

SOUTH AFRICA SCHOOLS ATHLETICS
NATIONAL SECONDARY SCHOOLS
TRACK & FIELD CHAMPIONSHIPS

COMPETITION DOCUMENT



DAL JOSAFAT STADIUM - PAARL

WESTERN CAPE PROVINCE

23 - 26 MARCH 2011

SOUTH AFRICA SCHOOLS ATHLETICS
SECONDARY SCHOOLS TRACK & FIELD CHAMPIONSHIPS 2011

1. **DATE:** Wednesday to Saturday = 23 - 26 MARCH 2011.
2. **VENUE:** DAL JOSAFAT ATHLETICS STADIUM, PAARL.
WESTERN CAPE PROVINCE.
3. **CATEGORY, AGE GROUP AND ACTUAL AGE IN 2011**

CATEGORY	AGE GROUP	ACTUAL AGE IN 2011
JUNIOR	19 & 19L	Born in 1992/3 (19 years and younger on 31 December 2011)
YOUTH	17 & 17L	Born in 1994 (17 years and younger on 31 December 2011)
YOUTH	16L	Born in 1995 (16 years and younger on 31 December 2011)
SUB-YOUTH	15 & 15L	Born in 1996 (15 years and younger on 31 December 2011)
SUB-YOUTH	14L	Born in 1997 (14 years and younger on 31 December 2011)
PRIMARY-YOUTH	13L	Born in 1998 (13 years and younger on 31 December 2011)

4. **CONTINGENT PER PROVINCE**

4.1 **PROVINCE**

- The maximum number of athletes per Province is stipulated in section Nr 6, page 3.

4.2 **ACCOMPANYING OFFICIALS – ALLOCATION FOR MAINSTREAM Athletes.**

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

ATHLETES

TEAM OFFICIALS

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 x (One) Provincial Athletics Chairperson.
- 4 x (Four) Qualified Technical Officials.

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

ALLOCATION: (Average - One Official for every 15 athletes)

ATHLETES

TEAM OFFICIALS

30	-	2 (1 Manager + 1 Coaches)
70	-	5 (2 Managers + 3 Coaches)
120	-	8 (2 Managers + 6 Coaches)
140	-	9 (2 Managers + 7 Coaches)
150	-	10 (2 Managers + 8 Coaches)
160	-	11 (2 Managers + 9 Coaches)
190	-	13 (2 Managers + 11 Coaches)

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

4.4 DOCUMENTATION TO BE COMPLETED

The names of the Officials should be filled in on the accompanying form and send back by the specified date (See page 15).

- Rest of the Technical Officials, 75 in total, will be from the Host Province.

5. REGISTRATION

All General Managers must report for REGISTRATION of their teams on Wednesday, 23 March 2011 between 09:00 and 15:00 at the Dal Josafat Athletics Stadium in Paarl. (Withdrawals and replacements can be done during this time only).

Implements for the throws (First day of competition) must be handed in for ASIZING purposes on Thursday, 24 March 2011, between 09:00 and 15:00 at the asizing room.

The Implement will be returned to the athlete at the start of the event.

6. PARTICIPATING TEAMS & MAXIMUM NUMBER OF ATHLETES ALLOWED.

PROVINCE	MAINSTREAM MAXIMUM ALLOWED	L.S.E.N. MAXIMUM ALLOWED
1. EASTERN CAPE PROV.	140	20
2. FREE STATE PROV.	200	100
3. GAUTENG PROV.	250	190
4. KWA ZULU NATAL PROV.	140	30
5. LIMPOPO PROV.	120	60
6. MPUMALANGA PROV.	120	60
7. NORTH WEST PROV.	130	80
8. NORTHERN CAPE PROV.	80	20
9. WESTERN CAPE PROV.	220	90
TOTAL	1400	650

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

7. NUMBERS

The LOC will provide the competition numbers and pins.

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

8. ACCOMMODATION, CATERING AND TRANSPORT.

All Athletes, Team Officials & Technical Officials will be accommodated in the Hostels of the University of Stellenbosch for the duration of the Championships.

Breakfast & Dinner will be served at the place of accommodation, food parcels will be provided on Thursday, Friday & Saturday at the stadium at Lunchtime.

Transport will be provided by the Provincial Department of Sport & Recreation.

Each Province must make their own special arrangement with this Department.

9. ENTRANCE FEES FOR SPECTATORS

- Adults - R 15.00 per person.
- Learners - R 5.00 per person.

10. TEAM ENTRIES

CLOSING DATE: WEDNESDAY, 16 MARCH 2011 - 24:00

Names of athletes must be entered in alphabetical order in the space provided on the entry form. **Complete entries on the official entry form and E-Mail to Mr. ALBERT BOTHA**
Make sure that a copy of the entry forms are forwarded to Brandon du Plessis.

Best Time/Distance/Height recorded by the athlete for the 2010/2011 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)

DIRECT ALL ENTRIES TO: SECONDARY SCHOOLS TRACK & FIELD

Mr. Albert Botha & Brandon du Plessis

Mr. ALBERT BOTHA (Bloemfontein)

E-Mail: bothan@edu.fs.gov.za

Cell: 082 200 4457

Tel : (051) 4049044 (w) Fax: (051) 4049044 or (051) 404 9041

Mr. BRANDON DU PLESSIS (Paarl)

E-Mail: brandonathletics@yahoo.com

Cell: 076 187 7260

Tel : (022) 4821469 (w) Fax: (021) 868 0009

Please verify receipt of your entries after submission to the above.

E-mail: MS Excel

11. VERIFICATION OF BIRTH

Original ID Document, or Copy thereof certified by a Commissioner of Oaths **OR**
Passport or Copy thereof certified by a Commissioner of Oaths, (*not older than 6 months*) **OR**
Birth Certificate with a recent photo attached thereto, stamped in full at the back of the photo. After the photo has been attached to the Certificate, an official stamp should also appear halfway on the photo and halfway on the certificate to now form a unit.

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 OFFICIALS

12.1 A meeting for Team Managers and Technical Officials will be held on Wednesday, 23 March 2011 at the registration venue at 16:00.

12.2 **Competition Day 1:** Technical Officials - One hour before start of competition.
Team Managers - 10:00 and 16:00

Competition Day 2: Technical Officials - One hour before start of competition.
Team Managers - 12:00

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

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, p10 .

15. OFFICIAL OPENING – (Compulsory for all Teams)

The official opening will be held on Wednesday, 23 March 2011 at 17:00 at the Stadium.

All teams are requested to assemble on the track at the Athletics Stadium for this occasion. Teams are requested to bring their Provincial Banners for this occasion. General Managers are requested to ensure that their teams remain for the full duration of the opening ceremony. 5 VIP from each province are invited to attend a cocktail function after the opening. A list of these names must be sent to Mr. Charlie Piedt at cpiedt007@gmail.com, or Contact by Cell: 078 738 8823 by 10 March 2010.

16. TECHNICAL OFFICIALS

Officials must be dressed in Navy bottoms & White tops for the purpose of officiating. They are requested to report 60 minutes prior to the start of the meeting on Friday and Saturday.

The 9 Provinces (Mainstream + LSEN) will provide 6 Technical Officials – 54 in Total. The Host Province will provide the remaining 86 Technical Officials.

17. MEDALS

The first three (3) athletes in the finals will be awarded Championship medals.

18. INTERNATIONAL PARTICIPATION - 2011

18.1 COSSASA Zone 6 Athletics: April / May 2011 – TBA.

A National Secondary Schools Athletics Team for Boys 17 and Girls 17 will be selected.

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 the purpose of 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, in order to be escorted to the track...
- 2.2 Athletes must leave the arena immediately after they have completed their event.
- 2.3 All track athletes must remain in their lanes after completing their event. Track judges will take them to the recording table.
- 2.4 Athletes who obtain any of the first 3 positions in the final must report to the officials in charge of the medal presentation.

- 2.5 **Starting Rule: IAAF 162.7 [From 1 January 2010]**
Except in Combined Events, any athlete responsible for a false start shall be disqualified.
- 2.6 Seeding, Draws and Qualifications in Track Events according to **ASA Rule 166.**
- 2.7 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.
- 2.8 An athlete may participate in a maximum of 3 (three) events plus relay. It is recommended that 40% of all athletes be entered in Field events.
- 2.9 Teams have no restriction on the number of athletes per event, providing that they comply with the qualifying standards as set for the meeting. Only 1 athlete per team is allowed in those events where qualifying standards were not met.
- 2.10 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.
- 2.11 The **two years disparity rule** applies for this competition and will be according to the ASA Rules for Technical Standards.
- 2.12 All athletes taking part in the Sprints, Hurdles and Relays must use starting blocks which will be provided at the start.
- 2.13 **PROTEST / APPEAL: Rule 146**
Only a Team Manager may lodge an appeal on behalf of the athlete.
A fee of R 200.00 must accompany the written appeal.
- 2.14 Qualifying Standards will be reviewed every year.
- 2.15 IAAF and ASA RULES will be applied, unless where stated otherwise.

3. COMPETITION PROGRAMME

A copy of the preliminary programme is included. The official programme will be provided at the Team Managers' meeting on 23 March 2011.
See attached programme!!

S.A. SCHOOLS ATHLETICS - SECONDARY SCHOOLS TRACK & FIELD

AGE GROUPS FOR THE 2011 SASA CHAMPIONSHIPS: 15, 17, 19 Boys & Girls- MAIN STREAM

EVENT	BOYS/ Age				GIRLS/ Age			
	14	15	17	19	14	15	17	19
100 m		x	x	x		x	x	x
200 m		x	x	x		x	x	x
400 m		x	x	x		x	x	x
800 m		x	x	x		x	x	x
1,500 m		x	x	x		x	x	x
3,000 m		x	x				x	x
5,000 m				x				
2,000 m Steeple			x					xxx
3,000 m Steeple				x				
80 m H								
90 m H						x		
100 m H		x					x	x
110 m H			x	x				
200 m H								
300 m H		x				x		
400 m H			x	x			x	x
Shot-put		x	x	x		x	x	x
Discus		x	x	x		x	x	x
High Jump		x	x	x		x	x	x
Long Jump		x	x	x		x	x	x
Triple Jump		x	x	x		x	x	x
Javelin		x	x	x		x	x	x
Hammer		x	x	x		xxx	x	x
Pole-vault		x	x	x		x	x	x
Relay 4 x 100m		x	x	x		x	x	x
Medley Relay 100/200/300/400 m		x	x			x	x	
Relay 4 x 400m				x				x
Walk 3,000 m								
Walk 5,000 m		x				x	x	
Walk 10,000 m			x	x				x

xxx = New Events for the SASA T&F Championships 2011- **MAIN STREAM**

S.A. SCHOOLS ATHLETICS - SECONDARY SCHOOLS TRACK & FIELD

AGE GROUPS FOR THE 2011 SASA CHAMPIONSHIPS: 13,14,15,17,19 Boys & Girls- L.S.E.N.

EVENT	BOYS/ Age						GIRLS/ Age					
	13	14	15	16	17	19	13	14	15	16	17	19
100 m	x	x	x	x	x	x	x	x	x	x	x	x
200 m	x	x	x	x	x	x	x	x	x	x	x	x
400 m			x	x	x	x			x	x	x	x
800 m			x	x	x	x			x	x	x	x
1,500 m	x	x	x	x	x	x	x	x	x	x	x	x
3,000 m				x	x						x	x
5,000 m						x						
2,000 m Steeple												
3,000 m Steeple												
80 m H								x				
90 m H		x							x			
100 m H			x							x	x	x
110 m H				x	x	x						
200 m H												
300 m H												
400 m H												
Shot-put	x	x	x	x	x	x	x	x	x	x	x	x
Discus		x	x	x	x	x		x	x	x	x	x
High Jump	x	x	x	x	x	x	x	x	x	x	x	x
Long Jump	x	x	x	x	x	x	x	x	x	x	x	x
Triple Jump					x	x						
Javelin		x	x	x	x	x		x	x	x	x	x
Hammer												
Pole-vault												
Relay 4 x 100m					x	x					x	x
Medley Relay 100/200/300/400 m												
Relay 4 x 400m												
Walk 3,000 m												
Walk 5,000 m												
Walk 10,000 m												

S.A. SCHOOLS ATHLETICS - SECONDARY SCHOOLS TRACK & FIELD

1. Approved Heights and Weights of Implements - 2011.

EVENT	BOYS/Age			GIRLS/Age		
	15	17	19	15	17	19
90 m H				76,20 cm		
100 m H	84,00 cm				76,20 cm	84,00 cm
110 m H		91,40 cm	99,00 cm			
200 m H						
300 m H	84,00 cm			76,20 cm		
400 m H		84,00 cm	91,40 cm		76,20 cm	76,20 cm
Shot-put	4,00 Kg	5,00 Kg	6,00 Kg	4,00 Kg	4,00 Kg	4,00 Kg
Discus	1,00 Kg	1,50 Kg	1,75 Kg	1,00 Kg	1,00 Kg	1,00 Kg
Javelin	600 g	700 g	800 g	600 g	600 g	600 g
Hammer	4,00 Kg	5,00 Kg	6,00 Kg		4,00 Kg	4,00 Kg

2. Approved Heights, Distances between hurdles and Number of Hurdles for all Hurdle Events.

BOYS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance : Last Hurdle to Finish	Total
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
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
19	110 m H	99,0	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

GIRLS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance : Between Hurdles	Distance: Last Hurdle to Finish	Total
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
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
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

Appendix-B

S.A. SCHOOLS ATHLETICS - SECONDARY SCHOOLS TRACK & FIELD

1. Qualifying Standards - 2011. - MAINSTREAM

Events		B 15	B17	B 19	G 15	G 17	G 19
100m	H	11,30	11,00	10,80	12,60	12,40	12,30
	E	11,54	11,24	11,04	12,84	12,64	12,54
200m	H	23,40	22,40	22,00	26,20	25,40	25,40
	E	23,66	22,66	22,26	26,66	25,66	25,66
400m	H	53,80	50,00	49,50	61,30	59,30	59,30
	E	53,94	50,14	49,64	61,44	59,44	59,44
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	4:16,00	4:06,00	4:00,00	4:55,00	4:46,00	4:46,00
	I	4:20,00	4:10,00	4:04,00	4:59,00	4:50,00	4:50,00
3000m	C	9:20,00	8:47,00			10:42,00	10:42,00
	I	9:28,00	8:55,00			10:50,00	10:50,00
5000m	C			15:12,00			
	I			15:24,00			
2000m StC	C		6:10,00				New Event
	I		6:14,00				
3000m StC	C			9:40,00			
	I			9:48,00			
1000m Medley	C	2:20,00	2:08,00		2:30,00	2:24,00	
	I	2:24,00	2:12,00		2:34,00	2:28,00	
90mH	H				13,70		
	E				13,94		
100mH	H	13,70				14,90	15,70
	E	14,94				15,14	15,94
110mH	H		14,30	15,00			
	E		14,54	15,24			
300mH	H	41,50			46,20		
	E	41,76			46,46		
400mH	H		55,50	55,10		66,70	66,70
	E		55,64	55,34		66,84	66,84
5000m W	C	29:30,00			30:15,00	29:45,00	
	I	29:45,00			30:30,00	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	6,50m	6,80m	4,80m	5,20m	5,30m
Triple Jump		12,80m	13,60m	14,00m	9,60m	10,40m	10,50m
High Jump		1,76m	1,88m	1,94m	1,54m	1,60m	1,62m
Pole Vault		2,80m	3,60m	3,80m	2,00m	2,40m	2,60m
Shot Put		14,50m	15,80m	14,20m	10,00m	10,80m	10,80m
Discus		46,00m	48,00m	40,00m	30,00m	36,00m	37,00m
Javelin		50,00m	56,00m	53,00m	32,00m	36,00m	38,00m
Hammer		42,00m	50,00m	44,00m	New Event	32,00m	32,00m

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

PROPOSED STARTING HEIGHTS

H = Heats F = Finals

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

QUALIFYING STANDARDS- LSEN GIRLS ATHLETES

QUALIFYING (Q) & RECORDS(R) TIMES, HEIGHTS AND DISTANCES 2011

GIRLS

		19	17	16	15	14	13
100m	Q	13,8	14,0	14,2	14,3	14,5	14,6
	R	12,35	12,7H	12,7H	12,8H	12,6H	13,2H
200m	Q	29,0	29,5	29,7	29,9	30,2	31,5
	R	23,76E	27,0H	25,8H	25,5H	29,16E	28,4H
400m	Q	1:10,50	1:10,0	1:12,0	1:12,50		
	R	58,7H	59,3H	58,9H	58,74H		
800m	Q	2:45,0	2:50,0	2:55,0	2:58,0		
	R	2:17,45H	2:15,9H	2:19,6H	2:29,73H		
1500m	Q	6:00	6:00	6:20	6:30	6:50	6:80
	R	4:51,75H	4:37,4H	4:51,3H	4:51,3H	4:51,5H	5:06,0H
HURDLES		100m	100m	100m	90m	80m	
Height		84,0cm	76,2cm	76,2cm	76,2cm	76,2cm	
	Q	20,0	20,0	20,4	19,0	17,15	
	R	17,8H	17,3H	17,05H	14,90H	14,99H	
LONG J	Q	4,40m	4,30m	4,20m	4,10m	4,00m	3,80m
	R	5,21m	5,17m	4,99m	4,84m	4,69m	4,36m
HIGH J	Q	1,35m	1,35m	1,35m	1,30m	1,25m	1,20m
	R	1,56m	1,59m	1,60m	1,58m	1,46m	1,42m
STARTING		1,35m	1,30m	1,30m	1,25m	1,20m	1,15m
SHOT PUT		4kg	4kg	4kg	4kg	4kg	3kg
	Q	8,00m	8,00m	7,80m	7,50m	7,20m	7,20m
	R	11,11m	11,94m	10,14m	10,10m	10,09m	9,73m
DISCUS		1kg	1kg	1kg	1kg	1kg	
YELLOW	Q	21,00m	20,00m	19,50m	19,00m	16,00m	
	R	29,01m	28,61m	29,75m	29,43m	22,72m	
JAVELIN		600g	600g	600g	600g	600g	600g
	Q	21,00m	21,00m	20,00m	18,00m	15,00m	
	R	33,46m	28,96m	34,18m	32,34m	22,34m	

QUALIFYING STANDARDS- LSEN BOYS ATHLETES

QUALIFYING (Q) & RECORDS(R) TIMES HEIGHTS AND DISTANCES 2011

BOYS

		19	17	16	15	14	13
100m	Q	11,8	12,0	12,2	12,5	13,4	13,9
	R	10,75	11,06	11,1 H	11,42 H	11,9 H	12,49H
200m	Q	24,0	24,2	25,0	25,8	26,8	28,0
	R	21,78	22,20 H	22,6 H	21,8 H	24,2 H	25,32 E
400m	Q	53,0	54,0	56,0	58,0		
	R	49,4 H	49,7 H	51,2 H	54,2 H		
800m	Q	2:08,0	2:10,0	2:15,0	2:20,0		
		1:56,3 H	1:55,5H	2:00,83H	1:59,0H		
1500m	Q	4:35,0	4:40,0	4:45,0	4:55,0	5:10,0	5:30,0
		4:00,07	4:05,7H	4:09,20H	4:06,1H	4:09,96H	4:17,19E
3000m		5000m					
	Q	19:25	10:15,0	10:30,0			
	R	15:34,6H	8:56,8H	8:55,0H			
HURDLES		110m	110m	110m	100m	90m	
Height		106,7cm	91,4cm	84,0cm	84,0cm	76,2cm	
	Q	17,5	18,5	18,5	18,5	18,0	
	R	15,8H	15,8H	15,8H	14,5H	14,30E	
LONG J	Q	6,00m	5,80m	5,60m	5,20m	4,70m	4,40m
	R	7,01m	7:02m	6,41m	6,09m	5,88m	5,17m
TRIPLE J	Q	11,40m	11,20m				
	R	13,66m	13,67m				
HIGH J	Q	1,75m	1,70m	1,65m	1,55m	1,45m	1,35m
	R	1,95m	1,98m	1,87m	1,83m	1,69m	1,58m
STARTING		1,65m	1,60m	1,55m	1,45m	1,35m	1,25m
SHOT PUT		6 kg	5 kg	5 kg	4 kg	4 kg	4 kg
	Q	11,10m	11,60m	10,80m	11,30m	9,80m	8,50m
	R	15,64m	14,20m	13,29m	14,59m	14,38m	10,85m
DISCUS		1,75 kg	1,5 kg	1,5 kg	1 kg	1 kg	1kg
	Q	31,00m	32,00m	30,00m	30,00m	25,00m	
	R	41,02m	39,66m	40,52m	42,12m	35,63m	
JAVELIN		800g	700g	700g	600g	600g	
	Q	43,00m	42,00m	39,00m	35,00m	29,00m	
	R	53,54m	56,86m	51,02m	48,78m	41,08m	

BOYS 15

Updated: 13/04/2010

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	M Delport	NGT	10,79	2000	Durban
200m	M Oashani	WCA	22,03	28/03/2008	Rustenburg
400m	L Julius	EPR	48,79	2000	Durban
800m	T Jacobs	GAU	1:56,65	26/03/2010	Sasolburg
1500m	M Maseko	MPU	3:58,44	2000	Durban
3000m	M Maseko	MPU	8:28,99	2000	Durban
100m H (84,0cm)	F Tredoux	GAU	12,88	28/03/2008	Rustenburg
300m H (84,0cm)	J van Staden	NWP	38,44	28/03/2008	Rustenburg
5000m Walk	C Booysen	NWP	24:03,56	19/03/2005	Paarl
High Jump	H Kuhn	WCA	1,97m	01/04/2006	Sasolburg
Long Jump	S Brits	GAU	6,96m	31/03/2007	Port Elizabeth
Triple Jump	N Mbokazi	GAU	14,51m	28/03/2008	Rustenburg
Pole Vault	C Rahme	GAU	4,30m	01/04/2006	Sasolburg
Shot Put (4,0kg)	R Combrink	GAU	20,51m	26/03/2010	Sasolburg
Discus (1,0kg)	J.L. Kotze	WCA	66,29m	23/10/2009	Stellenbosch
Javelin (600g)	C Barnado	WCA	70,83m	01/04/2006	Sasolburg
Hammer (4,0kg)	J Koen	ECA	72,74m	27/03/1998	Port Elizabeth
Relay: 4X100m	Western Cape	WCA	43,44	27/03/2004	Germiston
Medley Relay: 100/200/300/400	Free State	FS	1:58,98	26/03/2010	Sasolburg

BOYS 17

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	R Erasmus	GAU	10,53	26/03/2010	Sasolburg
200m	L Julius	ECA	20,88	23/03/2002	Germiston
400m	L Julius	ECA	46,64	30/03/2001	Rustenburg
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	D Mouries	WCA	5:44,54	19/03/2005	Paarl
110m Hurdles (91,4cm)	S Pienaar	BOL	13,38	22/03/2002	Germiston
400m Hurdles (84,0cm)	LJ van Zyl	RSA	50,82	29/05/2002	Caen-France
10 000m Walk	R Wessels	FS	48:08,20	06/04/2009	Kings Park
High Jump	JP v/d Schyff	RSA	2,17m	01/07/2006	Greece
Long Jump	S Brits	GAU	7,74m	28/03/2008	Rustenburg
Triple Jump	A Rasmeni	ECA	15,50m	28/03/2008	Rustenburg
Pole Vault	B Howell	WCA	4,70m	28/03/2003	Port Elizabeth
Shot Put (5kg)	J P Hoffman	GAU	19,48m	19/03/2005	Paarl
Discus (1,5kg)	J du Plessis	MPU	60,60m	26/03/2010	Sasolburg
Javelin (700g)	A Rautenbach	RSA	79,33m	02/06/2002	Caen-France
Hammer (5,00kg)	S Minnie	ECA	65,19m	26/03/2010	Sasolburg
Relay: 4X100m	Boland	BOL	41,78m	31/03/2001	Rustenburg
Medley Relay: 100/200/300/400	RSA	RSA	1:53,91	02/06/2002	Caen-France

BOYS 19

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	M Kumbane	FS	10,44	30/03/2007	Port Elizabeth
200m	L Julius	ECA	20,88	23/03/2002	Germiston
400m	M Kritzinger	EPR	46,45	2000	Durban
800m	B Mgemane	FS	1:47,10	27/03/2004	Germiston
1500m	J van Deventer	SGT	3:47,30	31/03/2001	Rustenburg
5000m	F Sehohole	GAU	14:21,52	06/04/2009	Kings Park
3000m Steeple Chase	L Zim	FS	8:57,06	30/03/2007	Port Elizabeth
110m Hurdles (99,0cm)	G v/d Heever	GAU	14,02	30/03/2007	Port Elizabeth
400m Hurdles (91,4cm)	W le Roux	GAU	50,44	27/03/2004	Germiston
10 000m Walk	K Mkane	KZN	46:32,23	29/03/2003	Port Elizabeth
High Jump	W Voigt	WCA	2,19m	28/03/2008	Rustenburg
Long Jump	S Brits	GAU	7,74m	28/03/2008	Rustenburg
Triple Jump	A Rasmeni	ECA	15,67m	06/04/2009	Kings Park
Pole Vault	JG Bignaut	FS	4,90m	01/04/2006	Sasolburg
Shot Put (6,00kg)	JP Hoffman	GAU	19,24m	01/04/2006	Sasolburg
Discus (1,75kg)	D van Heerden	GAU	57,94m	06/04/2009	Kings Park
Javelin (800g)	N Meyer	NWP	72,36m	01/04/2006	Sasolburg
Hammer (6,00kg)	C Williams	ECA	62,56m	01/04/2006	Sasolburg
Relay: 4X100m	Western Cape	WCA	41,20	06/04/2009	Kings Park
Relay: 4X400m	Gauteng	GAU	3:11,25	01/04/2006	Sasolburg

GIRLS 15

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	M Swiegers	BOL	11,99	1997	Mabopane
	D Dawson	SGT	11,99	1997	Mabopane
200m	I Rossouw	NWP	24,25	1995	Kroonstad
400m	C Potgieter	GAU	55,89	26/03/2010	Sasolburg
800m	L Coetzee	SGT	2:08,14	2000	Durban
1500m	L Coetzee	SGT	4:24,45	2000	Durban
90m Hurdles (76,2cm)	M van Driel	GAU	12,84	28/03/2003	Port Elizabeth
300m Hurdles (76,2cm)	C Terblanche	WPR	41,36	2000	Durban
5000m Walk	A Oosthuizen	WCA	26:13,40	06/04/2009	Kings Park
High Jump	N Steyn	SGT	1,76m	1996	Cape Town
Long Jump	M Brits	GAU	5,90m	28/03/2008	Rustenburg
Triple Jump	M Bahlmann	GAU	11,23	31/03/2007	Port Elizabeth
Shot Put (4kg)	S du Toit	SGT	14,10m	29/03/2003	Port Elizabeth
Discus (1,0kg)	S Botha	GAU	42,05m	30/03/2007	Port Elizabeth
Javelin (600g)	Y Coetzee	NWP	45,14m	29/03/2003	Port Elizabeth
Pole Vault	M Venter	WCA	3,11m	27/03/2004	Germiston
Relay: 4X100m	Gauteng	GAU	47,50	27/03/2004	Germiston
Medley Relay: 100/200/300/400	Gauteng	GAU	2:15,51	26/03/2010	Sasolburg

GIRLS 17

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EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N Mkenku	RSA	11,58	30/06/2006	Greece
200m	I Rossouw	NWP	24,00	1996	Cape Town
400m	I Neuhoff	GAU	54,17	26/03/2010	Sasolburg
800m	L Coetzee	RSA	2:07,91	01/06/2002	Caen-France
1500m	R Kalmer	RSA	4:18,05	1997	Cherbourg-FR
3000m	L Roets	MPU	9:35,02	1998	Port Elizabeth
100m Hurdles (76,2cm)	M Theron	MPU	13,38	1999	Pretoria
400m Hurdles (76,2cm)	C Terblanche	WPR	58,77	23/03/2002	Germiston
5000m Walk	C Swart	FS	26:00,35	28/03/2008	Rustenburg
High Jump	N Steyn	SGT	1,85m	1997	Mabopane
	A Smit	RSA	1,85m	30/05/2002	Caen-France
Long Jump	J Robbeson	GAU	6,15m	23/03/2002	Germiston
Triple Jump	D Erwee	FS	12,57m	26/03/2010	Sasolburg
Pole Vault	L Viviers	WCA	3,71m	27/03/2004	Germiston
	M Loesch	WCA	3,71m	27/03/2004	Germiston
Shot Put (4kg)	V Abrahamse	NKN	15,88m	1996	Cape Town
Discus (1,0kg)	S Meyer	KZN	47,53m	06/04/2009	Kings Park
Javelin (600g)	T Britz	NWP	55,38m	28/03/2008	Rustenburg
Hammer (4,0kg)	A Louw	ECA	48,53m	28/03/2008	Rustenburg
Relay: 4X100m	South Gauteng	SGT	46,70	2000	Durban
Medley Relay: 100/200/300/400	RSA	RSA	2:11,07	01/06/2002	Caen-France

GIRLS 19

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	N Mkenku	RSA	11,58	30/06/2006	Greece
200m	I Rossouw	NWP	24,00	1996	Cape Town
400m	I Neuhoff	GAU	54,17	26/03/2010	Sasolburg
800m	L Coetzee	RSA	2:07,91	01/06/2002	Caen-France
1500m	R Kalmer	RSA	4:18,05	1997	Cherbourg-FR
3000m	R Kalmer	SGT	9:32,70	1996	Cape Town
100m Hurdles (84,0cm)	M Balsamo	BOL	13,81	22/03/2002	Germiston
400m Hurdles (76,2cm)	C Terblanche	WPR	58,77	23/03/2002	Germiston
10 000m Walk	C Swart	FS	51:30,10	06/04/2009	Kings Park
High Jump	M Pretorius	GAU	1,89m	31/03/2007	Port Elizabeth
Long Jump	J Robbeson	GAU	6,15m	23/03/2002	Germiston
	C. Coetzee	GAU	6,15m	31/03/2007	Port Elizabeth
Triple Jump	B Erwee	FS	12,80m	28/03/2008	Rustenburg
Pole Vault	A van Wyk	WPR	3,85m	31/03/2001	Rustenburg
Shot Put (4,0kg)	S du Toit	GAU	16,17m	01/04/2006	Sasolburg
Discus (1,0kg)	M Venter	MPU	47,36m	28/03/2003	Port Elizabeth
Javelin (600g)	T Britz	NWP	55,38m	28/03/2008	Rustenburg
Hammer (4,0kg)	A Smith	SWD	55,31m	06/03/2010	Oudtshoorn
Relay: 4X100m	South Gauteng	SGT	46,70	2000	Durban
Relay: 4X400m	Gauteng	GAU	3:23,42	31/03/2007	Port Elizabeth

TECHNICAL OFFICIALS

OFFICIALS SERVING AT S.A. SCHOOLS ATHLETICS SECONDARY SCHOOLS TRACK & FIELD CHAMPIONSHIPS – 2011.

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

RETURN DATE: 11 MARCH 2011 – Latest.

Send to: Mr. CHARLIE PIEDT & PIETER LOURENS

E-Mail: cpiedt007@gmail.com & wlps@intekom.co.za

Cell: 073 346 2043 (Piedt) & 083 357 4517 (Lourens)

PROVINCE: _____					
OFFICIAL NAME + SURNAME	EVENTS Choice 1 2		LEVEL E.g. II	Accreditation Number	Halaal Kosher Vegetarian
1					
2					
3					
4					
5					
6					

Certified correct by the Provincial Structure: _____

(Signature)

NAME: _____ Contact No: _____

DATE: _____

TEAM SELECTORS

SELECTORS FOR THE S.A. SCHOOLS ATHLETICS – NATIONAL SECONDARY SCHOOLS TRACK & FIELD TEAM .

This page must be returned after completion.

RETURN DATE: 11 MARCH 2011

Send to: PEPPi OLEVANO Fax : (057) 573 2265 Cell: 082 550 7032

PROVINCE: _____		
OFFICIAL:	NAME + SURNAME	PORTFOLIO IN PROVINCE
1. _____		_____
Contact Number: _____		_____

Certified by the Provincial Structure: _____
(Signature)

Name : _____

Contact Number: _____

DATE : _____

TEAM ENTRIES – COVER PAGE

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 MS+LSEN		
14 MS+LSEN		
15 MS+LSEN		
16 MS+LSEN		
17 MS+LSEN		
19 MS+LSEN		
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)

WITHDRAWAL & SUBSTITUTION FORM

S.A. SCHOOLS ATHLETICS - NATIONAL SECONDARY SCHOOLS T&F CHAMPIONSHIPS - 2011

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:

SUBSTITUTION

Province: Team Manager:

Event No	Event	Athlete No	Competitor Name	Reason for Withdrawal

Signature: Date: Time:

PROTEST FORM

S.A. SCHOOLS ATHLETICS - NATIONAL SECONDARY SCHOOLS T&F CHAMPIONSHIPS - 2011

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 R200.00.

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:

COMPETITION PROGRAMME

S.A. SCHOOLS ATHLETICS - NATIONAL SECONDARY SCHOOLS
 MAINSTREAM & L.S.E.N.
 TRACK & FIELD CHAMPIONSHIPS - 2011

Day 1, Thursday, 24 March 2011						
	No	Time	Group	Event		(Day)
	1	07:00	Girls 19	10 000m Walk	Final	
	2	07:00	Boys 19	10 000m Walk	Final	
	3	08:30	Boys 17	Pole Vault	Final	
	4	08:30	Boys 17	Triple Jump A (L)	Final	
	5	08:30	Boys 16	High Jump A (L)	Final	
	6	08:30	Boys 14	Javelin (L)	Final	
	7	08:30	Girls 19	High Jump A (L)	Final	
	8	08:30	Girls 17	Long Jump B (L)	Final	
	9	08:30	Girls 15	Shot Put B (L)	Final	
	10	08:30	Girls 19	Shot Put A (L)	Final	
	11	08:30	Girls 14	Discus Throw (L)	Final	
	12	08:30	Boys 19	3000m Steeple Chase	Final	
	13	08:45	Girls 19	2000m Steeple Chase	Final	
	14	09:00	Girls 13	1500m (L)	Final	
	15	09:10	Boys 13	1500m (L)	Final	
	16	09:20	Girls 14	1500m (L)	Final	
	17	09:30	Boys 14	1500m (L)	Final	
	18	09:30	Girls 15	Hammer Throw	Final	
	19	09:40	Girls 15	1500m (L)	Final	
	20	09:50	Boys 15	1500m (L)	Final	
	21	10:00	Girls 16	1500m (L)	Final	
	22	10:00	Boys 19	Long Jump A	Final	
	23	10:00	Boys 15	Javelin	Qualifying Round	F157 (2)
	24	10:00	Girls 15	High Jump (A-B)	Qualifying Round	F 161 (2)
	25	10:00	Boys 17	Shot Put A	Final	
	26	10:00	Boys 16	1500m (L)	Final	
	27	10:10	Girls 17	1500m (L)	Final	
	28	10:20	Boys 17	1500m (L)	Final	

	29	10:30	Girls 19	1500m (L)	Final	
	30	10:40	Boys 19	1500m (L)	Final	
	31	10:40	Girls 17	Discus Throw	Final	
	32	10:50	Girls 15	100m	Heats	SF 115 (1)
	33	11:00	Boys 15	100m	Heats	SF 116 (1)
	34	11:10	Girls 17	100m	Heats	SF 117 (1)
	35	11:20	Boys 17	100m	Heats	SF 118 (1)
	36	11:30	Girls 19	100m	Heats	SF 119 (1)
	37	11:40	Boys 19	100m	Heats	SF 120 (1)
	38	11:40	Girls 16	Javelin (L)	Final	
	39	11:40	Boys 17	Shot Put B (L)	Final	
	40	11:40	Boys 19	Shot Put A	Final	
	41	11:40	Boys 15	Long Jump A (L)	Final	
	42	11:40	Boys 13	High Jump B (L)	Final	
	43	11:40	Girls 16	High Jump A (L)	Final	
	44	11:40	Boys 15	Pole Vault	Final	
	45	11:50	Girls 15	400m	Heats	F 151 (2)
	46	12:00	Boys 15	400m	Heats	F 152 (2)
	47	12:00	Boys 19	Discus Throw (L)	Final	
	48	12:00	Boys 15	Triples Jump B	Final	
	49	12:10	Girls 17	400m	Heats	F 153 (2)
	50	12:20	Boys 17	400m	Heats	F 154 (2)
	51	12:30	Girls 19	400m	Heats	F 155 (2)
	52	12:40	Boys 19	400m	Heats	F 156 (2)
	53	12:50	Boys 16	3000m (L)	Final	
	54	13:05	Boys 15	400m (L)	Heats	F 164 (2)
	55	13:15	Girls 15	400m (L)	Heats	F 165 (2)
	56	13:25	Boys 16	400m (L)	Heats	F 166 (2)
	57	13:25	Boys 17	Long Jump A	Final	
	58	13:25	Boys 19	Javelin	Final	
	59	13:25	Boys 15	High Jump (A-B)	Qualifying Round	F 162 (2)
	60	13:25	Boys 13	Shot Put B (L)	Final	
	61	13:25	Boys 15	Shot Put A	Final	
	62	13:25	Girls 19	Triple Jump B	Final	
	63	13:35	Girls 16	400m (L)	Heats	F 167 (2)
	64	13:45	Boys 17	400m (L)	Heats	F 168 (2)

65	13:55	Girls 17	400m (L)	Heats	F 169 (2)
66	14:05	Boys 19	400m (L)	Heats	F 170 (2)
67	14:05	Girls 19	Pole Vault	Final	
68	14:05	Girls 17	Hammer Throw	Final	
69	14:15	Girls 19	400m (L)	Heats	F 171 (2)
70	14:25	Girls 15	1500m	Heats	F 141 (2)
71	14:35	Boys 15	1500m	Heats	F 142 (2)
72	14:45	Girls 17	1500m	Heats	F 143 (2)
73	14:55	Girls 13	100m (L)	Heats	F 200 (2)
74	15:15	Boys 13	100m (L)	Heats	F 202 (2)
75	15:25	Girls 14	100m (L)	Heats	F 203 (2)
76	15:25	Girls 15	Long Jump A (L)	Final	
77	15:25	Girls 14	Javelin (L)	Final	
78	15:25	Boys 19	High Jump A (L)	Final	
79	15:25	Girls 13	High Jump B (L)	Final	
80	15:25	Boys 15	Shot Put A (L)	Final	
81	15:25	Boys 16	Discus Throw (L)	Final	
82	15:35	Boys 14	100m (L)	Heats	F 204 (2)
83	15:45	Girls 15	100m (L)	Heats	F 205 (2)
84	15:55	Boys 15	100m (L)	Heats	F 206 (2)
85	15:55	Boys 19	Triple Jump B (L)	Final	
86	16:05	Girls 16	100m (L)	Heats	F 207 (2)
87	16:15	Boys 16	100m (L)	Heats	F 208 (2)
88	16:25	Girls 17	100m (L)	Heats	F 209 (2)
89	16:35	Boys 17	100m (L)	Heats	F 210 (2)
90	16:45	Girls 19	100m (L)	Heats	F 211 (2)
91	16:55	Boys 19	100m (L)	Heats	F 212 (2)
92	17:05	Boys 17	1500m	Heats	F 148 (2)
93	17:15	Girls 19	1500m	Heats	F 149 (2)
94	17:25	Boys 19	1500m	Heats	F 150 (2)
95	17:25	Boys 19	Shot Put A	Final	
96	17:25	Boys 17	Javelin	Qualifying Round	F 228 (2)
97	17:25	Girls 15	Discus Throw	Final	
98	17:25	Boys 19	Long Jump A (L)	Final	
99	17:25	Boys 14	High Jump A (L)	Final	
100	17:25	Girls 14	High Jump B (L)	Final	

	101	17:25	Boys 14	Shot Put B (L)	Final	
	102	17:35	Boys 17	3000m (L)	Final	
	103	17:50	Boys 17	2000m Steeple Chase	Final	
	104	18:00	Girls 15	90m Hurdles	Heats	F 133 (2)
	105	18:10	Girls 17	100m Hurdles	Heats	F 134 (2)
	106	18:20	Boys 15	100m Hurdles	Heats	F 135 (2)
	107	18:30	Girls 19	100m hurdles	Heats	F 138 (2)
	108	18:40	Boys 17	110m Hurdles	Heats	F 139 (2)
	109	18:50	Boys 19	110m Hurdles	Heats	F 140 (2)
	110	18:50	Girls 17	Javelin (L)	Final	
	111	18:50	Girls 16	Discus (L)	Final	
	112	18:50	Girls 13	Long Jump A (L)	Final	
	113	18:50	Boys 15	Shot Put A (L)	Final	
*	114	18:50	Girls 16	Long Jump B (L)	Final	
	115	18:55	Girls 15	100m	Semi Final	F 172 (2)
	116	19:00	Boys 15	100m	Semi Final	F 173 (2)
	117	19:05	Girls 17	100m	Semi Final	F 175 (2)
	118	19:10	Boys 17	100m	Semi Final	F 176 (2)
	119	19:15	Girls 19	100m	Semi Final	F 177 (2)
	120	19:20	Boys 19	100m	Semi Final	F 178 (2)
	121	19:30	Girls 17	5000m Walk	Final	
Day2, Friday, 25 March 2011						
	122	07:00	Boys 15	5 000m Walk	Final	
	123	07:00	Boys 15	Hammer Throw	final	
	124	08:00	Boys 15	Javelin (L)	Final	
	125	08:00	Boys 14	Discus (L)	Final	
	126	08:00	Girls 17	High Jump (A-B)	Qualifying Round	F 266 (3)
	127	08:30	Girls 15	5 000m Walk	Final	
	128	08:30	Girls 14	Long Jump A (L)	Final	
	129	08:30	Boys 15	Shot Put A	Final	
	130	08:30	Boys 19	Shot Put B (L)	Final	
	131	08:30	Girls 15	Triple Jump B	Final	
	132	08:30	Girls 17	Pole Vault	Final	
	133	09:15	Girls 15	90m Hurdles	Final	
	134	09:20	Girls 17	100m Hurdles	Final	
	135	09:25	Boys 15	100m Hurdles	Final	

136	09:25	Boys 17	Discus Throw (L)	Final	
137	09:25	Boys 16	Javelin (L)	Final	
138	09:30	Girls 19	100m hurdles	Final	
139	09:35	Boys 17	110m Hurdles	Final	
140	09:40	Boys 19	110m Hurdles	Final	
141	09:50	Girls 15	1500m	Final	
142	10:00	Boys 15	1500m	Final	
143	10:10	Girls 17	1500m	Final	
144	10:10	Girls 19	Long Jump A	Final	
145	10:10	Boys 19	High Jump (A-B)	Qualifying Round	F 290 (3)
146	10:10	Girls 14	Shot Put B	Final	
147	10:10	Girls 17	Shot Put A (L)	Final	
148	10:20	Boys 17	1500m	Final	
149	10:30	Girls 19	1500m	Final	
150	10:40	Boys 19	1500m	Final	
151	10:50	Girls 15	400m	Final	
152	11:00	Boys 15	400m	Final	
153	11:10	Girls 17	400m	Final	
154	11:20	Boys 17	400m	Final	
155	11:30	Girls 19	400m	Final	
156	11:40	Boys 19	400m	Final	
157	11:40	Boys 15	Javelin	Final	
158	11:40	Boys 14	Long Jump A (L)	Final	
159	11:40	Girls 17	Discus (L)	Final	
160	11:40	Girls 16	Shot Put B (L)	Final	
161	11:40	Girls 15	High Jump A	Final	
162	11:40	Boys 15	High Jump B	Final	
163	11:40	Girls 15	Pole Vault	Final	
164	11:45	Boys 15	400m (L)	Final	
165	11:50	Girls 15	400m (L)	Final	
166	11:55	Boys 16	400m (L)	Final	
167	12:00	Girls 16	400m (L)	Final	
168	12:05	Boys 17	400m (L)	Final	
169	12:10	Girls 17	400m (L)	Final	
170	12:15	Boys 19	400m (L)	Final	
171	12:20	Girls 19	400m (L)	Final	

172	12:30	Girls 15	100m	Final	
173	12:35	Boys 15	100m	Final	
174	12:35	Girls 15	Discus Throw (L)	Final	
175	12:40	Girls 17	100m	Final	
176	12:45	Boys 17	100m	Final	
177	12:50	Girls 19	100m	Final	
178	12:55	Boys 19	100m	Final	
179	13:00	Girls 14	80m Hurdles (L)	Final	
180	13:05	Girls 15	90m Hurdles (L)	Final	
181	13:15	Boys 14	90m Hurdles (L)	Final	
182	13:20	Girls 16	100m Hurdles (L)	Final	
183	13:25	Girls 17	100m Hurdles (L)	Final	
184	13:30	Boys 15	100m Hurdles (L)	Final	
185	13:35	Girls 17	Long Jump A	Final	
186	13:35	Boys 19	Javelin	Final	
187	13:35	Boys 17	High Jump (A-B)	Qualifying Round	F 249 (3)
188	13:35	Girls 17	Shot Put A	Final	
189	13:40	Girls 19	100m Hurdles (L)	Final	
190	13:50	Boys 16	110m Hurdles (L)	Final	
191	13:55	Boys 17	110m Hurdles (L)	Final	
192	14:00	Boys 19	110m Hurdles (L)	Final	
193	14:10	Girls 15	800m	Heat	F 298 (3)
194	14:10	Girls 19	Hammer Throw	Final	
195	14:20	Boys 15	800m	Heat	F 299 (3)
196	14:30	Girls 17	800m	Heat	F 313 (3)
197	14:40	Boys 17	800m	Heat	F 314 (3)
198	14:50	Girls 19	800m	Heat	F 327 (3)
199	15:00	Boys 19	800m	Heat	F 328 (3)
200	15:10	Girls 13	100m (L)	Final	
201	15:10	Girls 15	Javelin	Final	
202	15:15	Boys 13	100m (L)	Final	
203	15:20	Girls 14	100m (L)	Final	
204	15:25	Boys 14	100m (L)	Final	
205	15:30	Girls 15	100m (L)	Final	
206	15:35	Boys 15	100m (L)	Final	
207	15:40	Girls 16	100m (L)	Final	

	208	15:45	Boys 16	100m (L)	Final	
	209	15:50	Girls 17	100m (L)	Final	
	210	15:55	Boys 17	100m (L)	Final	
	211	16:00	Girls 19	100m (L)	Final	
	212	16:05	Boys 19	100m (L)	Final	
	213	16:05	Girls 15	Javelin (L)	Final	
	214	16:05	Boys 17	Long Jump A (L)	Final	
	215	16:05	Boys 15	Discus Throw	Final	
	216	16:05	Girls 19	High Jump (A-B)	Qualifying Round	
	217	16:05	Boys 19	Pole Vault	Final	F 324 (3)
	218	16:05	Boys 16	Shot Put B (L)	Final	
	219	16:15	Girls 15	200m	Heats	SF 243 (3)
	220	16:25	Boys 15	200m	Heats	SF 251 (3)
	221	16:35	Girls 17	200m	Heats	SF 252 (3)
	222	16:45	Boys 17	200m	Heats	SF253 (3)
	223	16:55	Girls 19	200m	Heats	SF 254 (3)
	224	17:05	Boys 19	200m	Heats	SF 255 (3)
	225	17:15	Girls 17	3000m	Final	
	226	17:30	Boys 17	3000m	Final	
	227	17:30	Girls 15	300m Hurdles	Heats	F 291 (3)
	228	17:30	Boys 17	Javelin	Final	
	229	17:30	Boys 19	Hammer Throw	Final	
	230	17:45	Boys 15	300m Hurdles	Heats	F 292 (3)
	231	17:50	Girls 17	400m Hurdles	Heats	F 293 (3)
	232	17:55	Girls 19	400m Hurdles	Heats	F 294 (3)
	233	18:00	Boys 17	400m Hurdles	Heats	F 296 (3)
	234	18:05	Boys 19	400m Hurdles	Heats	F 297 (3)
	235	18:10	Boys 19	5 000m (L)	Final	
	236	18:40	Girls 15	Medley Relay	Final	
	237	18:50	Boys 15	Medley Relay	Final	
	238	19:00	Girls 17	Medley Relay	Final	
	239	19:05	Boys 17	Medley Relay	Final	
	240	19:15	Girls 19	4 x 100m Relay	Final	
	241	19:25	Boys 19	4 x 100m Relay	Final	
Day 3, Saturday, 26 March 2011						
	242	07:00	Boys 17	10 000m Walk	Final	

243	08:10	Girls 15	200m	Semi Final	F 315 (3)
244	08:10	Girls 19	Javelin (L)	Final	
245	08:10	Boys 15	Discus	Final	
246	08:10	Boys 13	Long Jump B (L)	Final	
247	08:10	Girls 15	Long Jump A	Final	
248	08:10	Boys 16	Shot Put A (L)	Final	
249	08:10	Boys 17	High Jump A	Final	
250	08:10	Boys 15	High Jump B (L)	Final	
251	08:20	Boys 15	200m	Semi Final	F 313 (3)
252	08:30	Girls 17	200m	Semi Final	F 317 (3)
253	08:40	Boys 17	200m	Semi Final	F 318 (3)
254	08:50	Girls 19	200m	Semi Final	F 319 (3)
255	09:00	Boys 19	200m	Semi Final	F 320 (3)
256	09:10	Girls 13	200m (L)	Heats	F 300 (3)
257	09:20	Boys 13	200m (L)	Heats	F 301 (3)
258	09:30	Girls 19	Discus Throw (L)	Final	
259	09:30	Girls 14	200m (L)	Heats	F 302 (3)
260	09:40	Boys 14	200m (L)	Heats	F 303 (3)
261	09:50	Girls 15	200m (L)	Heats	F 304 (3)
262	10:00	Boys 15	200m (L)	Heats	F 305 (3)
263	10:00	Boys 16	Long Jump A (L)	Final	
264	10:00	Boys 19	Triple Jump B	Final	
265	10:00	Boys 19	Javelin (L)	Final	
266	10:00	Girls 17	High Jump A	Final	
267	10:00	Girls 15	High Jump B (L)	Final	
268	10:00	Girls 15	Shot Put B	Final	
269	10:00	Girls 19	Shot Put A	Final	
270	10:10	Girls 16	200m (L)	Heats	F 306 (3)
271	10:20	Boys 16	200m (L)	Heats	F 307 (3)
272	10:30	Girls 17	200m (L)	Heats	F 308 (3)
273	10:30	Boys 19	Discus Throw	Final	
274	10:40	Boys 17	200m (L)	Heats	F 309 (3)
275	10:50	Girls 19	200m (L)	Heats	F 311 (3)
276	11:00	Boys 19	200m(L)	Heats	F 312 (3)
277	11:10	Girls 15	800m (L)	Final	
278	11:15	Boys 15	800m (L)	Final	

279	11:20	Girls 16	800m (L)	Final	
280	11:25	Boys 16	800m (L)	Final	
281	11:30	Girls 17	800m (L)	Final	
282	11:30	Girls 17	High Jump B (L)	Final	
283	11:35	Boys 17	800m (L)	Final	
284	11:40	Girls 19	800m (L)	Final	
285	11:45	Boys 19	800m (L)	Final	
286	11:45	Boys 17	Javelin (L)	Final	
287	11:45	Boys 15	Long Jump A	Final	
288	11:45	Girls 19	Long Jump B (L)	Final	
289	11:45	Girls 13	Shot Put A (L)	Final	
290	11:45	Boys 19	High Jump A	Final	
291	11:50	Girls 15	300m Hurdles	Final	
292	11:55	Boys 15	300m Hurdles	Final	
293	12:05	Girls 17	400m Hurdles	Final	
294	12:15	Girls 19	400m Hurdles	Final	
295	12:15	Boys 17	Discus Throw	Final	
296	12:20	Boys 17	400m Hurdles	Final	
297	12:25	Boys 19	400m Hurdles	Final	
298	12:30	Girls 15	800m	Final	
299	12:35	Boys 15	800m	Final	
300	12:40	Girls 13	200m (L)	Final	
301	12:45	Boys 13	200m (L)	Final	
302	12:50	Girls 14	200m (L)	Final	
303	12:55	Boys 14	200m (L)	Final	
304	13:00	Girls 15	200m (L)	Final	
305	13:05	Boys 15	200m (L)	Final	
306	13:10	Girls 16	200m (L)	Final	
307	13:15	Boys 16	200m (L)	Final	
308	13:20	Girls 17	200m (L)	Final	
309	13:25	Boys 17	200m (L)	Final	
310	13:25	Girls 19	Javelin	Final	
311	13:30	Girls 19	200m (L)	Final	
312	13:35	Boys 19	200m(L)	Final	
313	13:40	Girls 17	800m	Final	
314	13:45	Boys 17	800m	Final	

	315	13:50	Girls 15	200m	Final	
	316	13:55	Boys 15	200m	Final	
	317	14:00	Girls 17	200m	Final	
	318	14:05	Boys 17	200m	Final	
	319	14:10	Girls 19	200m	Final	
	320	14:15	Boys 19	200m	Final	
	321	14:40	Boys 17	High Jump B (L)	Final	
	322	14:40	Boys 17	Hammer Throw	Final	
	323	14:40	Boys 17	Triple Jump A	Final	
	324	14:40	Girls 19	High Jump A	Final	
	325	14:40	Girls 17	Triple Jump B	Final	
	326	14:40	Girls 15	Shot Put B	Final	
	327	14:20	Girls 19	800m	Final	
	328	14:25	Boys 19	800m	Final	
	329	14:25	Girls 17	Javelin	Final	
	330	14:25	Girls 19	Discus	Final	
	331	14:30	Girls 19	3000m	Final	
	332	14:45	Boys 19	5000m	Final	
	333	15:10	Girls 17	4 x 100m Relay (L)	Final	
	334	15:20	Boys 17	4 x 100m Relay (L)	Final	
	335	15:30	Girls 15	4 x 100m Relay	Final	
	336	15:40	Boys 15	4 x 100m Relay	Final	
	337	15:50	Girls 17	4 x 100m Relay	Final	
	338	16:00	Boys 17	4 x 100m Relay	Final	
	339	16:10	Girls 19	4 x 100m Relay	Final	
	340	16:20	Boys 19	4 x 100m Relay	Final	
	341	16:30	Boys 15	3000m	Final	
16:45 – 17:15		Closing Ceremony and Special Awards				
	342	17:20	Girls 19	4 x 100m Relay (L)	Final	
	343	17:30	Boys 19	4 x 100m Relay (L)	Final	
	344	17:40	Girls 19	4 x 400m Relay	Final	
	345	17:50	Boys 19	4 x 400m Relay	Final	

All Relay Events will be Finals.

If more than one final – the best times will determine the positions.

