

OFFICIAL EVENTS AND TECHNICAL STANDARDS FOR PRIMARY SCHOOLS

TRACK EVENTS

AGE	60 m	80 m	100 m	150 m	200 m	800 m	1 200 m	1 500 m	1 500 m WALK
Boys 13			X		X	X		X	X
Boys 12			X	X			X		X
Boys 10 and 11		X	X				X		
Boys 6 to 9	X	X							
Girls: 13			X		X	X		X	X
Girls: 12			X	X			X		X
Girls: 10 and 11		X	X				X		
Girls: 6 to 9	X	X							

RELAYS

AGE	4 x 50m	4 x 100m
Boys 10 to 13		X
Boys 9	X	
Girls 10 to 13		X
Girls 9	X	

HURDLES

AGE	DISTANCE	HEIGHT	NUMBER	TO FIRST	BETWEEN	LAST TO END
Boys 13	200 m	68 cm	10	16 m	19 m	13 m
Boys 12	150 m	68 cm	7	23 m	19 m	13 m
Boys 13	80 m	76,2 cm	8	12 m	8 m	12 m
Boys 12	75 m	76,2 cm	8	11 m	7,5 m	11,5 m
Boys 10 and 11	70 m	68 cm	8	10 m	7 m	11 m
Girls: 13	200 m	68 cm	10	16 m	19 m	13 m
Girls: 12	150 m	68 cm	7	23 m	19 m	13 m
Girls: 13	75 m	76,2 cm	8	11 m	7,5 m	11,5 m
Girls: 12	75 m	68 cm	8	11 m	7,5 m	11,5 m
Girls: 10 and 11	70 m	68 cm	8	10 m	7 m	11 m

FIELD JUMPS

AGE	LONG JUMP	HIGH JUMP	POLE VAULT
Boys 13	X	X	X
Boys 10 to 12	X	X	
Girls 13	X	X	X
Girls 10 to 12	X	X	

FIELD THROWS

AGE	SHOT PUT	DISCUS THROW	JAVELIN THROW
Boys 13	4 kg	1 kg	600 g
Boys 12	3 kg	0.75 kg	500 g
Boys 10 and 11	2 kg		
Girls 12 and 13	3 kg	0.75 kg	500 g
Girls 10 and 11	2 kg		

MULTIEVENTS

AGE	PENTATHLON - 80mH (76,2 cm), LJ, HJ, SP (3kg), 800m
Boys 13	X

MULTIEVENTS

AGE	PENTATHLON - 80mH (76,2 cm), LJ, HJ, SP (2kg), 800m
Girls 13	X

OFFICIAL EVENTS AND TECHNICAL STANDARDS FOR SECONDARY SCHOOLS

TRACK

AGE	100 m	200 m	400 m	800 m	1 500 m	3 000 m	5 000 m	10 000 m
Boys 19	X	X	X	X	X		X	X
Boys 14 to 18	X	X	X	X	X	X		
Girls 19	X	X	X	X	X	X	X	X
Girls 14 to 18	X	X	X	X	X	X		

RELAYS

AGE	4 x 100m	4 x 200m	4 x 400m 4 x 800m 4 x 1500m	Medley 100m, 200m, 300m, 400m	Mile Medley 800m, 400m, 200m, 2 x 100m	2 000 m Medley 800m, 400m, 2 x 200m, 4 x 100m
Boys 17 to 19	X	X	X	X	X	X
Boys 16	X			X		
Boys 15	X	X		X	X	X
Boys 14	X			X		
Girls 17 to 19	X	X	X	X	X	X
Girls 16	X			X		
Girls 15	X	X		X	X	X
Girls 14	X			X		

STEEPLECHASE

AGE	1 500m	2 000m	3 000m
Boys 19			X (91,4 cm)
Boys 16 to 18		X (76,2 cm)	
Boys 15	X (76,2 cm)		
Girls 19		X (76,2 cm) (*)	X (76,2 cm)
Girls 17 and 18		X (76,2 cm)	

(*) SA + PROVINCIAL HIGH SCHOOLS CHAMPS ONLY

WALK

AGE	3 000 m	5 000 m	10000m
Boys 16 to 19			X
Boys 15		X	
Boys 14	X		
Girls 19			X
Girls 15 to 18		X	
Girls 14	X		

SHORT HURDLES

AGE	DISTANCE	HEIGHT	NUMBER	TO FIRST	BETWEEN	LAST TO END
Boys 19	110 m	99,5 cm	10	13,72 m	9,14 m	14,02 m
Boys 17 and 18	110 m	91,4 cm	10	13,72 m	9,14 m	14,02 m
Boys 16	110 m	84,0 cm	10	13,72 m	9,14 m	14,02 m
Boys 15	100 m	84,0 cm	10	13 m	8,5 m	10,5 m
Boys 14	100 m	84,0 cm	10	13 m	8,5 m	10,5 m
Girls 19	100 m	84,0 cm	10	13 m	8,5 m	10,5 m
Girls 16 to 18	100 m	76,2 cm	10	13 m	8,5 m	10,5 m
Girls 15	90 m	76,2 cm	9	13 m	8 m	13 m
Girls 14	90 m	76,2 cm	9	13 m	8 m	13 m

LONG HURDLES

AGE	DISTANCE	HEIGHT	NUMBER	TO FIRST	BETWEEN	LAST TO END
Boys 19	400 m	91,4 cm	10	45 m	35 m	40 m
Boys 16 to 18	400 m	84,0 cm	10	45 m	35 m	40 m
Boys 15	300 m	84,0 cm	7	50 m	35 m	40 m
Boys 14	300 m	76,2 cm	7	50 m	35 m	40 m
Girls 16 to 19	400 m	76,2 cm	10	45 m	35 m	40 m
Girls 15	300 m	76,2 cm	7	50 m	35 m	40 m
Girls 14	300 m	76,2 cm	7	50 m	35 m	40 m

FIELD JUMPS

AGE	LONG JUMP	HIGH JUMP	TRIPLE JUMP	POLE VAULT
Boys 19	X	X	X (13 m)	X
Boys 16 to 18	X	X	X (11 m)	X
Boys 15	X	X	X (9 m) (*)	X
Boys 14	X	X		X
Girls 19	X	X	X (9 m) (*)	X
Girls 17	X	X	X (9 m)	X
Girls 16	X	X	X (9 m)	X
Girls 15	X	X	X (9 m)	X
Girls 14	X	X		X

(*) SA + PROVINCIAL HIGH SCHOOLS CHAMPS ONLY NORMALLY 11 M

FIELD THROWS

AGE	SHOT PUT	HAMMER THROW	DISCUS THROW	JAVELIN THROW
Boys 19	6 kg	6 kg	1.75 kg	800 g
Boys 16 to 18	5 kg	5 kg	1.5 kg	700 g
Boys 14 and 15	4 kg	4 kg	1 kg	600 g
Girls 18 and 19	4 kg	4 kg	1 kg	600 g
Girls 14 to 17	3 kg	3 kg	1 kg	500 g

MULTIEVENTS

AGE	DECATHLON	OCTATHLON	HEPTATHLON
Boys 19	X		
Boys 16 to 18		X	
Boys 14 and 15			X
EVENTS DAY 1	100m, LJ, SP (6kg), HJ, 400m	100m, LJ, SP (5kg), 400m	100m, LJ, HJ, SP (4kg)
EVENTS DAY 2	110mH (99.5cm), DT(1,75kg), PV, JT (800gm), 1500m	110mH (91,4cm), HJ, JT (700gm), 1000m	100mH (84,0 cm), JT (600gm), 800m

MULTIEVENTS

AGE	HEPTATHLON	HEPTATHLON	PENTATHLON
Girls 18 and 19	X		
Girls 16 to 17		X	
Girls 14 and 15			X
EVENTS DAY 1	100mH (84 cm), HJ, SP (4kg), 200m	100mH (76,2 cm), HJ, SP (4kg), 200m	90mH (76,2 cm), LJ, HJ, SP (3kg), 800m
EVENTS DAY 2	LJ, JT (600gm), 800m	LJ, JT (600gm), 800m	



**Hulp dokumente om makliker te werk.
Documents to assist and explain procedures.**



Time allowed for field events

Number of athletes	High Jump	Pole Vault	All other
More than 3	1 min	1 min	1 min
2 or 3	1,5 min	2 min	1 min
1	3 min	5 min	1 min
Successive attempts Same athlete	2 min	3 min	2 min

High Jump/Pole Vault placing. (IAAF 181.8 en 9)

If 2 or more athletes attain the same final height:

- 1 The athlete with the least number of attempts at the final height.
- 2 The athlete with the least number of failures during the competition.
- 3 Athletes are then placed equal except for the first position.

For the jump off for first position: (Athletes must attempt all jumps or forfeit the position)

- 1 If the technical committee (before the start of the meeting) have decided that no jump off will be done, athletes are placed as a tie for first position.
- 2 Each athlete gets 1 jump at every height in the jump off and must attempt every jump or forfeit the position.
- 3 1 Jump is taken at the last height.
- 4 If the athletes clear the height the bar is raised.
- 5 If the athletes fail the height the bar is lowered.
- 6 If an athlete fails and the others clear, the failed athlete is given the lower position and terminates his/her participation in the jump off.

NB. Before or during the jump of the athletes can decide to stop and then the tie is awarded.

Example:

Athlete	1,5 m	1,58 m	1,61 m	1,63m	1,65 m	Place	Fail	1,65 m	1,63 m	Place
A	O	XO	X-	XXX		4				4
B	-	XO	XO	-	XXX	1	2	X	X	2
C	O	XO	XO	XXX		1	2	X	O	1
D	XO	XO	XO	XXX		1	3			3

O = Clear X = Fail - = Did not jump

Sector measurements are according to rule 187 on pages 190 to 192

For the measurements of implements see rules 187 to 193 on pages 190 to 200

Multi events must be competed in in the order of events and the day specified.

For 2 day events, the days must be consecutive.

The table scores for each event are determined and the final score is the sum of the scores for all events.

Any athlete not completing an event or not participating in an event get a 0 score for that event.

Score sheet for an individual athlete

Athlete name	School/Club	Day	Time	Event		Score
				1		
				2		
				3		
				4		
				5		
				6		
				7		
Total score						



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Competition score sheet - Heptathlon (Boys 15)

Name	Surname	School/Club		Day 1				Day 2			TOTAL
				100m	LJ	HJ	SP	100mH	JT	800m	
			A								
		Position	B								
		Wind	C								
		Score	D								
		Accumulative	E								
			A								
		Position	B								
		Wind	C								
		Score	D								
		Accumulative	E								

A = Performance B = Position (Placing) C = Wind reading D = Table score E = Accumulative Table scores

You can use this format to design score sheets for any multi-event.