
| 5 | JOHANE | BEUKES | SB | 10.76 | |
| 6 | Jacolene | du Toit | WB | 10.06 | |
| 7 | JANKA | DU TOIT | SB | 10.03 | |
| 8 | Minke | Mouton | BStr | 9.93 | |

Uitslag Item 137 - Gewigstoot Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|---------------|------|---------|-----|
| 1 | Coetzee | Le Roux | BStr | 17.18 | P |
| 2 | Jo | Himmelstutzer | BStr | 17.00 | P |
| 3 | Rocco | Nortje | BStr | 15.67 | |
| 4 | Schalk | van Schalkwyk | BStr | 15.47 | |
| 5 | John-Oliver | Klynsmith | BStr | 14.30 | |
| 6 | WD | Muller | WZ | 13.44 | |
| 7 | CHRIS | CARSTENS | NB | 12.60 | |
| 8 | DIRKCO | GROENEWALD | SB | 12.28 | |

Uitslag Item 138 - Spiesgooi Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|---------------|------|---------|-----|
| 1 | Amor | Nell | BStr | 46.19 | P |
| 2 | Hané | van der Merwe | BStr | 42.64 | P |
| 3 | Lakeisha | Heyns | WB | 38.69 | P |
| 4 | Ankia | Viljoen | BStr | 37.15 | P |
| 5 | Helena | Du Toit | NB | 35.49 | |
| 6 | Francesca | Sullivan | BStr | 35.35 | |
| 7 | Cari | Steenkamp | BStr | 34.71 | |
| 8 | Karla | Smith | NB | 34.31 | |

Uitslag Item 139 - Verspring Dogters 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-----------|-----------|------|---------|------|-----|
| 1 | Kiera-Lee | Abrahams | BStr | 5.24 | 0 | R |
| 2 | Marné | Arlow | BStr | 4.79 | 0 | |
| 3 | Lynnice | Klaassen | BStr | 4.68 | 0 | |
| 4 | Karli | Louw | WZ | 4.53 | 0 | |
| 5 | Emma-Joy | Radcliffe | BStr | 4.49 | 0 | |
| 6 | Shanique | Adams | WB | 4.47 | 0 | |
| 7 | Nina | Scheepers | BStr | 4.43 | 0 | |
| 8 | Christy | Kent | NB | 4.41 | 0 | |

Uitslag Item 140 - Verspring Seuns 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-------------|----------|------|---------|------|-----|
| 1 | Dwayne | Minnies | BStr | 6.01 | 0 | |
| 2 | Rureka | Benir | WB | 5.88 | 0 | |
| 3 | Su-Agen | Kuiler | BStr | 5.78 | 0 | |
| 4 | Ralton | Gardiner | WB | 5.77 | 0 | |
| 5 | Kealan | Milton | BStr | 5.69 | 0 | |
| 6 | VERNILL | OKKERS | NB | 5.69 | 0 | |
| 7 | Jay-Brehano | Swartz | WZ | 5.44 | 0 | |
| 8 | Demorgan | Somers | NB | 5.28 | 0 | |

Uitslag Item 141 - Driesprong Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-----------|---------|------|---------|------|-----|
| 1 | Tristan | Faroa | IN | 15.02 | 0 | PR |
| 2 | Lleyton | Davids | NB | 14.80 | 0 | PR |
| 3 | Francesco | May | NB | 13.81 | 0 | |
| 4 | Lowan | Afrika | WB | 13.51 | 0 | |
| 5 | Shane | Maans | NB | 13.46 | 0 | |
| 6 | Jermaine | van Wyk | IN | 13.41 | 0 | |
| 7 | Ruaan | Fortuin | WZ | 13.37 | 0 | |
| 8 | Privon | Faro | WB | 13.07 | 0 | |

Uitslag Item 142 - Hoogspring Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|----------|-------------|------|---------|------|-----|
| 1 | Nashwill | Vermeulen | WZ | 1.80 | 0 | |
| 2 | WERNER | VAN NIEKERK | SB | 1.80 | 0 | |
| 3 | Rigchter | Venter | NB | 1.75 | 0 | |
| 4 | Martin | Booyesen | NWB | 1.70 | 0 | |
| 5 | Adriane | Matthews | WB | 1.70 | 0 | |
| 6 | Ronaldo | Prins | NB | 1.70 | 0 | |

Uitslag Item 143 - Hoogspring Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|---------|-----------|------|---------|------|-----|
| 1 | Benitha | Pretorius | BStr | 1.62 | 0 | P |
| 2 | AMEE | VOORTMAN | BStr | 1.55 | 0 | |

Uitslag Item 144 - 800m Dogters 14Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|----------|------|---------|-----|
| 4 | JENNA | PERREIRA | SB | 2:26.46 | |
| 6 | Késsha | October | BStr | 2:29.99 | |
| 7 | Anné | Sabbagha | BStr | 2:30.68 | |
| 8 | Adelene | Vorster | WB | 2:32.22 | |
| 10 | Cara | Crous | BStr | 2:36.41 | |
| 12 | Joslyn | Kiewiets | NB | 2:40.33 | |
| 13 | Girt-Lee | Andrews | NWB | 2:42.19 | |
| 15 | Nic-Kaylin | van Wyk | WB | 2:49.22 | |
| 16 | Carmen | Carolus | WZ | 2:59.03 | |

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|------------|------|---------|-----|
| 1 | Isabel | du Bruyn | WB | 2:24.02 | |
| 2 | Liza | Du Toit | WZ | 2:25.19 | |
| 3 | Marli | Swart | NB | 2:25.28 | |
| 5 | Phia | Heydenrich | BStr | 2:28.05 | |
| 11 | Tercia | Adams | WB | 2:36.70 | |
| 14 | Queny | Papier | WB | 2:44.33 | |

Uitslag Item 145 - 800m Seuns 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|----------|------|---------|-----|
| 1 | Maurice | Rio | WZ | 2:06.51 | R |
| 2 | Lee-Tin | Syfers | NB | 2:07.13 | R |
| 3 | Leander | Pholman | WB | 2:07.26 | R |
| 4 | Roelof | Le Roux | BStr | 2:08.08 | R |
| 5 | Wayne | Ganiwa | NB | 2:14.43 | |
| 6 | Deolan | Daniels | BStr | 2:15.97 | |
| 7 | Lee-Handro | Arendse | WZ | 2:19.89 | |
| 8 | ADRIAAN | DE VRIES | SB | 2:20.00 | |
| 9 | Doranzo | Kordom | NWB | 2:20.34 | |
| 10 | Anzo | Bester | WB | 2:22.97 | |
| 11 | Christaan | Conre | IN | 2:23.95 | |
| 12 | MIGUEL | VAN NEEL | BStr | 2:28.99 | |
| 13 | Benin | Rukera | WB | 2:29.00 | |
| 14 | Devon | Witbooi | NWB | 2:36.35 | |

Uitslag Item 146 - 800m Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------------|------------|------|---------|-----|
| 1 | Christolique | McNeil | NB | 2:22.62 | |
| 2 | Joanique | Horn | NB | 2:24.58 | |
| 3 | Janke-Martine | Viljoen | BStr | 2:24.61 | |
| 4 | Jade | Avenant | NB | 2:24.93 | |
| 5 | Cay-Leigh | Carolissen | BStr | 2:30.05 | |
| 6 | ENYA | ZIPFEL | SB | 2:32.98 | |
| 7 | Helende | Kemp | BStr | 2:40.14 | |
| 8 | Cleo | Papier | WB | 2:46.80 | |
| 9 | Bernadine | van Rooi | WZ | 2:47.68 | |
| 10 | Letisla | Coetzee | WB | 2:48.73 | |
| 11 | Gloudina | Jooste | NWB | 2:49.95 | |

Uitslag Item 147 - 800m Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------------|------------|------|---------|-----|
| 1 | Jadrian | Goosen | BStr | 2:03.99 | |
| 2 | Zhandre | Hattingh | NB | 2:04.54 | |
| 3 | Olwethu | Solo | WB | 2:05.55 | |
| 4 | Divan | Oosthuizen | BStr | 2:05.61 | |
| 5 | Sean Douglas | Cedras | NB | 2:13.96 | |
| 6 | Chad | April | BStr | 2:14.44 | |
| 7 | Eric | Moreland | WZ | 2:14.61 | |
| 8 | B | Holland | BStr | 2:16.09 | |
| 9 | Valentino | Fredericks | WB | 2:16.42 | |
| 10 | Xavier | Klaase | WB | 2:21.33 | |

Uitslag Item 148 - 800m Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|------------|------|---------|-----|
| 1 | Mienke | Viljoen | BStr | 2:16.75 | P |
| 2 | Zenade | October | BStr | 2:16.82 | P |
| 3 | Selma | du Preez | WB | 2:18.04 | P |
| 4 | Ilse | Brugman | BStr | 2:20.68 | |
| 5 | Karla | Brugman | BStr | 2:21.67 | |
| 6 | Klaudia | Schmidt | WB | 2:22.14 | |
| 7 | LANAH | NEL | BStr | 2:23.63 | |
| 8 | Aninka | Ferreira | BStr | 2:25.63 | |
| 9 | Virgell-lee | Africa | NB | 2:27.26 | |
| 10 | Cameron | Mostert | NB | 2:28.43 | |
| 11 | Chenique | Sas | NB | 2:31.29 | |
| 12 | Shanique | Pedro | WZ | 2:53.09 | |
| 13 | PATRICE | GRANDFIELD | SB | 3:03.43 | |
| 14 | Bonita | Jansen | WZ | 3:03.57 | |

Uitslag Item 149 - 800m Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|------------|------|---------|-----|
| 1 | Devon | Blaauw | WB | 1:57.23 | |
| 2 | Maissa | Gringue | WZ | 1:57.57 | |
| 3 | OWEN | SAULS | SB | 1:59.68 | |
| 4 | LESLIE | DE LANGE | BStr | 2:03.26 | |
| 5 | Yanga | Xuba | NB | 2:03.94 | |
| 6 | Wilmar | Winterbach | WZ | 2:05.15 | |
| 7 | Petri | Lottering | NB | 2:06.35 | |
| 8 | Jonathan | Davids | NB | 2:07.17 | |
| 9 | Tiang | Makhetha | NB | 2:07.31 | |
| 10 | Jowin | Owies | NWB | 2:07.94 | |
| 11 | Fanuel | Zimri | WB | 2:10.69 | |
| 12 | Gino | George | WZ | 2:20.30 | |
| 13 | Jathaime | Afrika | NB | 2:25.41 | |
| 14 | Soldaat | Gregory | NB | 2:33.53 | |

Uitslag Item 150 - 800m Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|--------------------|------|---------|-----|
| 1 | Anneken | Viljoen | BStr | 2:12.87 | PR |
| 2 | Cimon | Van der Westhuizen | BStr | 2:17.39 | P |
| 3 | Carli | Coetzee | WZ | 2:24.33 | |
| 4 | Anika | Smit | WB | 2:30.14 | |
| 5 | JULIA | KILPIN | SB | 2:41.84 | |
| 6 | Katlyn | Joseph | NB | 2:45.03 | |
| 7 | Jannifer | Smith | WB | 3:03.18 | |
| 8 | Bianca | George | NB | 3:05.50 | |

Uitslag Item 151 - 800m Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------------|---------------|------|---------|-----|
| 1 | Philip Stiaan | van Huyssteen | BStr | 1:56.17 | |
| 2 | Gawain | Jantjies | BStr | 1:56.34 | |
| 3 | Hermanus Egbertus | Kotze | BStr | 1:58.23 | |
| 4 | Gerald | Ngilazi | NB | 2:00.17 | |
| 5 | Aron | Kamfer | WZ | 2:02.95 | |
| 6 | Romano | Sauls | WB | 2:03.38 | |
| 7 | Westlin | Diedericks | NB | 2:03.58 | |
| 8 | Claudio | Matolla | NB | 2:05.66 | |
| 9 | Uwaal | Samuels | WB | 2:11.25 | |
| 10 | Neegan | Qauntini | WZ | 2:18.85 | |
| 11 | Jamain | Pieterse | NB | 2:20.02 | |
| 12 | ELROY | VENEWER | NB | 2:23.54 | |

Uitslag Item 153 - Paalspring Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|---------------|------|---------|-----|
| 1 | Adrian | Hage | BStr | 3.95 | P |
| 2 | Migail | van Huyssteen | BStr | 3.75 | P |
| 3 | Stephan | Marates | BStr | 3.30 | |
| 4 | Sebastiaan | Ailward | BStr | 3.02 | |

Uitslag Item 155 - Driesprong Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|---------|-----------|------|---------|------|-----|
| 1 | Azrea | Sylvester | BStr | 10.61 | 0 | |
| 2 | Shani | Botha | BStr | 10.06 | 0 | |
| 3 | Danelle | Venter | BStr | 9.91 | 0 | |
| 4 | Genieva | Alkaster | NB | 9.74 | 0 | |

Uitslag Item 157 - Diskusgooi Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------------|--------------|------|---------|-----|
| 1 | Cara | Coetzee | BStr | 44.90 | PR |
| 2 | Georgia Riekie | Channon | IN | 41.68 | P |
| 3 | Inge | von Wielligh | WB | 40.22 | P |
| 4 | Janke | Oosthuizen | BStr | 38.69 | P |
| 5 | Danel | Dreyer | BStr | 34.11 | |
| 6 | JEMIMAH | DANIELS | SB | 31.19 | |
| 7 | Marli | van den Berg | BStr | 28.25 | |
| 8 | Anja | Prins | WB | 27.80 | |

Uitslag Item 161 - Spiesgooi Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|------------|------|---------|-----|
| 1 | Karli | la Grange | BStr | 36.63 | P |
| 2 | KARL-MARI | GELDENHUYS | SB | 34.20 | P |
| 3 | Nelbe | Mouton | BStr | 34.04 | P |
| 4 | Hesta | Bruwer | NB | 32.74 | P |
| 5 | Lisa | Mentz | BStr | 32.00 | P |
| 6 | Emmilie | Martin | BStr | 31.43 | |
| 7 | Leone | Hugo | IN | 30.29 | |
| 8 | Anri | Stiglingh | NB | 29.51 | |

Uitslag Item 162 - Gewigstoot Seuns 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|------------|------|---------|-----|
| 1 | Oliver Euan | Reid | BStr | 13.76 | |
| 2 | Liam | van Rooyen | BStr | 12.96 | |
| 3 | Joshua | Coetzee | NB | 12.95 | |
| 4 | Juan | Liebenberg | WB | 12.35 | |
| 5 | Ernst | du Preez | BStr | 11.58 | |
| 6 | Jean | Barends | WB | 11.44 | |
| 7 | FORTUNE | GONI | SB | 10.90 | |
| 8 | Duncan | Basson | NWB | 10.81 | |

Uitslag Item 163 - Gewigstoot Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|-----------|------|---------|-----|
| 1 | Poux | Nieuwoudt | BStr | 14.34 | P |
| 2 | Marco | de Witt | BStr | 13.32 | |
| 3 | Stefan | Nortje | BStr | 13.26 | |
| 4 | SEAN | CASTLE | SB | 12.17 | |
| 5 | Angus | Stuart | BStr | 11.89 | |
| 6 | Mekyle | Erasmus | IN | 10.13 | |
| 7 | Schalk | Ferreira | IN | 9.51 | |

Uitslag Item 164 - Verspring Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-----------|----------------|------|---------|------|-----|
| 1 | Bejanke | Bezuidenhout | WB | 5.03 | 0 | P |
| 2 | Tammi-Ann | Plaatjies | BStr | 4.76 | 0 | |
| 3 | Miclynn | Africa | BStr | 4.73 | 0 | |
| 4 | Marique | van der Meulen | WB | 4.73 | 0 | |
| 5 | Hannah | Gildenhuis | BStr | 4.61 | 0 | |
| 6 | Corne | Mack | WZ | 4.43 | 0 | |

Uitslag Item 165 - Verspring Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|----------|-------------|------|---------|------|-----|
| 1 | Jivanno | Melouw | NB | 6.59 | 0 | PR |
| 2 | Renaldo | Roberts | NB | 6.34 | 0 | P |
| 3 | Khyle | Machelm | NWB | 6.32 | 0 | P |
| 4 | Duwayne | Damon | WB | 6.28 | 0 | P |
| 5 | Bernardo | Diedericks | BStr | 6.23 | 0 | P |
| 6 | Hagen | van Niekerk | BStr | 6.07 | 0 | |
| 7 | Cirsten | Olivier | NB | 5.86 | 0 | |
| 8 | Chandler | Bock | WB | 5.81 | 0 | |

Uitslag Item 166 - Hoogspring Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-----------|-----------------|------|---------|------|-----|
| 1 | MICHAELA | HORN | BStr | 1.68 | 0 | PR |
| 2 | Arwen | RICHARDSON | BStr | 1.60 | 0 | P |
| 3 | Hannah | Botha | BStr | 1.55 | 0 | |
| 4 | Alana | Theron | BStr | 1.50 | 0 | |
| 5 | Rochell | van Waardhuizen | BStr | 1.50 | 0 | |
| 6 | NICOLE | MADDEN | SB | 1.50 | 0 | |
| 7 | Gayllynne | Faro | WB | 1.45 | 0 | |
| 8 | Lisa | Heyns | BStr | 1.45 | 0 | |

Uitslag Item 167 - Hoogspring Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|---------------|-----------|------|---------|------|-----|
| 1 | RICKY | MARTIN | SB | 1.90 | 0 | P |
| 2 | Adam | Burger | BStr | 1.90 | 0 | P |
| 3 | Jacques | Rossouw | BStr | 1.90 | 0 | P |
| 4 | GARTH | YON | BStr | 1.85 | 0 | |
| 5 | Rayner Robert | van Driel | BStr | 1.85 | 0 | |

Uitslag Item 170 - Driesprong Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-----------|------------|------|---------|------|-----|
| 1 | Lechan | Toerien | NWB | 13.84 | 0 | PR |
| 2 | Jaden | Lewis | WB | 13.57 | 0 | R |
| 3 | Ronaldino | Jonkers | NB | 13.42 | 0 | |
| 4 | MATAYO | BOOYSEN | SB | 13.19 | 0 | |
| 5 | Luke | van Schoor | BStr | 12.93 | 0 | |
| 6 | JORDYN | KORTJIE | SB | 12.91 | 0 | |
| 7 | Sergio | van Hooy | WB | 12.64 | 0 | |
| 8 | Heinrich | Smit | WZ | 12.40 | 0 | |

Uitslag Item 171 - 1500m Hindernis Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------------|-------------|------|---------|-----|
| 1 | Christolique | McNeil | NB | 5:36.86 | P |
| 2 | Tersia | Adams | WB | 5:41.64 | P |
| 3 | Wilmarie | van Uysland | NB | 5:54.34 | P |
| 4 | Christi | Marais | NB | 6:09.48 | P |
| 5 | Mischké | September | BStr | 6:13.13 | P |
| 6 | Lukho | Makeleni | IN | 6:17.41 | |
| 7 | Jonica | Jonkers | NB | 6:24.84 | |

Uitslag Item 172 - 1500m Hindernis Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|--------------|------|---------|-----|
| 1 | Santino | Appels | IN | 4:36.36 | P |
| 2 | Stephan | Alexander | WB | 4:44.60 | P |
| 3 | Lee-Tin | Syfers | NB | 4:46.75 | P |
| 4 | Zhandre | Hattingh | NB | 4:47.44 | P |
| 5 | Storm | Durr-Behrens | BStr | 4:47.90 | P |
| 6 | Juyeren | November | NB | 4:54.96 | P |
| 7 | Angeo | Maans | BStr | 5:00.55 | |
| 8 | Nuraan | September | BStr | 5:02.35 | |
| 9 | Ainsley | Daniels | BStr | 5:04.14 | |
| 10 | Shane | Adams | BStr | 5:05.12 | |
| 11 | Rudolph | van Heerden | BStr | 5:05.16 | |
| 12 | Tapiwa | Rwafa | IN | 5:08.89 | |
| 13 | Monridge | Cupido | IN | 5:09.55 | |
| 14 | Elfonzo | Jordan | IN | 5:11.16 | |
| 15 | Amaru | Samuels | IN | 5:17.89 | |
| 16 | Marshallino | Dampies | SB | 5:18.91 | |

Uitslag Item 173 - 2000m Hindernis Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|----------|------|---------|-----|
| 1 | Virgell-lee | Africa | NB | 7:06.74 | P |
| 2 | Chenique | Sas | NB | 7:14.34 | P |
| 3 | MARIETJIE | CILLIERS | BStr | 7:20.00 | P |
| 4 | Bester | Levern | WB | 8:25.71 | P |
| 5 | Veronique | Visagie | NB | 8:38.69 | |
| 6 | Michaid | Botha | NB | 9:00.19 | |
| 7 | Valentine | Anica | WB | 9:10.41 | |
| 8 | Bester | Karishne | WB | 9:29.44 | |
| 9 | Julies | Delvonja | WB | 9:48.09 | |

Uitslag Item 174 - Diskusgooi Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|--------------------|------|---------|-----|
| 1 | Dezre | Goosen | NB | 34.32 | |
| 2 | Christin | Van der Merwe | WZ | 32.80 | |
| 3 | Johané | Neethling | NB | 31.66 | |
| 4 | Rochelle | Rijnsburger | BStr | 31.61 | |
| 5 | Kate | Thiart | BStr | 31.01 | |
| 6 | Caroline | Noyce | BStr | 30.53 | |
| 7 | CAITLYN | OTTO | SB | 30.26 | |
| 8 | Leeann | van der Westhuizen | NB | 27.33 | |

Uitslag Item 175 - Paalspring Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|---------------|------|---------|-----|
| 1 | Nikolai | van Huyssteen | BStr | 4.95 | PR |
| 2 | Tiaan | Smit | BStr | 4.10 | P |

Uitslag Item 176 - 2000m Hindernis Seuns 17Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|----------|------|---------|-----|
| 1 | Fanuel | Zimri | WB | 6:13.88 | |
| 2 | Damian | Van Wyk | WZ | 6:28.41 | |
| 5 | FC | Eygelaar | WB | 6:31.58 | |
| 7 | Levi | Sauls | WB | 6:36.12 | |
| 9 | Lee-Quin | Danster | NB | 6:41.17 | |
| 14 | Keanan | Adams | WB | 6:52.08 | |
| 16 | Japie | de Bruyn | WB | 6:56.49 | |
| 17 | Coan | Chinner | WB | 7:01.63 | |

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|------------|------|---------|-----|
| 3 | Throne | Michels | NB | 6:29.81 | |
| 4 | Nashvill | Hofmeester | WZ | 6:29.92 | |
| 6 | Bradley | Mintoor | BStr | 6:32.80 | |
| 10 | Gavin | Petro | WB | 6:46.25 | |
| 12 | Cado | George | WZ | 6:48.74 | |
| 13 | Nolan | Damons | WZ | 6:51.34 | |
| 15 | Uzi | Valashiya | NB | 6:54.86 | |
| 21 | SIYONELA | MPAMBANA | SB | 7:48.76 | |

Uitslag Item 177 - 3000m Hindernis Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|-----------|------|----------|-----|
| 1 | Meagan | Swanepoel | NB | 11:38.65 | P |
| 2 | Katlyn | Joseph | NB | 13:14.61 | P |
| 3 | Yunisha | Coetzee | WB | 15:02.95 | |

Uitslag Item 181 - Driesprong Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|---------|-------------|------|---------|------|-----|
| 1 | Jivanno | Melouw | NB | 12.94 | 0 | PR |
| 2 | Carick | Kustoor | NB | 12.54 | 0 | R |
| 3 | BREYTON | ADENDORFF | SB | 12.25 | 0 | |
| 4 | Enzo | Labuschagne | BStr | 12.10 | 0 | |

Uitslag Item 183 - Spiesgooi Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|---------------|------|---------|-----|
| 1 | Jana | van Schalkwyk | IN | 50.38 | PR |
| 2 | Francesca | Olivier | WB | 34.66 | |
| 3 | Anouk | Heuer | BStr | 33.28 | |
| 4 | JEMIMAH | DANIELS | SB | 33.04 | |

Uitslag Item 185 - Diskusgooi Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|--------|------|---------|-----|
| 1 | Herman | Visser | BStr | 44.21 | P |
| 2 | Luhan | Steyn | BStr | 38.71 | |

Uitslag Item 189 - Hoogspring Dogters 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|----------|-------------|------|---------|------|-----|
| 1 | Anje | Grobbelaar | BStr | 1.56 | 0 | R |
| 2 | Lisa | Ahrends | BStr | 1.53 | 0 | |
| 3 | Uju | Viljoen | NB | 1.45 | 0 | |
| 4 | STEFANIE | BURGER | NB | 1.45 | 0 | |
| 5 | KIARA | MAHONY | BStr | 1.45 | 0 | |
| 6 | Cathryn | Botes | BStr | 1.40 | 0 | |
| 7 | Emma | du Toit | NB | 1.40 | 0 | |
| 8 | Anneen | Cornelissen | NB | 1.40 | 0 | |

Uitslag Item 190 - Hoogspring Seuns 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|----------|-------------|------|---------|------|-----|
| 1 | Jayden | Engelbrecht | WB | 1.80 | 0 | R |
| 2 | Cullen | Ruiters | BStr | 1.75 | 0 | |
| 3 | Herman | Brink | WZ | 1.75 | 0 | |
| 4 | Dian | Rademeyer | BStr | 1.65 | 0 | |
| 5 | Milan | Van Wyk | BStr | 1.65 | 0 | |
| 6 | Michael | Ross | NB | 1.65 | 0 | |
| 7 | Benedict | George | NB | 1.55 | 0 | |
| 8 | Kyle | Cedras | NB | 1.55 | 0 | |

Uitslag Item 191 - Paalspring Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|-------------|------|---------|-----|
| 1 | Handre | Nel | BStr | 3.65 | P |
| 2 | Norman | Cilliers | IN | 3.10 | P |
| 3 | D Toit | James | BStr | 3.00 | P |
| 4 | Keno | Rossouw | BStr | 2.80 | P |
| 5 | Pieter | Van Maltitz | BStr | 2.80 | P |
| 6 | Simon Dawid | Booyesen | BStr | 2.60 | |

Uitslag Item 195 - Diskusgooi Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|---------------|------|---------|-----|
| 1 | Schalk | van Schalkwyk | BStr | 49.37 | P |
| 2 | Elton | Lombaard | BStr | 47.94 | |
| 3 | Rocco | Nortje | BStr | 47.62 | |
| 4 | Diaan | van Heerden | IN | 46.15 | |
| 5 | Jo | Himmelstutzer | BStr | 46.06 | |
| 6 | John-Oliver | Klynsmith | BStr | 45.38 | |
| 7 | JP | Bekker | WB | 44.56 | |
| 8 | Francois | Malan | WB | 40.32 | |

Uitslag Item 198 - Spiesgooi Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------|------------|------|---------|-----|
| 1 | CP | Kleynhans | BStr | 68.98 | P |
| 2 | Erik | Viljoen | BStr | 58.71 | P |
| 3 | JC | Nothnagel | BStr | 57.90 | P |
| 4 | Johan | Uys | NB | 55.24 | |
| 5 | Hugo | Lambrecht | NB | 53.02 | |
| 6 | Adam | Niklaus | BStr | 52.55 | |
| 7 | Wihan | Geldenhuys | NWB | 49.38 | |
| 8 | DEHAN | BOTHA | SB | 48.78 | |

Uitslag Item 199 - Verspring Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-------------|----------|------|---------|------|-----|
| 1 | Brenda | Du Toit | BStr | 5.39 | 0 | P |
| 2 | Greta | Malan | BStr | 5.12 | 0 | |
| 3 | Helena | Swart | BStr | 5.11 | 0 | |
| 4 | Ané | Boshoff | BStr | 4.96 | 0 | |
| 5 | Lu-Ann | Oliveros | BStr | 4.80 | 0 | |
| 6 | Zoe | Tobias | BStr | 4.77 | 0 | |
| 7 | Cailin | Papier | NB | 4.77 | 0 | |
| 8 | Kirischinie | Afrika | WB | 4.60 | 0 | |

Uitslag Item 200 - Verspring Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-----------|--------------|------|---------|------|-----|
| 1 | Mieke | Basson | IN | 5.83 | 0 | PR |
| 2 | Andrea | Cornelissen | BStr | 5.55 | 0 | PR |
| 3 | Natalie | Louw | IN | 5.54 | 0 | PR |
| 4 | Genieva | Alkaster | NB | 5.37 | 0 | P |
| 5 | Shanidine | Bezuidenhout | NB | 5.29 | 0 | |
| 6 | Emma | Ritter | BStr | 4.99 | 0 | |
| 7 | Shanique | Adams | WZ | 4.88 | 0 | |

Uitslag Item 201 - Gewigstoot Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|------------|------|---------|-----|
| 1 | Joshua | Acker | BStr | 19.00 | PR |
| 2 | Adruan | Kotze | BStr | 15.57 | P |
| 3 | Aqeel | De Bruyn | NB | 14.98 | P |
| 4 | Jacques | Lambrechts | WB | 14.92 | P |
| 5 | Jannie | Grobbelaar | BStr | 13.93 | |
| 6 | Helgard | Bruwer | NB | 13.37 | |
| 7 | Danio | Botha | BStr | 13.25 | |
| 8 | Schalk | Senekal | WB | 12.97 | |

Uitslag Item 202 - Gewigstoot Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|--------------------|------|---------|-----|
| 1 | Ankia | Viljoen | BStr | 13.15 | P |
| 2 | Leeann | van der Westhuizen | NB | 12.32 | P |
| 3 | Rochelle | Rijnsburger | BStr | 12.03 | P |
| 4 | MONIQUE | VAN GREUNING | BStr | 11.15 | |
| 5 | Lize-Mari | Steyn | WB | 11.12 | |
| 6 | Erin | Kelly | BStr | 10.74 | |
| 7 | Sumari | Hanekom | WB | 10.62 | |
| 8 | Heléne | Baird | NB | 10.38 | |

Uitslag Item 204 - Driesprong Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-----------|----------------|------|---------|------|-----|
| 1 | Izaam | Mostert | BStr | 10.23 | 0 | P |
| 2 | COURTNEY | JENNIKER | BStr | 10.19 | 0 | P |
| 3 | Robynn | Ferreira | BStr | 10.00 | 0 | P |
| 4 | Lize-Mari | Beukus | BStr | 9.60 | 0 | |
| 5 | Marique | van der Meulen | WB | 9.58 | 0 | |
| 6 | Jaimee | Cronje | BStr | 9.52 | 0 | |

Uitslag Item 207 - 100m Dogters 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|-----------|------|---------|-----|
| 1 | Zainup | Brenner | BStr | 12.93 | PR |
| 2 | Kiera-Lee | Abrahams | BStr | 13.13 | P |
| 3 | Jamie-Lee | Fortuin | WB | 13.38 | P |
| 4 | Neethling | Monya | BStr | 13.49 | P |
| 5 | Lynnice | Klaassen | BStr | 13.63 | P |
| 6 | Brie | September | BStr | 13.70 | P |
| 7 | Cleo | Tango | WB | 14.08 | P |
| 8 | Tamia | Fortuin | WZ | 14.11 | P |

Uitslag Item 208 - Hoogspring Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|---------|------------|------|---------|------|-----|
| 1 | Andrea | Boshoff | NB | 1.58 | 0 | PR |
| 2 | Miclynn | Africa | BStr | 1.50 | 0 | |
| 3 | Maryna | Horn | BStr | 1.50 | 0 | |
| 4 | Sumari | Bester | BStr | 1.50 | 0 | |
| 5 | Minette | van Rooyen | BStr | 1.45 | 0 | |
| 6 | Zoë | Horne | NB | 1.45 | 0 | |
| 7 | LARA | TERBLANCHE | BStr | 1.40 | 0 | |
| 8 | Roche | Lottering | WB | 1.40 | 0 | |

Uitslag Item 209 - Hoogspring Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|-------------|----------|------|---------|------|-----|
| 1 | Dayllin | Kamfer | BStr | 1.90 | 0 | P |
| 2 | Hope | Dliso | NB | 1.85 | 0 | P |
| 3 | Carick | Kustoor | NB | 1.75 | 0 | |
| 4 | CHRISTOPHER | GOUWS | BStr | 1.75 | 0 | |
| 5 | Khyle | Machelm | NWB | 1.70 | 0 | |
| 6 | DANIEL | HANEKOM | SB | 1.70 | 0 | |
| 7 | Luan | Willemse | NB | 1.70 | 0 | |
| 8 | URLIN | BENJAMIN | SB | 1.65 | 0 | |
| 9 | Jaysen | Vraagom | WB | 1.65 | 0 | |

Uitslag Item 210 - Diskusgooi Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|------------|------|---------|-----|
| 1 | Joshua | Acker | BStr | 55.99 | PR |
| 2 | Xander | De Bruin | NB | 52.94 | P |
| 3 | Adruan | Kotze | BStr | 50.62 | P |
| 4 | Aqeel | De Bruyn | NB | 48.38 | P |
| 5 | Jaco | Steyn | BStr | 46.79 | P |
| 6 | Jannie | Grobbelaar | BStr | 43.06 | |
| 7 | Jacques | Lambrechts | WB | 42.26 | |
| 8 | Schalk | Senekal | WB | 40.59 | |

Uitslag Item 211 - 100m Seuns 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|----------|------|---------|-----|
| 1 | Dwayne | Minnies | BStr | 11.49 | PR |
| 2 | Haygan | Opperman | BStr | 11.77 | P |
| 3 | Cheswill | Jooste | WB | 11.80 | P |
| 4 | Ruben | Mundell | WB | 12.02 | P |
| 5 | Dewron | Aford | NB | 12.12 | P |
| 6 | Lohenzel | Jansen | NB | 12.24 | P |
| 7 | Ralton | Gardiner | WB | 12.49 | P |
| 8 | DANIEL | BEUKES | SB | 12.56 | P |

Uitslag Item 212 - 100m Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|--------------|------|---------|-----|
| 1 | Amber | Titus | BStr | 13.12 | |
| 2 | Emily | Williams | BStr | 13.36 | |
| 3 | Jo-Eke | Haas | NB | 13.39 | |
| 4 | Bejanke | Bezuidenhout | WB | 13.47 | |
| 5 | GENEVIEVE | DE BRUYN | SB | 13.51 | |
| 6 | Kay | Blake | NB | 13.52 | |
| 7 | Monique | September | NB | 13.54 | |
| 8 | Rori | Cornelius | BStr | 13.57 | |
| 9 | Tammi-Ann | Plaatjies | BStr | 13.59 | |

Uitslag Item 213 - 100m Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|------------|------|---------|-----|
| 1 | Renaldo | Roberts | NB | 11.71 | |
| 2 | Bernardo | Diedericks | BStr | 11.72 | |
| 3 | Gregan | Mentoor | BStr | 11.75 | |
| 4 | Grayton | van Maro | NWB | 11.79 | |
| 5 | Mo-Eeck | Abrahams | BStr | 11.90 | |
| 6 | Ethan | Wearley | WB | 11.93 | |
| 7 | PAVASHE | MUZOKOMBA | BStr | 12.04 | |
| 8 | Shane-Lee | Simonse | BStr | 12.11 | |
| 9 | Demitri | Erasmus | NB | 12.26 | |

Uitslag Item 214 - 100m Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|----------|------|---------|-----|
| 1 | SONE | THORPE | SB | 13.19 | |
| 2 | Washima | Blaauw | WB | 13.19 | |
| 3 | Leah | Swile | BStr | 13.25 | |
| 4 | Merlyn-Lee | Williams | NB | 13.44 | |
| 5 | Helene | Lintveld | WZ | 13.52 | |
| 6 | Linda | Mentz | BStr | 13.54 | |
| 7 | Wasimah | Bosman | WB | 13.56 | |
| 8 | Amai | Bester | WB | 13.79 | |

Uitslag Item 215 - 100m Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|-------------|------|---------|-----|
| 1 | Bradley | Olifant | NB | 10.65 | PR |
| 2 | Jared James | Africa | BStr | 10.89 | P |
| 3 | JAYDEN | DANIELS | BStr | 11.06 | P |
| 4 | Zidane | Jambo | NB | 11.37 | |
| 5 | Jacques | de Villiers | BStr | 11.41 | |
| 6 | Duran | Stevens | BStr | 11.56 | |
| 7 | Wiaan | Martin | NB | 11.59 | |
| 8 | Kurt | Andrews | NB | 11.67 | |
| 9 | Lechan | Toerien | NWB | 11.69 | |

Uitslag Item 216 - 100m Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------------|--------------|------|---------|-----|
| 1 | Zoë | Williams | BStr | 12.68 | |
| 2 | Zoë | Eksteen | BStr | 12.69 | |
| 3 | Caitlin | Isaacs | BStr | 12.79 | |
| 4 | Jamie-Leigh | Oliphant | BStr | 12.85 | |
| 5 | Shanidine | Bezuidenhout | NB | 13.21 | |
| 6 | Genieva | Alkaster | NB | 13.21 | |
| 7 | FIONA | FOURIE | SB | 13.71 | |
| 8 | Othelia | Matthews | NWB | 14.03 | |
| 9 | Chryslée-Ann | Swarts | WZ | 14.90 | |

Uitslag Item 217 - Driesprong Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|---------|-------------|------|---------|------|-----|
| 1 | Lenice | Louw | WZ | 11.08 | 0 | P |
| 2 | Lu-Ann | Oliveros | BStr | 10.60 | 0 | P |
| 3 | Greta | Malan | BStr | 10.54 | 0 | P |
| 4 | Zoe | Tobias | BStr | 10.20 | 0 | |
| 5 | Miche | Engelbrecht | WB | 10.18 | 0 | |
| 6 | Shamira | Titus | BStr | 9.87 | 0 | |
| 7 | LENACHA | APPEL | SB | 9.75 | 0 | |

Uitslag Item 218 - 100m Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|-----------|------|---------|-----|
| 1 | Tristan | Faroa | IN | 10.96 | P |
| 2 | Hugo | Mostert | NB | 11.11 | P |
| 3 | CELINO | PETERSEN | SB | 11.18 | P |
| 4 | KYLE | SLATER | BStr | 11.26 | P |
| 5 | Tiaan | Schuurman | NB | 11.31 | P |
| 6 | Zandre | Jacobs | IN | 11.42 | |
| 7 | Shaun | Albertus | IN | 11.45 | |
| 8 | Geonuwain | Mampa | SB | 11.49 | |
| 9 | Jay-Cee | Kotze | WB | 11.65 | |

Uitslag Item 219 - 1500m Dogters 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|------------|------|---------|-----|
| 1 | Isabel | du Bruyn | WB | 5:07.29 | P |
| 2 | Queny | Papier | WB | 5:09.30 | P |
| 3 | Taelan | Viljoen | BStr | 5:10.44 | P |
| 4 | Cara | Crous | BStr | 5:13.25 | P |
| 5 | Késcha | October | BStr | 5:16.24 | P |
| 6 | Joslyn | Kiewiets | NB | 5:16.44 | P |
| 7 | Tercia | Adams | WB | 5:22.07 | P |
| 8 | Wilmarie | van Esland | NB | 5:23.41 | P |
| 9 | Jonray | Lewis | IN | 5:23.56 | P |
| 10 | Phia | Heydenrich | BStr | 5:24.54 | P |
| 11 | Girt-Lee | Andrews | NWB | 5:27.63 | P |
| 12 | MARISKA | WILSKUT | NB | 5:43.09 | P |
| 13 | Lukhom | Makeleni | IN | 5:43.39 | P |
| 14 | Jeniba | Nuwegeld | WZ | 5:56.38 | P |

Uitslag Item 220 - 1500m Seuns 14Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------------|------------|------|---------|-----|
| 2 | Irlo | Liebenberg | WB | 4:31.47 | R |
| 5 | Deolan | Daniels | BStr | 4:34.28 | |
| 6 | Josh | Messina | BStr | 4:35.30 | |
| 8 | Zayden | Kennedy | BStr | 4:38.11 | |
| 9 | Lee-Handro | Arendse | WZ | 4:39.44 | |
| 10 | Nicholas Napoleon | Malherbe | BStr | 4:43.71 | |
| 11 | Lee-Tin | Syfers | NB | 4:45.36 | |
| 13 | Jason | Bruintjies | NWB | 4:49.32 | |
| 14 | Christopher | Arends | SB | 5:02.51 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|-----------|------|---------|-----|
| 1 | Alito | Pietersen | WB | 4:28.73 | R |
| 3 | Juyeren | November | NB | 4:31.49 | R |
| 4 | MIGUEL | VAN NEEL | BStr | 4:33.35 | R |
| 7 | Miquel | Swart | NB | 4:37.91 | |
| 12 | Martin | Rooi | NWB | 4:48.92 | |
| 15 | Earlon | Matthews | WZ | 5:05.35 | |

Uitslag Item 221 - Spiesgooi Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|------------|------|---------|-----|
| 1 | Henko | Nieuwoudt | WB | 56.58 | P |
| 2 | JW | Uys | NB | 53.88 | P |
| 3 | Sebastian | Boshoff | BStr | 51.98 | |
| 4 | JAYDEN-LEE | SCHROEDER | SB | 50.03 | |
| 5 | RW | van Rooyen | WB | 49.50 | |

Uitslag Item 222 - Verspring Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|--------------------|-------------|------|---------|------|-----|
| 1 | Jaden | Lewis | IN | 6.90 | 0 | P |
| 2 | Ronaldino | Jonkers | NB | 6.45 | 0 | |
| 3 | Laurentius Jurenzo | Julius | BStr | 6.38 | 0 | |
| 4 | Aslam Chasha | Sulleman | BStr | 6.34 | 0 | |
| 5 | Adrian | Hage | BStr | 6.20 | 0 | |
| 6 | Lechan | Toerien | NWB | 6.13 | 0 | |
| 7 | Tristan | Holtshausen | IN | 6.03 | 0 | |
| 8 | JP | Snell | NB | 5.92 | 0 | |

Uitslag Item 223 - Verspring Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Wind | Rek |
|-----|---------|--------|------|---------|------|-----|
| 1 | Jason | Tito | BStr | 7.60 | 0 | PR |
| 2 | Shane | Maans | NB | 6.73 | 0 | |
| 3 | Lleyton | Davids | NB | 6.72 | 0 | |
| 4 | Jay-Cee | Kotze | WB | 6.43 | 0 | |
| 5 | Ethan | Neo | WB | 6.43 | 0 | |
| 6 | Lowan | Afrika | WB | 6.35 | 0 | |
| 7 | Govani | Blaauw | NWB | 6.29 | 0 | |

Uitslag Item 224 - Gewigstoot Dogters 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|-------------|------|---------|-----|
| 1 | Uanita | Engelbrecht | BStr | 13.58 | PR |
| 2 | Lisa | Terblanche | BStr | 11.93 | P |
| 3 | MARE | LOUW | SB | 10.83 | P |
| 4 | Elzahn | Nel | BStr | 10.83 | P |
| 5 | Aqeelah | Van Wyk | NB | 10.70 | P |
| 6 | Christy | Kent | NB | 10.56 | P |
| 7 | Mary | Roux | BStr | 10.40 | P |
| 8 | Carla | Ferreira | BStr | 10.13 | P |

Uitslag Item 225 - Gewigstoot Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|------------|------|---------|-----|
| 1 | Janke | Oosthuizen | BStr | 11.52 | P |
| 2 | JEMIMAH | DANIELS | SB | 11.36 | P |
| 3 | Hana | Sullivan | BStr | 10.40 | |
| 4 | Danel | Dreyer | BStr | 10.11 | |
| 5 | Dane | de Klerk | WZ | 9.65 | |
| 6 | Carla | le Roux | WB | 9.54 | |
| 7 | M'Caillen | Lombaard | NB | 9.23 | |

Uitslag Item 226 - 1500m Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------------|------------|------|---------|-----|
| 1 | Cay-Leigh | Carolissen | BStr | 4:53.83 | PR |
| 2 | Jade | Avenant | NB | 4:54.31 | PR |
| 3 | Isabella | Kruger | BStr | 4:55.72 | PR |
| 4 | ENYA | ZIPFEL | SB | 5:09.35 | |
| 5 | Christolique | McNeil | NB | 5:14.74 | |
| 6 | Joanique | Horn | NB | 5:15.89 | |
| 7 | Lisa | De Vos | BStr | 5:16.86 | |
| 8 | Helende | Kemp | BStr | 5:21.15 | |
| 9 | Letisla | Coetzee | WB | 5:28.83 | |
| 10 | Cleo | Papier | WB | 5:51.00 | |

Uitslag Item 227 - 1500m Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|------------|------|---------|-----|
| 1 | Leonardo | vd Werf | BStr | 4:22.23 | R |
| 2 | Msa | Delihlazo | NB | 4:29.20 | |
| 3 | B | Holland | BStr | 4:30.32 | |
| 4 | Cernal | Newing | BStr | 4:30.37 | |
| 5 | Valentino | Fredericks | WB | 4:36.52 | |
| 6 | Miceano | Januarie | WZ | 4:46.25 | |
| 7 | Lluwelleyn | Swanepoel | NB | 4:47.94 | |
| 8 | Zhandre | Hattingh | NB | 4:48.46 | |
| 9 | Morne | Swarts | NB | 4:49.66 | |
| 10 | Lee-Roy | Samuels | WZ | 4:54.24 | |
| 11 | Amaru | Samuels | IN | 5:11.05 | |

Uitslag Item 228 - 1500m Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|----------|------|---------|-----|
| 1 | Elandri | Schmidt | BStr | 4:49.03 | |
| 2 | Virgell-lee | Africa | NB | 4:53.52 | |
| 3 | Selma | du Preez | WB | 4:53.73 | |
| 4 | Aninka | Ferreira | BStr | 4:56.13 | |
| 5 | LANAH | NEL | BStr | 4:57.43 | |
| 6 | CANTE | ROUX | SB | 5:05.73 | |
| 7 | Chenique | Sas | NB | 5:06.42 | |
| 8 | Cameron | Mostert | NB | 5:18.32 | |

Uitslag Item 229 - 1500m Seuns 17Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|----------|------|---------|-----|
| 1 | Tiang | Makhetha | NB | 4:09.20 | R |
| 3 | Alfonso | Prins | WZ | 4:13.69 | |
| 5 | Jeandre | Fransman | NWB | 4:19.46 | |
| 8 | Jayden | Blaauw | NB | 4:27.67 | |
| 9 | Throne | Michels | NB | 4:32.09 | |
| 11 | Bronwin | Adams | BStr | 4:33.94 | |
| 13 | Quawin | Daniels | BStr | 4:44.82 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|----------|------|---------|-----|
| 2 | Maissa | Gringue | WZ | 4:10.58 | R |
| 4 | DONOVAN | BRINK | SB | 4:14.40 | |
| 7 | Daniel | Malan | WZ | 4:24.48 | |
| 12 | Amelio | Abrahams | NB | 4:35.16 | |

Uitslag Item 230 - Diskusgooi Seuns 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|--------------------|------|---------|-----|
| 1 | Ruan | de Weerd | BStr | 44.44 | |
| 2 | Nicolai | Hanekom | WB | 42.18 | |
| 3 | Ernst | du Preez | BStr | 41.95 | |
| 4 | Joshua | Coetzee | NB | 39.84 | |
| 5 | Juan | Liebenberg | WB | 37.32 | |
| 6 | Liam | van Rooyen | BStr | 36.07 | |
| 7 | MJ | van der Westhuizen | NB | 34.35 | |
| 8 | Oliver Euan | Reid | BStr | 33.89 | |

Uitslag Item 231 - 1500m Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|--------------------|------|---------|-----|
| 1 | Anneken | Viljoen | BStr | 4:42.29 | P |
| 2 | Cimon | Van der Westhuizen | BStr | 4:44.77 | P |
| 3 | Farren | Wenn | BStr | 4:59.64 | |
| 4 | Meagan | Swanepoel | NB | 5:07.63 | |
| 5 | Carlin | Jacobs | BStr | 5:08.30 | |
| 6 | Delicia | Zimri | NWB | 5:25.92 | |
| 7 | Katlyn | Joseph | NB | 5:50.40 | |
| 8 | Mirna | Swarts | WZ | 6:18.77 | |

Uitslag Item 232 - 1500m Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------------|---------------|------|---------|-----|
| 1 | Philip Stiaan | van Huyssteen | BStr | 4:03.37 | R |
| 2 | Gawain | Jantjies | BStr | 4:05.36 | R |
| 3 | DONOVEN | WILLEMSE | SB | 4:11.77 | |
| 4 | Cameron | Beukes | NWB | 4:13.71 | |
| 5 | Uwaal | Samuels | WB | 4:13.82 | |
| 6 | Lorenzo | Zimry | BStr | 4:21.32 | |
| 7 | Romano | Sauls | WB | 4:21.62 | |
| 8 | Jason | Esplin | IN | 4:22.25 | |
| 9 | Carolus | Myron | IN | 4:26.11 | |
| 10 | Pedro | Shaun-Pierre | NB | 4:26.13 | |
| 11 | SHANWIN | CONRADIE | NB | 4:26.15 | |
| 12 | Jemeal | Lukas | NB | 4:29.74 | |
| 13 | Dupie | Blom | NB | 4:30.06 | |
| 14 | Breyton | Rossouw | WZ | 4:30.94 | |
| 15 | Lee-Handry | Robertson | IN | 4:31.13 | |
| 16 | Christiano | November | NB | 4:32.17 | |
| 17 | Jamain | Pieterse | NB | 4:42.03 | |

Uitslag Item 233 - 200m Dogters 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|----------|------|---------|-----|
| 1 | Kiera-Lee | Abrahams | BStr | 26.73 | P |
| 2 | Zainup | Brenner | BStr | 26.77 | P |
| 3 | Babera | de Kock | BStr | 27.54 | P |
| 4 | Jamie-Lee | Fortuin | WB | 27.59 | P |
| 5 | Lilea | De Waal | BStr | 27.85 | P |
| 6 | Danni | Fortuin | BStr | 27.93 | P |
| 7 | Miché | Wilson | BStr | 28.13 | P |
| 8 | Chrislin | Stoffels | NB | 28.43 | P |

Uitslag Item 234 - 200m Seuns 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|----------|------|---------|-----|
| 1 | Cheswill | Jooste | WB | 24.00 | P |
| 2 | Haygan | Opperman | BStr | 24.06 | P |
| 3 | Ashwin | Swarts | BStr | 24.46 | P |
| 4 | Dewron | Aford | NB | 24.66 | P |
| 5 | Lohenzel | Jansen | NB | 24.82 | P |
| 6 | Preston | van Rooi | WB | 25.67 | P |
| 7 | CAYON | BROUWERS | SB | 27.19 | |

Uitslag Item 235 - 200m Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------------|--------------|------|---------|-----|
| 1 | Amber | Titus | BStr | 27.14 | |
| 2 | Christolique | McNeil | NB | 27.40 | |
| 3 | Bejanke | Bezuidenhout | WB | 27.88 | |
| 4 | Monique | September | NB | 27.93 | |
| 5 | Emily | Williams | BStr | 28.20 | |
| 6 | Medayah | Cader | NB | 28.46 | |
| 7 | Jo-Eke | Haas | NB | 29.73 | |

Uitslag Item 236 - 200m Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|-----------|------|---------|-----|
| 1 | Dale Robin | Martin | BStr | 23.83 | |
| 2 | Renaldo | Roberts | NB | 24.39 | |
| 3 | Shane-Lee | Simonse | BStr | 24.45 | |
| 4 | PAVASHE | MUZOKOMBA | BStr | 24.51 | |
| 5 | Mo-Eeck | Abrahams | BStr | 26.74 | |

Uitslag Item 237 - 200m Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|--------------------|------|---------|-----|
| 1 | Elke | van der Westhuizen | BStr | 25.30 | PR |
| 2 | Brenda | Du Toit | BStr | 25.57 | PR |
| 3 | Kristen | van der Ross | WB | 26.67 | |
| 4 | Cassandra | Malgas | BStr | 26.98 | |
| 5 | Linda | Mentz | BStr | 26.99 | |
| 6 | Jody | James | BStr | 27.31 | |
| 7 | Helene | Lintveld | WZ | 27.57 | |

Uitslag Item 238 - 200m Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|-------------|------|---------|-----|
| 1 | Bradley | Olifant | NB | 21.67 | PR |
| 2 | Jared James | Africa | BStr | 22.28 | P |
| 3 | Adriano | Prag | BStr | 22.72 | |
| 4 | Zidane | Jambo | NB | 23.00 | |
| 5 | Duran | Stevens | BStr | 23.29 | |
| 6 | Jaiden Lee | De Villiers | BStr | 23.29 | |
| 7 | Agano | Daniels | NB | 23.42 | |
| 8 | Lechan | Toerien | NWB | 25.29 | |

Uitslag Item 239 - 200m Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|-------------|------|---------|-----|
| 1 | Andrea | Cornelissen | BStr | 25.68 | |
| 2 | Zoë | Eksteen | BStr | 26.38 | |
| 3 | Zoë | Williams | BStr | 26.54 | |
| 4 | Jamie-Leigh | Oliphant | BStr | 27.43 | |
| 5 | Genieva | Alkaster | NB | 27.45 | |
| 6 | Othelia | Matthews | NWB | 32.99 | |
| 7 | CASSENDRA | MBATHA | SB | 35.84 | |

Uitslag Item 240 - 200m Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|-----------|------|---------|-----|
| 1 | Jayson | Weber | IN | 21.88 | PR |
| 2 | ANTONIO | VYWER | SB | 22.39 | |
| 3 | Hugo | Mostert | NB | 22.41 | |
| 4 | Tiaan | Schuurman | NB | 22.72 | |
| 5 | Shaun | Albertus | IN | 22.82 | |
| 6 | Zandre | Jacobs | IN | 23.64 | |

Uitslag Item 241 - 3000m Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|-------------|------|----------|-----|
| 1 | Cay-Leigh | Carolissen | BStr | 11:02.48 | P |
| 2 | Gillian | Muller | NB | 11:32.41 | |
| 3 | Helende | Kemp | BStr | 11:38.43 | |
| 4 | Joanique | Horn | NB | 12:00.11 | |
| 5 | LERIZE | DE VILLIERS | BStr | 12:10.61 | |
| 6 | Vlok | Carmen | WB | 12:39.64 | |
| 7 | Christi | Marais | NB | 12:44.91 | |

Uitslag Item 242 - 3000m Seuns 15Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|---------------|------|----------|-----|
| 6 | ASHLEY | DAVIDS | SB | 10:04.12 | |
| 8 | Buyron | van Schalkwyk | NWB | 10:16.62 | |
| 9 | Lluwelleyn | Swanepoel | NB | 10:17.31 | |
| 11 | JASON | MANCHEST | SB | 10:21.13 | |
| 12 | Percival | Paul | NB | 10:26.72 | |
| 13 | Lee-Roy | Samuels | WZ | 10:36.77 | |
| 18 | Hanré | Veldsman | BStr | 11:07.85 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------------|-----------|------|----------|-----|
| 1 | Santino | Appels | WB | 9:28.90 | |
| 2 | Leonardo | vd Werf | BStr | 9:38.90 | |
| 3 | Msa | Delihlazo | NB | 9:44.34 | |
| 4 | Duwayne | Damon | WB | 9:46.32 | |
| 10 | Monridge | Cupido | IN | 10:20.87 | |
| 15 | Ethan | Swarts | WZ | 10:59.41 | |
| 19 | SANTIAGO PARGA | OSARIO | BStr | 11:36.41 | |

Uitslag Item 243 - Diskusgooi Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|----------|------|---------|-----|
| 1 | JANKA | DU TOIT | SB | 31.78 | P |
| 2 | ZINATHI | FUKWENI | BStr | 31.09 | P |
| 3 | Thalia | Hugo | BStr | 30.89 | P |
| 4 | Melissa | Moolman | BStr | 28.51 | |
| 5 | Caitlen-Lee | Lombaard | NB | 28.31 | |
| 6 | V d Merwe | Mia | BStr | 28.08 | |
| 7 | Mia | Burger | WZ | 27.03 | |
| 8 | Anka | Crous | WB | 23.00 | |

Uitslag Item 244 - 3000m Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|------------|------|----------|-----|
| 1 | Elandri | Schmidt | BStr | 10:20.17 | P |
| 2 | MARIETJIE | CILLIERS | BStr | 10:32.87 | P |
| 3 | Chenique | Sas | NB | 11:17.92 | |
| 4 | Jana | Malan | WZ | 11:22.64 | |
| 5 | Lia | du Plessis | BStr | 11:31.82 | |
| 6 | Anika | Spies | NB | 11:57.73 | |
| 7 | Delvonja | Julies | IN | 12:58.95 | |
| 8 | Ilona | Boois | WB | 13:20.35 | |

Uitslag Item 245 - 3000m Seuns 17Jaar (Finaal)

Lopie 1 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|------------|-----------|------|----------|-----|
| 3 | Damian | Van Wyk | WZ | 9:22.63 | |
| 7 | Levi | Sauls | WB | 9:38.76 | |
| 9 | Gavin | Petro | WB | 9:41.74 | |
| 13 | Christiaan | Potgieter | WZ | 10:03.94 | |
| 15 | JENOVAN | SOLDAAT | NB | 10:15.51 | |
| 16 | Bronwin | Adams | BStr | 10:20.15 | |

Lopie 2 van 2

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|----------|------|---------|-----|
| 2 | Gideon | Louw | BStr | 9:21.53 | |
| 4 | Will | Arendse | NB | 9:27.67 | |
| 5 | Lee-Than | Rooi | WZ | 9:32.77 | |
| 6 | Jeandre | Fransman | NWB | 9:32.78 | |
| 8 | Alfonso | Prins | WZ | 9:39.90 | |
| 11 | David | Lewis | NWB | 9:50.85 | |

Uitslag Item 247 - 5000m Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|-------------|------|----------|-----|
| 1 | Alme | Jordan | IN | 17:31.48 | P |
| 2 | Meagan | Swanepoel | NB | 19:25.05 | P |
| 3 | Maja | van Aswegen | IN | 19:31.93 | P |
| 4 | Anika | Smit | WB | 20:26.14 | |
| 5 | Caity | Schenmeyer | IN | 22:10.17 | |
| 6 | Katlyn | Joseph | NB | 22:37.50 | |
| 7 | Nikki | Schernmeyer | IN | 23:03.52 | |

Uitslag Item 248 - 5000m Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-------------|------------------|------|----------|-----|
| 1 | Cameron | Beukes | NWB | 15:34.51 | |
| 2 | Alexandro | Da Silva Azevedo | IN | 15:45.23 | |
| 3 | Brandon-Lee | Jonkers | WB | 15:54.27 | |
| 4 | Curtis | Fortuin | WB | 16:10.38 | |
| 5 | Westlin | Diedericks | NB | 16:15.16 | |
| 6 | Wano | Katjiri | BStr | 16:17.78 | |
| 7 | Bruce | Maboza | NB | 17:17.72 | |
| 8 | Giovanno | Steyn | BStr | 18:26.10 | |

Uitslag Item 250 - 400m Dogters 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|----------|------|---------|-----|
| 1 | Babera | de Kock | BStr | 1:01.84 | P |
| 2 | Miché | Wilson | BStr | 1:03.18 | P |
| 3 | Lara | Ehlers | BStr | 1:03.41 | P |
| 4 | Anné | Sabbagha | BStr | 1:03.75 | P |
| 5 | Liza | Du Toit | WZ | 1:04.17 | P |
| 6 | Chrystal | Maarman | WB | 1:05.80 | P |
| 7 | Adelene | Vorster | WB | 1:06.03 | P |
| 8 | Leandrea | Sauls | NB | 1:12.74 | P |

Uitslag Item 251 - 400m Seuns 14Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|----------|----------|------|---------|-----|
| 1 | Ashwin | Swarts | BStr | 54.93 | P |
| 2 | Benin | Rukera | WB | 55.49 | P |
| 3 | Cheswill | Jooste | WB | 56.40 | P |
| 4 | Maurice | Rio | WZ | 57.07 | P |
| 5 | Anzo | Bester | WB | 57.37 | P |
| 6 | Renaldo | Willemse | NB | 58.31 | P |
| 7 | Ellias | De Waal | BStr | 58.51 | P |

Uitslag Item 252 - 400m Dogters 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------------|---------------|------|---------|-----|
| 1 | Janke-Martine | Viljoen | BStr | 1:02.12 | |
| 2 | Medayah | Cader | NB | 1:03.40 | |
| 3 | Anja | Labuschagne | BStr | 1:03.59 | |
| 4 | Joanique | Horn | NB | 1:03.93 | |
| 5 | Stefanie | van der Merwe | WB | 1:06.43 | |
| 6 | KARLA | VAN WYK | SB | 1:08.67 | |
| 7 | Devadeen | Coenraad | WB | 1:10.72 | |

Uitslag Item 253 - 400m Seuns 15Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------|-------------|------|---------|-----|
| 1 | Jivanno | Melouw | NB | 52.91 | P |
| 2 | Luan | Jumat | NB | 53.48 | P |
| 3 | Cirsten | Olivier | NB | 53.71 | P |
| 4 | NOVIN | WAGENSTROOM | SB | 55.05 | |
| 5 | Raywon | Minnaar | NB | 55.68 | |
| 6 | Dylan | Savage | NWB | 58.35 | |
| 7 | Hagen | van Niekerk | BStr | 59.10 | |

Uitslag Item 254 - 400m Dogters 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|--------|------------|------|---------|-----|
| 1 | Tatum | Ludick | BStr | 58.07 | P |
| 2 | Cari | Groenewald | BStr | 58.39 | P |
| 3 | Mienke | Viljoen | BStr | 59.54 | |
| 4 | Ilse | Brugman | BStr | 1:00.93 | |
| 5 | Karla | Brugman | BStr | 1:02.71 | |

Uitslag Item 255 - 400m Seuns 17Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|---------------|-------------|------|---------|-----|
| 1 | Emile | Geyser | BStr | 49.98 | P |
| 2 | Devon | Blaauw | WB | 50.09 | P |
| 3 | Debrahano | Plaatjies | NB | 50.61 | |
| 4 | Jaden | Neetlingh | BStr | 52.17 | |
| 5 | Jaiden Lee | De Villiers | BStr | 53.24 | |
| 6 | Hanrich Chris | Swart | BStr | 54.94 | |
| 7 | ELRICH | MARTHINUS | SB | 58.26 | |

Uitslag Item 256 - 400m Vroue 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|---------|------|---------|-----|
| 1 | Emma | Ritter | BStr | 1:00.83 | |
| 2 | Bronwin | Lee | BStr | 1:01.26 | |
| 3 | Zani | Van Zyl | BStr | 1:01.77 | |
| 4 | Carli | Coetzee | WZ | 1:03.32 | |
| 5 | Mikiala | Kaboni | WB | 1:10.03 | |
| 6 | Justine | Pekeur | NB | 1:12.05 | |
| 7 | CASSENDRA | MBATHA | SB | 1:16.48 | |

Uitslag Item 257 - 400m Mans 19Jaar (Finaal)

| Pos | Naam | Van | Span | Uitslag | Rek |
|-----|-----------|----------|------|---------|-----|
| 1 | Jayson | Weber | IN | 48.75 | PR |
| 2 | Claudio | Matolla | NB | 49.77 | |
| 3 | Geonuwhin | Mampa | SB | 50.63 | |
| 4 | Zachery | Boer | BStr | 51.42 | |
| 5 | NICK | DE JAGER | SB | 51.60 | |
| 6 | Lincoln | Nichols | BStr | 52.02 | |
| 7 | Ronaldo | Abrahams | NB | 52.23 | |
| 8 | Keanu | Mentoor | WB | 52.89 | |