



1992-2018

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BOARD MEMBERS

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VICE-PRES: Dr Harold Adams
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Tsogo Sun
SA Sports Trust

MISSION

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	13 February 2019
Subject	SA NATIONAL YOUTH & JUNIOR CHAMPIONSHIPS
No pages	7

ELECTRONIC TRANSMISSION

Dear Members

Circular 23 of ASA 2019 (02/13) – SA NATIONAL YOUTH & JUNIOR CHAMPIONSHIPS

Kindly note that the 2019 Youth and Junior Track and Field Championships will be taking place in Paarl from Thursday 28 March 2019 to Saturday 30 March 2019 at the Dal Josaphat Stadium.

Kindly receive the following information in this circular :

1. Final Draft program of the event

The Team Manual will be sent in due course

For any queries please contact the ASA Competition Department Mehlo Hlabangane @082 990 9470 mehloh@athleticssa.co.za.

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FINAL DRAFT 2019 ASA U18 & U20 National Championships

DAL JOSAPHAT STADIUM – PAARL: 28 - 30 March 2019

Day 1 - MORNING SESSION

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Gender & Age</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
1	1	07h00	B18	10 000m Walk		FINAL	
2	1	08h00	G20	High Jump	If more than 12 entries	Qualification	to Final, Event 119
3	1	08h00	B20	Discus	If more than 12 entries	Qualification	to Final, Event 60
4	1	08h00	B18	Triple Jump	If more than 12 entries	Qualification	to Final, Event 112
5	1	08h30	B20	10 000m		FINAL	
6	1	09h00	G18	Pole Vault		FINAL	
7	1	09h00	G20	Javelin	If more than 12 entries	Qualification	to Final, Event 63
8	1	09h15	G18	800m		Heats	to Final, Event 53
9	1	09h30	G18	Discus	If more than 12 entries	Qualification	to Final, Event 70
10	1	09h30	B20	Triple Jump	If more than 12 entries	Qualification	to Final, Event 122
11	1	09h30	B18	800m		Heats	to Final, Event 54
12	1	09h45	B20	High Jump	If more than 12 entries	Qualification	to Final, Event 130
13	1	09h45	G20	800m		Heats	to Final, Event 55
14	1	10h00	B20	800m		Heats	to Final, Event 56
15	1	10h15	G18	100m		Heats	to Semi Final, Event 30
16	1	10h30	B20	Javelin	If more than 12 entries	Qualification	to Final, Event 76
17	1	10h35	B18	100m		Heats	to Semi Final, Event 32
18	1	11h00	G20	100m		Heats	to Semi Final, Event 33
19	1	11h00	B18	Discus	If more than 12 entries	Qualification	to Final, Event 89
20	1	11h00	G18	Triple Jump	If more than 12 entries	Qualification	to Final, Event 97
21	1	11h00	G20	Shot Put	If more than 12 entries	Qualification	to Final, Event 110
22	1	11h20	B20	100m		Heats	to Semi Final, Event 34
23	1	11h30	B18	High Jump	If more than 12 entries	Qualification	to Final, Event 71
24	1	11h40	B20	400m Hurdles	91.4cm	Heats	to Final, Event 44
25	1	11h55	B18	400m Hurdles	84cm	Heats	to Final, Event 45
26	1	12h10	G20	400m Hurdles	76cm	Heats	to Final, Event 46
27	1	12h25	G18	400m Hurdles	76cm	Heats	to Final, Event 47

FINAL DRAFT 2019 ASA U18 & U20 National Championships

DAL JOSAPHAT STADIUM – PAARL: 28 - 30 March 2019

Day 1 - AFTERNOON / EVENING SESSION

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
28	1	14h00	G18	Javelin	If more than 12 entries	Qualification	to Final, Event 86
29	1	14h00	G20	Pole Vault		FINAL	
30	1	14h00	G18	100m		Semi-Finals	to Final, Event 48
31	1	14h00	B18	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 109
32	1	14h10	B18	100m		Semi-Finals	to Final, Event 49
33	1	14h20	G20	100m		Semi-Finals	to Final, Event 51
34	1	14h30	B20	100m		Semi-Finals	to Final, Event 52
35	1	14h45	B20	3 000m Steeplechase	91.4cm	FINAL	
36	1	15h05	B18	2 000m Steeplechase	91.4cm	FINAL	
37	1	15h20	G18	2 000m Steeplechase	76cm	FINAL	
38	1	15h30	G20	Triple Jump	If more than 12 entries	Qualification	to Final, Event 103
39	1	15h30	G18	High Jump	If more than 12 entries	Qualification	to Final, Event 88
40	1	15h30	B18	Javelin	If more than 12 entries	Qualification	to Final, Event 100
41	1	15h35	G20	3 000m Steeplechase	76cm	FINAL	
42	1	16h00	G20	Discus	If more than 12 entries	Qualification	to Final, Event 99
43	1	16h00	G18	5 000m Walk		FINAL	
44	1	16h45	B20	400m Hurdles	91.4cm	FINAL	
45	1	16h55	B18	400m Hurdles	84cm	FINAL	
46	1	17h05	G20	400m Hurdles	76cm	FINAL	
47	1	17h15	G18	400m Hurdles	76cm	FINAL	
48	1	17h25	G18	100m		FINAL	
49	1	17h30	B18	100m		FINAL	
50	1	17h30	B20	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 147
51	1	17h35	G20	100m		FINAL	
52	1	17h40	B20	100m		FINAL	
53	1	17h50	G18	800m		FINAL	
54	1	18h00	B18	800m		FINAL	
55	1	18h10	G20	800m		FINAL	
56	1	18h20	B20	800m		FINAL	

FINAL DRAFT 2019 ASA U18 & U20 National Championships

DAL JOSAPHAT STADIUM – PAARL: 28 - 30 March 2019

Day 2 - MORNING SESSION

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
57	2	07h00	G20	10 000m Walk		FINAL	
58	2	07h00	G20	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 132
59	2	08h00	G18	Long Jump	If more than 12 entries	Qualification	to Final, Event 131
60	2	08h30	B20	Discus	1.75kg	FINAL	
61	2	08h30	G18	400m		Heats	to Semi Final, Event 95
62	2	08h50	B18	400m		Heats	to Semi Final, Event 96
63	2	09h00	G20	Javelin	400g	FINAL	
64	2	09h00	G18	Shot Put	If more than 12 entries	Qualification	to Final, Event 146
65	2	09h00	B18	Pole Vault		FINAL	
66	2	09h10	G20	400m		Heats	to Semi Final, Event 98
67	2	09h30	B20	400m		Heats	to Semi Final, Event 101
68	2	09h30	B18	Long Jump	If more than 12 entries	Qualification	to Final, Event 134
69	2	09h55	B20	110m Hurdles	99cm	Heats	to Semi Final, Event 90
70	2	10h00	G18	Discus	1kg	FINAL	
71	2	10h00	B18	High Jump		FINAL	
72	2	10h10	B18	110m Hurdles	91.4cm	Heats	to Semi Final, Event 91
73	2	10h25	G20	100m Hurdles	84cm	Heats	to Semi Final, Event 92
74	2	10h40	G18	100m Hurdles	76cm	Heats	to Semi Final, Event 93
75	2	11h00	G18	3 000m		FINAL	
76	2	11h00	B20	Javelin	800g	FINAL	
77	2	11h00	B18	Shot Put	If more than 12 entries	Qualification	to Final, Event 133
78	2	11h00	G20	Long Jump	If more than 12 entries	Qualification	to Final, Event 125
79	2	11h20	B18	3 000m		FINAL	
80	2	11h30	G18	Hammer Throw	If more than 12 entries	Qualification	to Final, Event 120
81	2	11h40	G20	3 000m		FINAL	
82	2	12h00	G18	200m		Heats	to Semi Final, Event 111
83	2	12h20	B18	200m		Heats	to Semi Final, Event 113
84	2	12h40	G20	200m		Heats	to Semi Final, Event 114
85	2	13h00	B20	200m		Heats	to Semi Final, Event 115

FINAL DRAFT 2019 ASA U18 & U20 National Championships**DAL JOSAPHAT STADIUM – PAARL: 28 - 30 March 2019****Day 2 – AFTERNOON / EVENING SESSION**

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
86	2	15h00	G18	Javelin	500g	FINAL	
87	2	15h00	B20	Long Jump	If more than 12 entries	Qualification	to Final, Event 148
88	2	15h00	G18	High Jump		FINAL	
89	2	15h00	B18	Discus	1.5kg	FINAL	
90	2	15h15	B20	110m Hurdles	99cm	Semi-Finals	to Final, Event 104
91	2	15h30	B18	110m Hurdles	91.4cm	Semi-Finals	to Final, Event 105
92	2	15h45	G20	100m Hurdles	84cm	Semi-Finals	to Final, Event 106
93	2	16h00	G18	100m Hurdles	76cm	Semi-Finals	to Final, Event 107
94	2	16h00	B20	Shot Put	If more than 12 entries	Qualification	to Final, Event 121
95	2	16h15	G18	400m		Semi-Finals	to Final, Event 126
96	2	16h30	B18	400m		Semi-Finals	to Final, Event 127
97	2	16h30	G18	Triple Jump	9m Board	FINAL	
98	2	16h45	G20	400m		Semi-Finals	to Final, Event 128
99	2	17h00	G20	Discus	1kg	FINAL	
100	2	17h00	B18	Javelin	700g	FINAL	
101	2	17h00	B20	400m		Semi-Finals	to Final, Event 129
102	2	17h15	B20	5 000m		FINAL	
103	2	17h45	G20	Triple Jump	11m Board	FINAL	
104	2	17h45	B20	110m Hurdles	99cm	FINAL	
105	2	17h55	B18	110m Hurdles	91.4cm	FINAL	
106	2	18h05	G20	100m Hurdles	84cm	FINAL	
107	2	18h15	G18	100m Hurdles	76cm	FINAL	

FINAL DRAFT 2019 ASA U18 & U20 National Championships**DAL JOSAPHAT STADIUM – PAARL: 28 - 30 March 2019****Day 3 - MORNING SESSION**

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
108	3	07h00	B20	10 000m Walk		FINAL	
109	3	08h00	B18	Hammer Throw	5kg	FINAL	
110	3	08h00	G20	Shot Put	4kg	FINAL	
111	3	08h30	G18	200m		Semi-Finals	to Final, Event 135
112	3	08h30	B18	Triple Jump	11m Board	FINAL	
113	3	08h45	B18	200m		Semi-Finals	to Final, Event 136
114	3	09h00	G20	200m		Semi-Finals	to Final, Event 137
115	3	09h15	B20	200m		Semi-Finals	to Final, Event 138
116	3	09h30	B20	Pole Vault		FINAL	
117	3	09h30	G18	1 500m		Heats	to Final, Event 139
118	3	09h50	B18	1 500m		Heats	to Final, Event 140
119	3	10h00	G20	High Jump		FINAL	
120	3	10h00	G18	Hammer Throw	3kg	FINAL	
121	3	10h00	B20	Shot Put	6kg	FINAL	
122	3	10h00	B20	Triple Jump	13m Board	FINAL	
123	3	10h10	G20	1 500m		Heats	to Final, Event 141
124	3	10h30	B20	1 500m		Heats	to Final, Event 142
125	3	10h30	G20	Long Jump		FINAL	
126	3	10h50	G18	400m		FINAL	
127	3	11h00	B18	400m		FINAL	
128	3	11h10	G20	400m		FINAL	
129	3	11h20	B20	400m		FINAL	

FINAL DRAFT 2019 ASA U18 & U20 National Championships**DAL JOSAPHAT STADIUM – PAARL: 28 - 30 March 2019****Day 3 – AFTERNNON / EVENING SESSION**

<u>Seq</u>	<u>Day</u>	<u>Time</u>	<u>Age Grp</u>	<u>Event</u>	<u>Specs</u>	<u>Round</u>	<u>Comment</u>
130	3	15h00	B20	High Jump		FINAL	
131	3	15h00	G18	Long Jump		FINAL	
132	3	15h00	G20	Hammer Throw	4kg	FINAL	
133	3	15h00	B18	Shot Put	5kg	FINAL	
134	3	15h00	B18	Long Jump		FINAL	
135	3	15h00	G18	200m		FINAL	
136	3	15h10	B18	200m		FINAL	
137	3	15h20	G20	200m		FINAL	
138	3	15h30	B20	200m		FINAL	
139	3	15h40	G18	1 500m		FINAL	
140	3	15h50	B18	1 500m		FINAL	
141	3	16h00	G20	1 500m		FINAL	
142	3	16h10	B20	1 500m		FINAL	
143	3	16h20	G18	4 x 100m Relay		Time Placing FINAL	
144	3	16h30	B18	4 x 100m Relay		Time Placing FINAL	
145	3	16h40	G20	4 x 100m Relay		Time Placing FINAL	
146	3	16h45	G18	Shot Put	3kg	FINAL	
147	3	16h45	B20	Hammer Throw	6kg	FINAL	
148	3	16h45	B20	Long Jump		FINAL	
149	3	16h50	B20	4 x 100m Relay		Time Placing FINAL	
150	3	17h00	G20	5 000m		FINAL	
151	3	17h30	G18	4 x 400m Relay		Time Placing FINAL	
153	3	17h45	B18	4 x 400m Relay		Time Placing FINAL	
154	3	18h00	G20	4 x 400m Relay		Time Placing FINAL	
155	3	18h15	B20	4 x 400m Relay		Time Placing FINAL	