

**SOUTH AFRICAN SCHOOLS ATHLETICS
NATIONAL HIGH SCHOOLS
TRACK&FIELD CHAMPIONSHIPS**

MAINSTREAM&L.S.E.N.

COMPETITION MANUAL



ATHLETICS STADIUM

**BLOEMFONTEIN
FREESTATE PROVINCE**

02 - 05 April 2025

SOUTH AFRICAN SCHOOLS ATHLETICS
HIGH SCHOOLS – MAINSTREAM & L.S.E.N.
TRACK & FIELD CHAMPIONSHIPS 2025

1. **DATE:** Wednesday to Saturday, 02 April - 05 April 2025
2. **VENUE:** Mangaung Athletics Stadium, Bloemfontein Freestate Province.
3. **CATEGORY, AGE GROUP AND ACTUAL AGE IN 2025**

CATEGORY	AGE GROUP	ACTUAL AGE IN 2025
JUNIOR (ASAU/20)	19 M & 19L	Born in 2006/2007 (19 years or younger on 1 Jan 2025– 31 Dec 2025)
YOUTH (ASAU/18)	17 M & 17L	Born in 2008/2009 (17 years or younger on 1 Jan 2025– 31 Dec 2025)
SUB-YOUTH (ASA U/16)	15 M & 15L	Born in 2010/2011 (15 years or younger on 1 Jan 2025– 31 Dec 2025)
PRIMARY YOUTH	12-13 LSEN	Born in 2012/13 (12/13 years or younger on 1 Jan 2025-31 Dec 2025)

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

4. CONTINGENT PER PROVINCE

4.1 PROVINCE

The maximum number of athletes allowed per Province as 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 & 6 (Six) x Qualified Technical Officials per province.

4.3 **ACCOMPANYING OFFICIALS – ALLOCATION FOR L.S.E.N. (MID).**

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 & 2 (Two) x Qualified Technical Officials.

4.4 **ACCOMPANYING OFFICIALS – ALLOCATION FOR L.S.E.N. (DEAF).**

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

<u>ATHLETES</u>		<u>TEAM OFFICIALS (Inclusive of Male & Female)</u>
10	-	2 (1 Manager + 1 Coach)
20	-	4 (1 Manager + 3 Coaches)
30	-	6 (2 Manager + 4 Coaches)

- 1 (One) x Sign Language, 1 (One) x Starter Assistant, 2 (Two) x 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**

The General Manager must report for REGISTRATION of their Teams on Wednesday, 2 April 2025 between 09:00 and 15:00 at the Bloemfontein **Stadium**, Bloemfontein **This Transport & Accommodation must be organized by your Province.**

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!

DSAC-ARVA registration forms will be given by your provincial DSAC official with the link to register your athletes, as per the AGM resolution.

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

PROVINCE	MAINSTREAM MAX. ALLOWED	MID MAX. ALLOWED	DEAF MAX. ALLOWED
1. EASTERN CAPE PROV.	140	45	10
2. FREE STATE PROV.	230	65	5
3. GAUTENG PROV.	250	165	20
4. KWA ZULU NATAL PROV.	140	55	20
5. LIMPOPO PROV.	120	65	10
6. MPUMALANGA PROV.	130	65	5
7. NORTH WEST PROV.	150	65	5
8. NORTHERN CAPE PROV.	80	45	5
9. WESTERN CAPE PROV.	220	145	20
TOTAL	1460	715	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, the athlete may participate with one number only.

8. **LOGISTICS**

All Logistics is for the account of the Provincial Athletics Team- Accommodation, Transport, Clothing and Food for the journey must be discussed with Provincial DSAC.

9. **ASSIZING OF IMPLEMENTS**

Implements for the Throws & Pole Vault must be handed in for asizing purposes on Wednesday, 02 April 2025, 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. **TEAM ENTRIES**

CLOSING DATE: MONDAY, 17 MARCH 2025 - 24:00

Names of athletes must be entered in alphabetical order in the space provided on the

Entry Form.

Email to the following officials:

Will be shared ASAP. Procurement protocols be followed
Mr. Hendrik Bekker (Vice-Chairperson High Schools) E-Mail: hnb1@icloud.com Cell: 082 573 7082 (Mail any enquiries to Hendrik Bekker)
Mrs Yvonne Schalk (GS) Email: Yvonne.Schalk@gauteng.gov.za 0767667662
Please verify receipt of your entries after submission to the above.

Best Time/Distance/Height recorded by the athlete for the 2024/2025 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 is R 500,00 per day and part thereof.

Closing date for Entries: Monday, 17 March 2025 – 24h00

11. VERIFICATION OF BIRTH

The **NEW Athlete Identity Verification Form** was mandated at a General Council Meeting (AGM) held on 9 November 2018, to be implement from 2019.

It is compulsory for all athletes to present this document at the National Schools Championship as certified document for identity clarification to participate.

(Please take note that NO athlete will be allowed to participate if the document cannot be presented before the championship starts.)

The new form must be completed in full.

All details regarding the athlete, his/her **ID colour photo (NOT OLDER THAN 3 years)** **must be** placed on the form with a certified copy of the Birth Certificate/ I.D. document/ Passport/ Smart Card.

NB: Birth Certificate/ Passport (All athletes 17 years and younger)

NB: Birth Certificate / I.D. Document / Passport/ Smart Card (For athletes 18 year and older)

NB: Proof of Application for ID DOCUMENT IS ACCEPTABLE.

PLEASE NOTE:

The Principal / Deputy Principal/ SAPS qualifies as Commissioner of Oath, and he/she **must** certify the photocopy of the certificate on this template as a true copy **and** place the School Stamp (**NOT OLDER THAN 3 YEARS**) **partly over** the I.D. photo **and** partly over photocopied certificate. **School Stamp must indicate the date.**

Very important:

The General Manager of each Province must have a list of all Athletes with the relevant information stating the date of birth 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.

12. MEETING FOR TEAM MANAGERS AND TECHNICAL OFFICIALS

12.1 A meeting for Team Managers and Technical Officials will be held on Wednesday, 02 April 2025 at the registration venue for 1 (one) Hour:

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

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

16H30 = Parade Assembly

17H00 = Start of Opening Ceremony: Maximum 1 Hour!

12.2 **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

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

12.4 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.

13. **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).

14. **QUALIFYING STANDARDS**

See Appendix-B, p12-13.

NB! For the sake of their own safety, athletes who DO NOT meet the QUALIFYING STANDARDS in the triple jump events should NOT BE INCLUDED in the team.

15. **OFFICIAL OPENING – (Compulsory for all Teams)**

The official opening will be held on **Wednesday, 02 April 2025 at the Stadium.**

16H30= Parade Assembly **(All Team Managers and Coaches must take part in the**

March Pass)

17H00 = 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.

16. **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 + MID + 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.

IF A PROVINCE ENTERS RACE WALKING ATHLETES, THE NAME OF AT LEAST ONE RACE WALKING JUDGE SHOULD BE INCLUDED IN THE LIST.

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.

17. **MEDALS**

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

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

All Team Managers must, 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 program.

18. **INTERNATIONAL PARTICIPATION - 2025**

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. Athletes will 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 Athletes may participate in a maximum of 3 (three) events plus the Relay. The 3 events can be either Track or Field or a Combination of the two. There is no restriction for Provinces on the number of athletes per Event and Age Group.
Provinces must not exceed the Maximum Number of Athletes allocated, as stated on Page 2, No 6 !!
- 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 500.00** must accompany the written appeal.
- 2.15 Qualifying Standards will be reviewed every year.
- 2.16 WA 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 Meetings on 02 April 2025

See attached Competition Program – Draft 1: Pages 28 – 38

TECHNICAL INFORMATION

AGE GROUPS FOR THE 2025 SASA TRACK & FIELD CHAMPIONSHIPS

HIGH SCHOOLS MAINSTREAM: BOYS&GIRLS: 15, 17, 19

EVENTS	BOYS(Age)				GIRLS(Age)		
	15	17	19		15	17	19
100m	x	x	x		x	x	x
200m	x	x	x		x	x	x
400m	x	x	x		x	x	x
800m	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 mH					x		
100 mH	x					x	x
110 mH		x	x				
300 mH	x				x		
400 mH		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 100/200/300/400m	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 2025 SASA TRACK & FIELD CHAMPIONSHIPS:

HIGH SCHOOLS L.S.E.N. (MID, DEAF) - BOYS&GIRLS: 13, 15, 17, 19

EVENT	BOYS (Age)				GIRLS (Age)			
	13	15	17	19	13	15	17	19

100m	X	X	X	X		X	X	X	X
200m	X	X	X	X		X	X	X	X
400m		X	X	X			X	X	X
800m		X	X	X			X	X	X
1,500 m	X	X	X	X		X	X	X	X
3,000 m			X						
5,000 m				X					
Shot-put	X	X	X	X		X	X	X	X
Discus		X	X	X			X	X	X
High Jump	X	X	X	X		X	X	X	X
Long Jump	X	X	X	X		X	X	X	X
Javelin		X	X	X			X	X	X
Relay 4 x 100m	X		X	X		X		X	X
Medley Relay 100/200/300/ 400				X					X

QUALIFYING STANDARDS 2025 – MAINSTREAM – BOYS&GIRLS

EVENTS	BOYS			GIRLS		
	15	17	19	15	17	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	4:26,00	4:06,00**	4:00,00**	4:55,00	4:53,00	4:53,00
I	4:30,00	4:10,00**	4:04,00**	4:59,00	4:57,00	4:57,00
3000m C	10:02,00	8:47,00**		11:07,00	10:42,00**	
I	10:10,00	8:55,00**		11:15,00	10:50,00**	
5000m C			15:23,00*			20:33,00
I			15:35,00*			20:45,00
1500mStC C	4:52,00			5:52,00		
I	5:00,00			6:00,00		
2000mStC C		6:21,00**			8:06,00	
I		6:25,00**			8:10,00	
3000mStC C			10:08,00			13:00,00
I			10:20,00			13:08,00
1000mMed 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	
90m H				13,70		
E				13,94		
100mH H	13,74**				14,96**	15,76**
E	13,98**				15,20**	16,00**
110mH H		14,70	15,00			
E		14,94	15,24			
300mH H	41,26**			46,26**		
E	41,50**			46,50**		
400mH H		55,50**	55,10**		66,54**	66,50**
E		55,64**	55,34**		66,78**	66,74**
5000mW 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	3,90m	2,35m	2,60m	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**
Hamer	42,00m	50,00m**	44,00m**	35,00m**	40,00m	38,00m**
E = Electronic Times	H = Hand times		C = Coastal times	I = Inland Times	**EVENTS NEEDS DEVELOPMENT	

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 2025 – **L.S.E.N. (MID & DEAF) - GIRLS**

GIRLS		19	17	15	13
100m		14,00	14,20	14,50	14,60
200m		29,50	29,80	30,00	32,50
400m		70,50	71,00	73,00	
800m		2:50,00	2:55,00	3:00,00	
1500m		6:25,00	6:30,00	6:40,00	7:20,00
Long Jump		4,30m	4,20m	4,00m	3,50m
High Jump		1,30m (Start 1,20m)	1,30m (Start 1,20m)	1,25m (Start 1,15m)	1,15m (Start 1,05m)
Shot Put		8,00m (4Kg)	8,50m (3Kg)	7,80m (3Kg)	7,20m (3Kg)
Discus		20,00m (1Kg)	19,00m (1Kg)	17,00m (1Kg)	
Javelin		22,00m (600g)	21,00m (500g)	18,50m (500g)	

QUALIFYING STANDARDS 2025 – **L.S.E.N. (MID & DEAF) - BOYS**

BOYS		19	17	15	13
100m		11:60	12:20	12:80	13;90
200m		24:40	24:30	25:00	29;00
400m		53.00	55.00	58.00	
800m		2:10,00	2:15,00	2:25,00	

1500m		4:40,00	4:40,00	5:05,00	5:40,00
3000m			10:30,00		
5000m		19:40,00			
Long Jump		6.00m	5,80m	5,15m	4,20m
High Jump		1,70m (Start 1,60m)	1,68m (Start 1,55m)	1,50m (Start 1,40m)	1,35m (Start 1,25m)
Shot Put		10,50m (6Kg)	11,40m (5Kg)	11,00m (4Kg)	8,20m (4Kg)
Discus		30,00m (1,75Kg)	29,50m (1,5Kg)	28,00m (1Kg)	
Javelin		38,00m (800g)	39,00m (700g)	32,00m (600g)	

**SASA HEIGHTS & DISTANCES BETWEEN HURDLES &
NUMBER OF HURDLES AND STEEPLE CHASE (SC) – 2025**

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	91,4				

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 – 2025

EVENT	BOYS/Age				GIRLS/Age			
	13	15	17	19	13	15	17	19
Shot-put	4,00K g	4,00K g	5,00K g	6.00Kg	3,00K g	3,00K g	3,00Kg	4,00Kg
Discus	1,00K g	1,00K g	1,50K g	1.75Kg	750g	1,00K g	1,00Kg	1,00Kg
Javelin				800g			500g	600g

	600g	600g	700g			500g	500g		
Hammer		4,00Kg	5,00Kg	6.00Kg			3,00Kg	3,00Kg	4,00Kg

SASA - HIGHSCHOOLS TRACK&FIELD RECORDS – 2024

(Updated: 20/01/2025)

BOYS 15					
EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	D Pharo	ECA	10,57	21/03/2018	Potchefstroom
200m	J Weber	WCA	21,79	16/03/2016	Bloemfontein
400m	L Pillay	GAU	47,99	21/03/2018	Potchefstroom
800m	G Rees	GAU	1:52,66	20/03/2019	Port Elizabeth
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	J Coetzee	WCA	2,01m	05/04/2024	Germiston
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. Gerber	GP	67,22m	05/04/2024	Paarl
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	M Mohammed	GAU	10,18	21/03/2018	Potchefstroom
200m	S Dambile	GAU	20,77	20/03/2019	Port Elizabeth
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 H (91,4cm)	S Pienaar	BOL	13,38	22/03/2002	Germiston
400m H (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	K Rademeyer	WCA	5,23m	20/03/2019	Port Elizabeth
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

BOYS 19

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	W Mabena	LIMP	10,20	21/03/2018	Potchefstroom
200m	R Els	GAU	20,50	21/03/2018	Potchefstroom
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

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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 H (99,0cm)	M Tladi	GAU	13,49	16/03/2016	Bloemfontein
400m H (91,4cm)	Z Sokwakhana	GAU	49,36	21/03/2018	Potchefstroom
10 000m Walk	F Jacobs	WCA	46:18,66	21/03/2018	Potchefstroom
High Jump	B Poole	WCA	2,21m	21/03/2018	Potchefstroom
Long Jump	S Brits	GAU	7,74m	28/03/2008	Rustenburg
Triple Jump	E Olivier	1	16,03m	05/04/2024	Germiston
Pole Vault	H van Wyk	WCA	5,22m	21/03/2018	Potchefstroom
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 Makhethe	FS	70,67	27/03/2014	Polokwane
Relay: 4X100m	Gauteng	GAU	41,02	29/03/2017	Durban
Relay: 4X400m	Gauteng	GAU	3:09,79	21/03/2018	Potchefstroom

GIRLS 15

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 H (76,2cm)	K vd Bergh	NWP	12,39	29/03/2017	Durban
300m H (76,2cm)	C Terblanche	WP	41,36	2000	Durban
1500m Steeple Chase (76,2cm)	M Swanepoel	WCA	5:04,37	16/03/2016	Bloemfontein
5000m Walk	J Nell	NWP	24:54,14	20/03/2019	Port Elizabeth
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)	H Booysen	GAU	16.10m	21/03/2018	Potchefstroom

					m
Discus (1,0kg)	M de Klerk	FS	45,08m	21/03/2018	Potchefstroom
Javelin (500g)	N van der Merwe	WCA	53,36m	05/04/2024	Paarl
Hammer (3,0kg)	E Pretorius	FS	58,41m	21/03/2018	Potchefstroom
Pole Vault	T Tallie A van Wyk	WCA	3,25m	29/03/2017	Durban Port Elizabeth
		WCA	3,25m	20/03/2019	
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

GIRLS 17

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N Mkenku	RSA	11,58	30/06/2006	Greece
200m	C Vermeulen	GAU	23.57		
400m	C Hattingh	GAU	53,84	21/03/2018	Potchefstroom
800m	M. Stander	GAU	2:06,21	29/03/2012	Germiston
1500m	R Kalmer	RSA	4:18,05	28/06/1997	Cheerburg-FR
3000m	L Roets	MPU	9:35,02	1998	Port Elizabeth
100m H (76,2cm)	M Theron	MPU	13,38	1999	Pretoria
400m H (76,2cm)	G Morake	GAU	58,01	21/03/2018	Pot

					chef stro om
5000m Walk	M Stafford	NWP	25:04.27	25/03/2015	Rus tenb urg
2000m Steeple Chase (76,2cm)	C du Preez	NWP	06:43,90	29/03/2017	Dur ban
High Jump	J. du Plessis	GAU	1,88m	29/03/2012	Ger mist on
Long Jump	J Robbeson	GAU	6,15m	23/03/2002	Ger mist on
Triple Jump	D Erwee	FS	12,57m	26/03/2010	Sas olbu rg
Pole Vault	S Rothman	WCA	4,02m	05/04/2024	Paa rl
Shot Put (3kg)	D Roets	GAU	17,58m	20/03/2019	Port Eliz abet h
Discus (1,0kg)	A Khunou	GAU	52,80m	05/04/2023	Ger mist on
Javelin (500g)	M Grobler	WCA	58,18m	05/04/2024	Paa rl
Hammer (3,0kg)	T vd Walt	FS	62,23m	16/03/2016	Bloe mfo ntei n
Relay: 4X100m	Gauteng	GAU	46,69	25/03/2015	Rus tenb urg
Medley Relay: 100-200-300-400	Gauteng	GAU	02:09.25	25/03/2015	Rus tenb urg

GIRLS 19

EVENT	NAME	PROV	RECORD	DATE	VEN
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					UE
100m	N Mkenku	RSA	11,58	30/06/2006	Greece
200m	C Mosime	GAU	23,93	21/03/2018	Potchefstroom
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	Cheerburg- 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)	C du Preez	NWP	10:38,06	20/03/2019	Port Elizabeth
100m H (84,0cm)	M Balsamo	BOL	13,81	22/03/2002	Germiston
400m H (76,2cm)	R Joseph	WPR	58,49	21/03/2018	Potchefstroom
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)	M Strydom	WCA	16,32m	21/03/2018	Potchefstroom
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)	T van der Walt	FS	57,83m	21/03/2018	Potchefstroom
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. (MID&DEAF) SA SCHOOLS T&F 2024

(M.I.D. = Mentally Intellectually Disabled).

Updated: 15**Jan24**

GIRLS 13					
EVENT	NAME	PROV	VENUE	RECORD	DATE
100m	BJ Nunes	MPU	Potchefstroom	14,45	24/03/2017
200m	D Tsebe	LIMP	Germiston	30,63	15/03/2019
1500m	I Yanxa	ECA	Paarl	5:54.68	16/03/2018
High Jump	E Hendriks	FS	Germiston	1,25m	15/03/2019
	T Selemantsela	GAU	Germiston	1,25m	15/03/2019
Long Jump	E Hendriks	FS	Germiston	3,92m	15/03/2019
Shot Put (3kg)	S Ndlovu	MPU	Germiston	6,64m	15/03/2019
Relay: 4X100m					

GIRLS 14					
EVENT	NAME	PROV	VENUE	RECORD	DATE
100m				12,60	
200m	M Wolhuter	WCA	Sasolburg	26,16	28/03/2008
800m	J McCloen	GAU	Rustenburg	2:43,88	25/03/2015
1500m				4:51,50	
Long Jump	A Kruger	MPU	East London	4,73m	29/03/2012
High Jump				1,46m	
Shotput				10,09m	
Discus				22,72m	
Javelin	M Ndhlove	GAU	Germiston	26,33m	29/03/2012

GIRLS 15					
EVENT	NAME	PROV	VENUE	RECORD	DATE
100m				12,80	
200m				25,50	
400m				58,74	
800m	L Maduma	NWP	Germiston	2:26,37	29/03/2012
1500m				4:51,30	
Long Jump				4,84m	
High Jump				1,58m	
Shotput	D Kotze	GAU	Germiston	11,35m	29/03/2012
Discus				29,43m	
Javelin				32,34m	

GIRLS 16					
EVENT	NAME	PROV	VENUE	RECORD	DATE
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	M Allers	GAU	Rustenburg	10.11m	25/03/2015
Discus	D Meiring	ECA	Sasolburg	29,75m	28/03/2008
Javelin				34,18m	

GIRLS 17

EVENT	NAME	PROV	VENUE	RECORD	DATE
100m				12,7	
200m	M Wolhuter	WCA	Paarl	26,46	26/03/2011
400m	M Wolhuter	WCA	Paarl	57,55	26/03/2011
800m				2:15,90	
1500m				4:37,40	
Long Jump				5,17m	
High Jump				1,59m	
Shotput	D Kotze	GAU	Polokwane	12,57m	27/03/2014
Discus				28,61m	
Javelin				36,40m	
Relay 4x100	Western Cape	WCA	Potchefstroom	00:52,77	21/03/2018

GIRLS 19

EVENT	NAME	PROV	VENUE	RECORD	DATE
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	GAU	Polokwane	00:54,08	27/03/2014
1000 Medley	Western Cape	WCA	Rustenburg	2:30,79	25/03/2015

BOYS 13

EVENT	NAME	PROV	VENUE	RECORD	DATE
100m	J-L Carls	FS	Paarl	12.73	16/03/2018
200m	W Cloete	GAU	Germiston	26,51	15/03/2019

1500m	G Valtyn	ECA	Paarl	5:13,91	16/03/2018
High Jump	M Hadebe	MPU	Potchefstroom	1,55m	24/03/2017
Long Jump	O Lecoko	FS	Potchefstroom	5,10m	24/03/2017
Shot Put (4kg)	R Rasodi	GAU	Germiston	8,95m	15/03/2019
Relay: 4X100m					

BOYS 14					
EVENT	NAME	PROV	VENUE	RECORD	DATE
100m	N Siyabonga	GAU	Sasolburg	11,74	05/03/2010
200m	M. Marias	WCA	Sasolburg	24,20	28/03/2008
800m	K Mowa	LIMP	Rustenburg	2:18,27	25/03/2015
1500m				4:09,96	
Long Jump				5,88m	
High Jump	S Klaas	GAU	Sasolburg	1,69m	06/03/2010
Shotput				14,38m	
Discus	A Haanford	GAU	East London	37,09m	23/03/2013
Javelin				41,08m	
BOYS 15					
EVENT	NAME	PROV	VENUE	RECORD	DATE
100m				11,42	
200m				21,80	
400m	T Mokoena M Ledwaba	FS LIMP	Rustenburg Potchefstroom	53,75 53.75	25/03/2015 21/03/2018
800m				1:59,00	
1500m				4:06,10	
Long Jump	M Alexander	WCA	Paarl	6,10m	26/03/2011
High Jump				1,83m	
Shotput				14,59m	
Discus	B v Rooyen	GAU	Polokwane	44,13m	
Javelin				48,78m	

BOYS 16					
EVENT	NAME	PROV	VENUE	RECORD	DATE
100m				11,10	
200m				22,60	
400m				51,20	
800m				2:00,83	
1500m				4:09,20	
3000m	B Mtungwa	GAU	Paarl	8:15,72	26/03/2011
Long Jump	M Alexander	WCA	Germiston	6,68m	29/03/2012

High Jump				1,87m	
Shotput				13,29m	
Discus				40,52m	
Javelin	A van Eeden	WCA	Rustenburg	51,97m	25/03/2015

BOYS 17					
EVENT	NAME	PROV	VENUE	RECORD	DATE
100m				11,06	
200m				22,20	
400m	H Dingile	GAU	Port Elizabeth	49,62	23/03.2019
800m	H Dingile	GAU	Port Elizabeth	1:54,25	23/03.2019
1500m				4:05,70	
3000m	E Jack	WCA	Port Elizabeth	8:55,30	23/03/2019
Long Jump				7,02m	
High Jump	D Kgwedi	MPU	Sasolburg	1,98m	26/03/2010
Shotput	R Pienaar	GAU	Port Elizabeth	14,32m	23/03/2019
Discus	R v Heerden	GAU	Germiston	39,83m	29/03/2012
Javelin				56,86m	
Relay 4x100m	Western Cape	WCA	Potchefstroom	00:44,09	21/03/2018

BOYS 19					
EVENT	NAME	PROV	VENUE	RECORD	DATE
100m				10,75	
200m				21,78	
400m				49,40	
800m				1:56,30	
1500m				4:00,07	
5000m				15:34,60	
Long Jump	P Sibiya	MPU	Germiston	7,10m	26/03/2012
High Jump	K Derrick	MPU	Paarl	2,03m	26/03/2011
Shotput	W Hugo	GAU	Sasolburg	15,64m	28/03/2008
Discus				41,02m	
Javelin	JP du Toit	MPU	Rustenburg	56,11m	25/03/2015
Relay 4x100m	Western Cape	WCA	Polokwane	00:43,24	26/03/2014
1000m Medley	Gauteng	GAU	Potchefstroom	2:00,46	21/03/2018

TECHNICAL OFFICIALS

OFFICIALS SERVING AT S.A. SCHOOLS ATHLETICS HIGH SCHOOLS TRACK & FIELD CHAMPIONSHIPS – 2025

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

RETURN DATE: 17 March 2025 – Latest.

Send to: Me. Sibongile Nxumalo: Mobile: 082 337 7685

E-Mail: ngan enxumalo@gmail.com

Cc: Yvonne.Schalk@gauteng.gov.za Mobile: 0760667662

PROVINCE: _____							
	OFFICIAL NAME+SURNAME	MS	EVENTS Choice		LEVEL E.g. II	Licence Number	Halaal Kosher Vegetaria n
			1	2			
1.		MS					
2		MS					
3		MS					
4		MS					
5		MS					
6		MS					
7		DEAF					
8		DEAF					
9		MID					
10		MID					

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 (L.S.E.N. - MID)

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

1.

PROVINCE: _____

2.

AGE GROUP	TOTAL ENTRIES BOYS	TOTAL ENTRIES GIRLS
13 MID		
15 MID		
17 MID		
19 MID		
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. _____

3.4 Coaches

2. _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Signature:

PROVINCIAL STRUCTURE: _____ DATE: _____

(This information is certified correct)

TEAM ENTRIES – COVER PAGE (L.S.E.N. - DEAF)

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

1.

PROVINCE: _____

2.

AGE GROUP	ENTRIES BOYS	ENTRIES GIRLS
13 DEAF		
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 & LSEN T&F CHAMPIONSHIPS - 2025

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 submission is 12:00 on WEDNESDAY, 02/04/2025 – Changes must be done with– The Head of the Results Team.

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 SCHOOL ST&F CHAMPIONSHIPS - 2025

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 R500.00.

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 – Draft 1

S.A. HIGH SCHOOLS & L.S.E.N. (MID & DEAF) NATIONAL TRACK & FIELD CHAMPIONSHIPS MANGAUNG ATHLETICS STADIUM BLOEMFONTEIN 2025

Day 1: Wednesday, 02 April 2025

- 08h00 - Arrival of Provincial Teams
- 09h00 - Registration of Provincial Teams – Ending 15:00
- 15h00 - Management Meeting – Vice Chairperson High Schools
(Event Management/ Managers/ Referees)
- 16h00- Technical Officials Meeting -SASA Technical Development Official
(Event Management/ Referees/ Technical Officials)
- 16h30- Assemble for parade – **LOC+ (All athletes and Management)**
- 17:00- Opening Ceremony

Day 2: Thursday, 03 April 2025

No	Time	Group	Event	Qualifying, Heats, Semi Finals & Finals	Next Round
1	07:00	Boys 19	10 000m Walk	Final	
2	07:30	Girls 15 (L)	Shot Put (Circle-A)	Final	
3	07:30	Girls 19 (L)	Javelin	Final	
4	08:00	Girls 13 (L)	1500m	Final	
5	08:10	Boys 15	1500m Steeple Chase	Final	
6	08:20	Girls 15	1500m Steeple Chase	Final	
7	08:30	Girls 15	Hammer Throw (Circle-A)	Final	
8	08:30	Boys 17	Pole Vault	Final	
9	08:30	Girls 17	Triple Jump (Pit-B)	Final	
10	08:30	Girls 15	High Jump (Pit-A & B)	Qualifying Round	F 136 (3)
11	08:30	Girls 17 (L)	Long Jump (Pit-B)	Final	
12	08:30	Boys 17 (L)	Long Jump (Pit-A)	Final	
13	08:30	Girls 19	3000m Steeple Chase	Final	
14	08:45	Boys 19	3000m Steeple Chase	Final	
15	08:55	Boys 13 (L)	1500m	Final	
16	09:00	Girls 15 (L)	1500m	Final	
17	09:00	Girls 19 (L)	Shot Put (Circle-B)	Final	
18	09:00	Girls 13 (L)	Shot Put (Circle-A)	Final	
19	09:00	Girls 19	Discus (Circle-B)	Final	
20	09:10	Boys 15 (L)	1500m	Final	
21	09:20	Girls 17 (L)	1500m	Final	
22	09:30	Boys 17 (L)	1500m	Final	
23	09:40	Girls 19 (L)	1500m	Final	
24	09:50	Boys 19 (L)	1500m	Final	
25	09:55	Girls 13 (L)	100m	Heats	F 145 (3)
26	10:00	Girls 15	100m	Heats	SF 94 (2)
10:00		Medal Presentation	Items: 1, 2, 3, 4, 5, 6, 7, 8, [9]		
27	10:00	Boys 19	Long Jump (Pit-A)	Final	
28	10:00	Boys 15	Javelin	Qualifying Round	F 133 (3)
29	10:00	Boys 15 (L)	Long Jump (Pit-B)	Final	
30	10:05	Boys 13 (L)	100m	Heats	F 146 (3)

31	10:10	Boys 15	100m	Heats	SF 95(2)
32	10:20	Girls 17	100m	Heats	SF 96(2)
33	10:30	Boys 17	100m	Heats	SF 97(2)
34	10:30	Boys 17(L)	Shot Put (Circle-A)	Final	
35	10:30	Boys 13(L)	Shot Put (Circle-B)	Final	
36	10:40	Girls 19	100m	Heats	SF 98(2)
37	10:50	Boys 19	100m	Heats	SF 100(2)
38	11:00	Girls 15	400m	Heats	F 118(3)
39	11:00	Girls 17	Discus Throw (Circle-B)	Final	
40	11:00	Boys 17(L)	High Jump (Pit-B)	Final	
41	11:00	Girls 19(L)	High Jump (Pit-A)	Final	
42	11:10	Boys 15	400m	Heats	F 119(3)
43	11:20	Girls 17	400m	Heats	F 120(3)
44	11:30	Boys 17	400m	Heats	F 124(3)
45	11:30	Boys 15	Pole Vault	Final	
46	11:40	Girls 19	400m	Heats	F 125(3)
47	11:50	Boys 19	400m	Heats	F 126(3)
48	11:50	Boys 15	Triple Jump (Pit-B)	Final	
49	11:50	Boys 17	Long Jump (Pit-A)	Final	
50	11:00	Boys 15	Hammer Throw (Circle-A)	Final	
51	12:00	Boys 15(L)	400m	Heats	F 127(3)
52	12:10	Girls 15(L)	400m	Heats	F 128(3)
53	12:20	Boys 17(L)	400m	Heats	F 129(3)
54	12:30	Girls 17(L)	400m	Heats	F 130(3)
12:40		Medal Presentation	Items: 10, 11, 12, 14, [15], 16, 17, 18, 22, 23, 24, 25, 26, 27, 28		
55	12:40	Boys 19(L)	400m	Heats	F 131(3)
56	12:50	Girls 19(L)	400m	Heats	F 132(3)
57	13:00	Girls 15	1500m	Heats	F 139(3)
58	13:00	Boys 17	Shot Put (Circle-B)	Final	
59	13:00	Boys 19(L)	Discus Throw (Circle-B)	Final	
60	13:10	Boys 15	1500m	Heats	F 141(3)
61	13:15	Boys 19	Javelin	Qualifying Round	F 159(3)
62	13:15	Boys 15	High Jump (Pit-A)	Qualifying Round	F 137(3)
63	13:15	Boys 13(L)	High Jump (Pit-B)	Final	
64	13:20	Girls 17	1500m	Heats	F 141(3)
65	13:30	Girls 15(L)	100m	Heats	F 153(3)

66	13:40	Boys 15(L)	100m	Heats	F 154(3)
67	13:50	Girls 17(L)	100m	Heats	F 155(3)
68	13:55	Girls 19	Pole Vault	Final	
69	14:00	Boys 17(L)	100m	Heats	F 156(3)
70	14:00	Boys 19(L)	Long Jump(L)(Pit-A)	Final	
71	14:00	Girls 15(L)	Long Jump(L)(Pit-B)	Final	
72	14:10	Girls 19(L)	100m	Heats	F 162(3)
73	14:20	Boys 19(L)	100m	Heats	F 163(3)
14:30		Medal Presentation	Items: 19, 20, 21, 29, 30, 31, [36], 37, 41, 42, 43, 50, 51		
74	14:30	Boys 17	1500m	Heats	F 142(3)
75	14:40	Girls 19	1500m	Heats	F 143(3)
76	14:45	Girls 17(L)	Javelin	Final	
77	14:45	Boys 19(L)	High Jump(Pit-A)	Final	
78	14:50	Boys 19	1500m	Heats	F 144(3)
79	15:00	Boys 17(L)	3000m	Final	
80	15:00	Girls 17	Hammer Throw(Circle-A)	Final	
81	15:00	Boys 19	Shot Put(Circle-A)	Final	
82	15:00	Boys 15(L)	Shot Put(Circle-B)	Final	
83	15:15	Boys 17	2000m Steeple Chase	Final	
84	15:15	Girls 15(L)	High Jump(Pit-A)	Final	
85	15:15	Girls 13(L)	High Jump(Pit-B)	Final	
86	15:30	Girls 15	Discus Throw(Circle-B)	Final	
87	15:30	Girls 15	90m Hurdles	Heats	F 110(3)
88	15:40	Girls 17	100m Hurdles	Heats	F 111(3)
89	16:00	Girls 19	Triple Jump(Pit-B)	Final	
90	16:10	Boys 15	100m Hurdles	Heats	F 112(3)
91	16:20	Girls 19	100m hurdles	Heats	F 115(3)
92	16:30	Boys 17	110m Hurdles	Heats	F 116(3)
93	16:40	Boys 19	110m Hurdles	Heats	F 117(3)
94	16:50	Girls 15	100m	Semi Final	F 147(3)
95	17:00	Boys 15	100m	Semi Final	F 148(3)
96	17:10	Girls 17	100m	Semi Final	F 149(3)
97	17:20	Boys 17	100m	Semi Final	F 150(3)
98	17:30	Girls 19	100m	Semi Final	F 151(3)
17:30		Medal Presentation	Items: 47, 59, [60], 64, 69, 71, 72, 77, 78, 80, 81, 82, 83, 84, 85, 86		

		n			
99	17:40	Boys 15(L)	Discus (Circle-A)	Final	
100	17:40	Boys 19	100m	Semi Final	F 152 (3)
101	18:00	Boys 17	10000m Walk	Final	

Day 3: Friday, 04 April 2025

102	07:00	Girls 19	10 000m Walk	Final	
103	08:00	Boys 15(L)	Javelin (L)	Final	
104	08:00	Girls 19	Hammer Throw (Circle-A)	Final	
105	08:00	Girls 17	High Jump (Pit-A&B)	Qualifying Round	F 205 (4)
106	08:30	Girls 15	5000m Walk	Final	
107	08:30	Boys 19(L)	Shot Put (L) (Circle-A)	Final	
108	08:30	Girls 15	Triple Jump (Pit-B)	Final	
109	08:30	Girls 17	Pole Vault	Final	
110	09:15	Girls 15	90m Hurdles	Final	
111	09:20	Girls 17	100m Hurdles	Final	
112	09:25	Boys 15	100m Hurdles	Final	
113	09:25	Boys 17(L)	Discus Throw (L) (Circle-B)	Final	
114	09:25	Girls 17	Javelin	Final	
115	09:30	Girls 19	100m hurdles	Final	
116	09:35	Boys 17	110m Hurdles	Final	
117	09:40	Boys 19	110m Hurdles	Final	
118	09:50	Girls 15	400m	Final	
119	10:00	Boys 15	400m	Final	
120	10:10	Girls 17	400m	Final	
121	10:10	Girls 19	Long Jump (Pit-A)	Final	
122	10:10	Boys 19	High Jump (Pit-A&B)	Qualifying Round	F 251 (4)
123	10:10	Girls 17(L)	Shot Put (Circle-B)	Final	
124	10:20	Boys 17	400m	Final	
125	10:30	Girls 19	400m	Final	
126	10:40	Boys 19	400m	Final	
127	10:50	Boys 15(L)	400m	Final	
128	11:00	Girls 15(L)	400m	Final	
129	11:10	Boys 17(L)	400m	Final	
130	11:20	Girls 17(L)	400m	Final	
131	11:30	Boys 19(L)	400m	Final	
132	11:40	Girls 19(L)	400m	Final	

133	11:40	Boys 15	Javelin	Final	
134	11:40	Boys 17	Triple Jump (Pit-B)	Final	
135	11:40	Girls 17(L)	Discus (Circle-A)	Final	
136	11:40	Girls 15	High Jump (Pit-A)	Final	
137	11:40	Boys 15	High Jump (Pit-B)	Final	
138	11:40	Girls 15	Pole Vault	Final	
11:20		Medal Presentation	Items: 87, 90, [100], 102, 103, 104, 105, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118		
139	11:45	Girls 15	1500m	Final	
140	11:50	Boys 15	1500m	Final	
141	11:55	Girls 17	1500m	Final	
142	12:00	Boys 17	1500m	Final	
143	12:05	Girls 19	1500m	Final	
144	12:10	Boys 19	1500m	Final	
145	12:25	Girls 13(L)	100m	Final	
146	12:35	Boys 13(L)	100m	Final	
147	12:45	Girls 15	100m	Final	
148	12:50	Boys 15	100m	Final	
149	12:55	Girls 17	100m	Final	
150	13:00	Boys 17	100m	Final	
151	13:05	Girls 19	100m	Final	
152	13:10	Boys 19	100m	Final	
153	13:15	Girls 15(L)	100m	Final	
154	13:20	Boys 15(L)	100m	Final	
155	13:25	Girls 17(L)	100m	Final	
156	13:30	Boys 17(L)	100m	Final	
157	13:30	Girls 15(L)	Discus Throw (Circle-B)	Final	
158	13:30	Girls 17	Long Jump (Pit-A)	Final	
159	13:30	Boys 19	Javelin	Final	
160	13:30	Boys 17	High Jump (Pit-A&B)	Qualifying Round	F 220(4)
161	13:30	Girls 17	Shot Put (Circle-B)	Final	
162	13:35	Girls 19(L)	100m	Final	
163	13:40	Boys 19(L)	100m	Final	
164	13:45	Girls 15	800m	Heats	F 245(4)
165	13:55	Boys 15	800m	Heats	F 246(4)
13:55		Medal Presentation	Items: 119, 120, 121, 122, 124, 125, 126, 127, 128, 129, 130, 131, [132], 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144		

166	14:05	Girls 17	800m	Heats	F 262 (4)
167	14:15	Boys 17	800m	Heats	F 263 (4)
168	14:25	Girls 19	800m	Heats	F 270 (4)
169	14:35	Boys 19	800m	Heats	F 271 (4)
170	14:45	Girls 17	3000m	Final	
171	15:00	Boys 17	3000m	Final	
172	15:00	Girls 15(L)	Javelin	Final	
173	15:00	Boys 15	Discus Throw (Circle-A)	Final	
174	15:10	Girls 13(L)	200m	Heats	F 253
175	15:15	Boys 13(L)	200m	Heats	F 254
176	15:20	Girls 15	200m	Heats	SF 208 (4)
177	15:30	Boys 15	200m	Heats	SF 214 (4)
178	15:40	Girls 17	200m	Heats	SF 215 (4)
179	15:50	Boys 17	200m	Heats	SF 216 (4)
180	16:00	Girls 19	200m	Heats	SF 217 (4)
181	16:10	Boys 19	200m	Heats	SF 218 (4)
182	16:10	Girls 15	Javelin	Final	
183	16:10	Girls 19	High Jump (Pit-A&B)	Qualifying Round	F 223 (4)
184	16:10	Boys 19	Pole Vault	Final	
185	16:20	Girls 15	300m Hurdles	Heats	
186	16:20	Boys 15	300m Hurdles	Heats	
187	16:30	Girls 17	400m Hurdles	Heats	
188	16:40	Girls 19	400m Hurdles	Heats	
189	16:50	Boys 17	400m Hurdles	Heats	
190	17:00	Boys 19	400m Hurdles	Heats	
191	17:10	Boys 17	Discus (Circle-A)	Final	
192	17:10	Boys 17(L)	Javelin	Final	
17:15		Medal Presentation	Items: 146, 147, 148, 150, 151, 152, 153, 154, 155, 156, [157], 158, 159, 160, 162, 163, 164, 171, 172, 173, 174		
193	17:10	Boys 19(L)	5000m	Final	
194	17:30	Girls 19	5 000m	Final	
195	17:50	Girls 15	Medley Relay	Final	
196	18:00	Boys 15	Medley Relay	Final	
197	18:10	Girls 17	Medley Relay	Final	
198	18:20	Boys 17	Medley Relay	Final	
299	18:30	Girls 19(L)	4x 100m Relay	Final	
200	18:35	Boys 19(L)	4x 100m Relay	Final	

201	18:40	Girls 19	4x 100m Relay	Final	
202	18:45	Boys 19	4x 100m Relay	Final	

Day 4: Saturday, 05 April 2025

203	07:15	Boys 15	5 000m Walk	Final	
204	07:45	Girls 17	5000m Walk	Final	
205	08:15	Girls 17	High Jump (Pit-B)	Final	
206	08:15	Boys 15	High Jump (L) (Pit-B)	Final	
207	08:30	Girls 15	3000m	Final	
208	08:40	Girls 15	200m	Semi Final	F 264 (4)
209	08:40	Girls 19	Javelin	Final	
210	08:40	Boys 19	Hammer Throw (Circle-A)	Final	
211	08:40	Girls 15	Long Jump (Pit-A)	Final	
212	08:40	Boys 13 (L)	Long Jump (Pit-B)	Final	
213	08:40	Boys 15	Shot Put (Pit-B)	Final	
214	08:50	Boys 15	200m	Semi Final	F 265 (4)
215	09:00	Girls 17	200m	Semi Final	F 266 (4)
216	09:10	Boys 17	200m	Semi Final	F 267 (4)
217	09:20	Girls 19	200m	Semi Final	F 268 (4)
218	09:30	Boys 19	200m	Semi Final	F 269 (4)
219	09:40	Girls 15 (L)	200m	Heats	F 255 (4)
220	09:45	Boys 17	High Jump (Pit-A)	Final	
221	09:50	Boys 15 (L)	200m	Heats	F 256 (4)
222	10:00	Girls 17 (L)	200m	Heats	F 257 (4)
223	10:00	Girls 19	High Jump (Pit-B)	Final	
224	10:00	Girls 19	Discus Throw (L) (Circle-B)	Final	
225	10:10	Boys 17 (L)	200m	Heats	F 258 (4)
226	10:20	Girls 19 (L)	200m	Heats	F 259 (4)
227	10:30	Boys 19 (L)	200m	Heats	F 260 (4)
228	10:30	Boys 19	Triple Jump (Pit-B)	Final	
229	10:30	Girls 13 (L)	Long Jump (Pit-A)	Final	
230	10:30	Boys 19 (L)	Javelin	Final	
231	10:30	Girls 15	Shot Put (Circle-A)	Final	
232	10:40	Girls 17 (L)	800m	Final	
233	10:45	Boys 17 (L)	800m	Final	
234	10:50	Girls 19 (L)	800m	Final	
235	10:55	Boys 19 (L)	800m	Final	
11:00		Medal	Items: 183, 185, 186, 192, 193, 194, 195, 196, 197, 198,		

		Presentatio n	199, 200,	201, 202, [203], 204, 205, 207, 209, 210, 211, 212, 213		
236	11:00	Boys 19	Discus Throw (Circle-A)	Final		
237	11:00	Girls 15 (L)	800m	Final		
238	11:05	Boys 15 (L)	800m	Final		
239	11:15	Girls 15	300m Hurdles	Final		
240	11:25	Boys 15	300m Hurdles	Final		
241	11:35	Girls 17	400m Hurdles	Final		
242	11:45	Girls 19	400m Hurdles	Final		
243	11:55	Boys 17	400m Hurdles	Final		
244	12:05	Boys 19	400m Hurdles	Final		
245	12:20	Girls 15	800m	Final		
246	12:25	Boys 15	800m	Final		
247	12:25	Boys 17	Javelin	Final		
248	12:25	Boys 15	Long Jump (Pit-A)	Final		
249	12:25	Girls 19 (L)	Long Jump (Pit-B)	Final		
250	12:25	Girls 19	Shot Put (Circle-B)	Final		
251	12:25	Boys 19	High Jump (Pit-A)	Final		
252	12:25	Girls 17 (L)	High Jump (Pit-B)	Final		
253	12:30	Girls 13 (L)	200m	Final		
254	12:35	Boys 13 (L)	200m	Final		
255	12:40	Girls 15 (L)	200m	Final		
256	12:45	Boys 15 (L)	200m	Final		
257	12:50	Girls 17 (L)	200m	Final		
258	12:55	Boys 17 (L)	200m	Final		
259	13:00	Girls 19 (L)	200m	Final		
260	13:05	Boys 19 (L)	200m	Final		
261	13:05	Boys 17	Hammer Throw (Circle-A)	Final		
13:00		Medal Presentatio n	Items: 220, 223, 224, [228], 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240			
262	13:10	Girls 17	800m	Final		
263	13:15	Boys 17	800m	Final		
264	13:20	Girls 15	200m	Final		
265	13:25	Boys 15	200m	Final		
266	13:35	Girls 17	200m	Final		
267	13:40	Boys 17	200m	Final		
268	13:45	Girls 19	200m	Final		

269	13:50	Boys 19	200m	Final	
270	13:55	Girls 19	800m	Final	
14:00		Medal Presentation	Items: 241, 242, 243, [244], 245, 246, 247, 248, 249, 250, 251, 252		
271	14:00	Boys 19	800m	Final	
272	14:10	Boys 19	5000m	Final	
273	14:40	Boys 15	3000m	Final	
14:50		Medal Presentation	Items: 253, 254, [255], 256, 257, 258, 259, 260, 261, 262, 263		
274	15:15	Girls 19 (L)	Medley Relay (L)	Final	
275	15:30	Boys 19 (L)	Medley Relay (L)	Final	
276	15:40	Girls 17	2000m Steeple Chase	Final	
277	15:50	Girls 17 (L)	4x100m Relay (L)	Final	
278	15:55	Boys 17 (L)	4x100m Relay (L)	Final	
279	16:00	Girls 15	4x100m Relay	Final	
280	16:05	Boys 15	4x100m Relay	Final	
281	16:10	Girls 17	4x100m Relay	Final	
282	16:15	Boys 17	4x100m Relay	Final	
16:20 – 16:50					
Closing Ceremony and Special Awards					
283	16:50	Girls 19	4x400m Relay	Final	
284	16:55	Boys 19	4x400m Relay	Final	
16:30	<u>Medal collection at medal table for the following events: Items: 264 – [284]</u> No presentation of these items because of time constraints – Team Managers collect and sign for medals at medal table.				

Day 4: Saturday, 05 April 2025

204	07:45	Girls 17	5000m Walk	Final	
205	08:15	Girls 17	High Jump (Pit-B)	Final	
206	08:15	Boys 15	High Jump (L) (Pit-B)	Final	
207	08:30	Girls 15	3000m	Final	
208	08:40	Girls 15	200m	Semi Final	F 264 (4)
209	08:40	Girls 19	Javelin	Final	
210	08:40	Boys 19	Hammer Throw (Circle-A)	Final	
211	08:40	Girls 15	Long Jump (Pit-A)	Final	
212	08:40	Boys 13 (L)	Long Jump (Pit-B)	Final	
213	08:40	Girls 19	Shot Put (Circle-B)	Final	
214	08:50	Boys 15	200m	Semi Final	F 265 (4)
215	09:00	Girls 17	200m	Semi Final	F 266 (4)
216	09:10	Boys 17	200m	Semi Final	F 267 (4)
217	09:20	Girls 19	200m	Semi Final	F 268 (4)
218	09:30	Boys 19	200m	Semi Final	F 269 (4)
219	09:40	Girls 15 (L)	200m	Heats	F 255 (4)
220	09:45	Boys 17	High Jump (Pit-A)	Final	
221	09:50	Boys 15 (L)	200m	Heats	F 256 (4)
222	10:00	Girls 17 (L)	200m	Heats	F 257 (4)
223	10:00	Girls 19	High Jump (Pit-B)	Final	
224	10:00	Girls 19	Discus Throw (L) (Circle-B)	Final	
225	10:10	Boys 17 (L)	200m	Heats	F 258 (4)
226	10:20	Girls 19 (L)	200m	Heats	F 259 (4)
227	10:30	Boys 19 (L)	200m	Heats	F 260 (4)
228	10:30	Boys 19	Triple Jump (Pit-B)	Final	
229	10:30	Girls 13 (L)	Long Jump (Pit-A)	Final	
230	10:30	Boys 19 (L)	Javelin	Final	
231	10:30	Girls 15	Shot Put (Circle-A)	Final	
232	10:40	Girls 17 (L)	800m	Final	
233	10:45	Boys 17 (L)	800m	Final	
234	10:50	Girls 19 (L)	800m	Final	
235	10:55	Boys 19 (L)	800m	Final	

11:00		Medal Presentation	Items: 183, 185, 186, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, [203], 204, 205, 207, 209, 210, 211, 212, 213		
236	11:00	Boys 19	Discus Throw (Circle-A)	Final	
237	11:00	Girls 15(L)	800m	Final	
238	11:05	Boys 15(L)	800m	Final	
239	11:15	Girls 15	300m Hurdles	Final	
240	11:25	Boys 15	300m Hurdles	Final	
241	11:35	Girls 17	400m Hurdles	Final	
242	11:45	Girls 19	400m Hurdles	Final	
243	11:55	Boys 17	400m Hurdles	Final	
244	12:05	Boys 19	400m Hurdles	Final	
245	12:20	Girls 15	800m	Final	
246	12:25	Boys 15	800m	Final	
247	12:25	Boys 17	Javelin	Final	
248	12:25	Boys 15	Long Jump (Pit-A)	Final	
249	12:25	Girls 19(L)	Long Jump (Pit-B)	Final	
250	12:25	Boys 15	Shot Put (Pit-B)	Final	
251	12:25	Boys 19	High Jump (Pit-A)	Final	
252	12:25	Girls 17(L)	High Jump (Pit-B)	Final	
253	12:30	Girls 13(L)	200m	Final	
254	12:35	Boys 13(L)	200m	Final	
255	12:40	Girls 15(L)	200m	Final	
256	12:45	Boys 15(L)	200m	Final	
257	12:50	Girls 17(L)	200m	Final	
258	12:55	Boys 17(L)	200m	Final	
259	13:00	Girls 19(L)	200m	Final	
260	13:05	Boys 19(L)	200m	Final	
261	13:05	Boys 17	Hammer Throw (Circle-A)	Final	
13:00		Medal Presentation	Items: 220, 223, 224, [228], 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240		
262	13:10	Girls 17	800m	Final	
263	13:15	Boys 17	800m	Final	
264	13:20	Girls 15	200m	Final	
265	13:25	Boys 15	200m	Final	
266	13:35	Girls 17	200m	Final	

267	13:40	Boys 17	200m	Final	
268	13:45	Girls 19	200m	Final	
269	13:50	Boys 19	200m	Final	
270	13:55	Girls 19	800m	Final	
14:00		Medal Presentation	Items: 241, 242, 243, [244], 245, 246, 247, 248, 249, 250, 251, 252		
271	14:00	Boys 19	800m	Final	
272	14:10	Boys 19	5000m	Final	
273	14:40	Boys 15	3000m	Final	
14:50		Medal Presentation	Items: 253, 254, [255], 256, 257, 258, 259, 260, 261, 262, 263		
274	15:15	Girls 19 (L)	Medley Relay (L)	Final	
275	15:30	Boys 19 (L)	Medley Relay (L)	Final	
276	15:40	Girls 17	2000m Steeple Chase	Final	
277	15:50	Girls 17 (L)	4x100m Relay (L)	Final	
278	15:55	Boys 17 (L)	4x100m Relay (L)	Final	
279	16:00	Girls 15	4x100m Relay	Final	
280	16:05	Boys 15	4x100m Relay	Final	
281	16:10	Girls 17	4x100m Relay	Final	
282	16:15	Boys 17	4x100m Relay	Final	
16:20 – 16:50					
Closing Ceremony and Special Awards					
283	16:50	Girls 19	4x400m Relay	Final	
284	16:55	Boys 19	4x400m Relay	Final	
16:30 <u>Medal collection at medal table for the following events: Items: 264 – [284]</u>					
No presentation of these items because of time constraints – Team Managers collect and sign for medals at medal table.					