

FINAL PROGRAM



**SATURDAY 21 AND
SUNDAY 22 MARCH 2026**

SA Athletics Stadium

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SATURDAY**Under 9 Boys**

6	High Jump	Final	HJ2	9:05 AM
23	70m	Heats	TR1	10:48 AM
40	400m	Heats	TR1	11:46 AM
48	Discus	Final	DT2	12:30 PM
69	100m	Heats	TR1	1:36 PM
98	70m	Final	TR1	3:33 PM
110	400m	Final	TR1	4:11 PM
123	100m	Final	TR1	5:01 PM

Under 9 Girls

1	High Jump	Final	HJ1	9:00 AM
22	70m	Heats	TR1	10:42 AM
39	400m	Heats	TR1	11:40 AM
64	100m	Heats	TR1	1:30 PM
76	Discus	Final	DT2	2:10 PM
95	70m	Final	TR1	3:30 PM
109	400m	Final	TR1	4:08 PM
122	100m	Final	TR1	4:58 PM

Under 10 Boys

21	70m	Heats	TR1	10:36 AM
38	Shot Put	Final	SP2	11:35 AM
42	400m	Heats	TR1	11:58 AM
71	100m	Heats	TR1	1:48 PM
83	Long Jump	Final	LJ2	2:30 PM
100	70m	Final	TR1	3:39 PM
112	400m	Final	TR1	4:17 PM
125	100m	Final	TR1	5:07 PM

Under 10 Girls

20	70m	Heats	TR1	10:30 AM
36	Shot Put	Final	SP1	11:30 AM
41	400m	Heats	TR1	11:52 AM
70	100m	Heats	TR1	1:42 PM
82	Long Jump	Final	LJ1	2:25 PM
99	70m	Final	TR1	3:36 PM
111	400m	Final	TR1	4:14 PM
124	100m	Final	TR1	5:04 PM

Under 11 Boys

7	1500m	Final	TR1	9:08 AM
16	Triple Jump	Final	TJ1	10:05 AM
25	High Jump	Final	HJ2	10:55 AM
44	400m	Heats	TR1	12:10 PM
73	100m	Heats	TR1	2:00 PM
94	Discus	Final	DT1	3:25 PM
104	400m	Final	TR1	3:53 PM
117	100m	Final	TR1	4:43 PM

Under 11 Girls

2	1500m	Final	TR1	9:00 AM
15	Discus	Final	DT1	10:05 AM
24	High Jump	Final	HJ1	10:50 AM
43	400m	Heats	TR1	12:04 PM
72	100m	Heats	TR1	1:54 PM
93	Triple Jump	Final	TJ1	3:25 PM
102	400m	Final	TR1	3:50 PM
116	100m	Final	TR1	4:40 PM

Under 12 Boys

9	1500m	Final	TR1	9:16 AM
17	Shot Put	Final	SP2	10:15 AM
37	Long Jump	Final	LJ2	11:30 AM
46	400m	Heats	TR1	12:22 PM
67	Javelin	Final	JT	1:35 PM
77	100m	Heats	TR1	2:12 PM
106	400m	Final	TR1	3:59 PM
119	100m	Final	TR1	4:49 PM

Under 12 Girls

10	1500m	Final	TR1	9:24 AM
14	Javelin	Final	JT	9:55 AM
35	Long Jump	Final	LJ1	11:25 AM
45	400m	Heats	TR1	12:16 PM
65	Shot Put	Final	SP1	1:30 PM
75	100m	Heats	TR1	2:06 PM
105	400m	Final	TR1	3:56 PM
118	100m	Final	TR1	4:46 PM

Under 13 Boys

5	Discus	Final	DT1	9:05 AM
12	1500m	Final	TR1	9:40 AM
27	200m Hurdles	Final	TR1	11:03 AM
30	Triple Jump	Final	TJ1	11:10 AM
49	400m	Heats	TR1	12:34 PM

Under 13 Girls

4	Triple Jump	Final	TJ1	9:05 AM
11	1500m	Final	TR1	9:32 AM
26	200m Hurdles	Final	TR1	11:00 AM
29	Discus	Final	DT1	11:10 AM
47	400m	Heats	TR1	12:28 PM

68	High Jump	Final	HJ2	1:35 PM	66	High Jump	Final	HJ1	1:30 PM
81	100m	Heats	TR1	2:24 PM	80	100m	Heats	TR1	2:18 PM
108	400m	Final	TR1	4:05 PM	107	400m	Final	TR1	4:02 PM
121	100m	Final	TR1	4:55 PM	120	100m	Final	TR1	4:52 PM

Under 14 Boys

12	1500m	Final	TR1	9:40 AM
31	200m Hurdles	Final	TR1	11:12 AM
50	400m	Heats	TR1	12:40 PM
55	Triple Jump	Final	TJ1	12:50 PM
79	Discus	Final	DT1	2:15 PM
86	100m	Heats	TR1	2:36 PM
103	High Jump	Final	HJ2	3:50 PM
114	400m	Final	TR1	4:20 PM
127	100m	Final	TR1	5:13 PM

Under 14 Girls

11	1500m	Final	TR1	9:32 AM
28	200m Hurdles	Final	TR1	11:09 AM
53	400m	Heats	TR1	12:46 PM
54	Discus	Final	DT1	12:50 PM
78	Triple Jump	Final	TJ1	2:15 PM
84	100m	Heats	TR1	2:30 PM
101	High Jump	Final	HJ1	3:45 PM
115	400m	Final	TR1	4:23 PM
126	100m	Final	TR1	5:10 PM

Under 15 Boys

13	1500m	Final	TR1	9:48 AM
19	Long Jump	Final	LJ2	10:20 AM
33	300m Hurdles	Final	TR1	11:21 AM
57	400m	Final	TR1	12:55 PM
74	Shot Put	Final	SP2	2:05 PM
88	100m	Heats	TR1	2:48 PM
97	Javelin	Final	JT	3:30 PM
128	100m	Final	TR1	5:16 PM

Under 15 Girls

13	1500m	Final	TR1	9:48 AM
18	Long Jump	Final	LJ1	10:15 AM
32	300m Hurdles	Final	TR1	11:18 AM
56	400m	Final	TR1	12:52 PM
85	Javelin	Final	JT	2:30 PM
87	100m	Final	TR1	2:45 PM
96	Shot Put	Final	SP2	3:30 PM

Under 16 Boys

8	Javelin	Final	JT	9:10 AM
13	1500m	Final	TR1	9:48 AM
33	300m Hurdles	Final	TR1	11:21 AM
52	Shot Put	Final	SP2	12:45 PM
59	400m	Final	TR1	1:01 PM
90	100m	Final	TR1	2:57 PM
113	Long Jump	Final	LJ2	4:20 PM

Under 16 Girls

3	Shot Put	Final	SP2	9:00 AM
13	1500m	Final	TR1	9:48 AM
34	300m Hurdles	Final	TR1	11:24 AM
51	Javelin	Final	JT	12:45 PM
58	400m	Final	TR1	12:58 PM
62	Long Jump	Final	LJ1	1:25 PM
89	100m	Final	TR1	2:54 PM

Under 17 Boys

8	Javelin	Final	JT	9:10 AM
13	1500m	Final	TR1	9:48 AM
33	300m Hurdles	Final	TR1	11:21 AM
52	Shot Put	Final	SP2	12:45 PM
61	400m	Final	TR1	1:07 PM
92	100m	Final	TR1	3:03 PM
113	Long Jump	Final	LJ2	4:20 PM

Under 17 Girls

3	Shot Put	Final	SP2	9:00 AM
13	1500m	Final	TR1	9:48 AM
34	300m Hurdles	Final	TR1	11:24 AM
51	Javelin	Final	JT	12:45 PM
60	400m	Final	TR1	1:04 PM
63	Long Jump	Final	LJ2	1:25 PM
91	100m	Final	TR1	3:00 PM

SUNDAY

Under 9 Boys

129	700m Walk	Final	TR1	9:00 AM
145	60m Hurdles	Heats	TR1	10:26 AM
151	Long Jump	Final	LJ2	10:50 AM
175	200m	Heats	TR1	12:46 PM
178	Shot Put	Final	SP2	12:55 PM
204	60m Hurdles	Final	TR1	2:43 PM
220	200m	Final	TR1	3:48 PM
234	800m	Final	TR1	4:50 PM

Under 9 Girls

129	700m Walk	Final	TR1	9:00 AM
144	60m Hurdles	Heats	TR1	10:20 AM
150	Long Jump	Final	LJ1	10:45 AM
174	200m	Heats	TR1	12:40 PM
176	Shot Put	Final	SP1	12:50 PM
203	60m Hurdles	Final	TR1	2:40 PM
219	200m	Final	TR1	3:45 PM
233	800m	Final	TR1	4:45 PM

Under 10 Boys

131	High Jump	Final	HJ2	9:00 AM
138	1100m Walk	Final	TR1	9:22 AM
149	60m Hurdles	Heats	TR1	10:44 AM
179	200m	Heats	TR1	12:58 PM
181	Discus	Final	DT2	1:10 PM
206	60m Hurdles	Final	TR1	2:52 PM
222	200m	Final	TR1	3:54 PM
236	800m	Final	TR1	5:00 PM

Under 10 Girls

130	High Jump	Final	HJ1	9:00 AM
134	1100m Walk	Final	TR1	9:10 AM
148	60m Hurdles	Heats	TR1	10:38 AM
177	200m	Heats	TR1	12:52 PM
205	60m Hurdles	Final	TR1	2:49 PM
216	Discus	Final	DT2	3:30 PM
221	200m	Final	TR1	3:51 PM
235	800m	Final	TR1	4:55 PM

Under 11 Boys

138	1100m Walk	Final	TR1	9:22 AM
139	Javelin	Final	JT	9:25 AM
153	80m Hurdles	Heats	TR1	11:01 AM
182	200m	Heats	TR1	1:10 PM
189	Long Jump	Final	LJ2	1:35 PM
208	80m Hurdles	Final	TR1	3:04 PM
213	Shot Put	Final	SP2	3:25 PM
224	200m	Final	TR1	4:00 PM
238	800m	Final	TR1	5:10 PM

Under 11 Girls

134	1100m Walk	Final	TR1	9:10 AM
136	Shot Put	Final	SP2	9:20 AM
152	80m Hurdles	Heats	TR1	10:55 AM
180	200m	Heats	TR1	1:04 PM
190	Long Jump	Final	LJ1	1:40 PM
207	80m Hurdles	Final	TR1	3:01 PM
212	Javelin	Final	JT	3:20 PM
223	200m	Final	TR1	3:57 PM
237	800m	Final	TR1	5:05 PM

Under 12 Boys

133	Discus	Final	DT1	9:05 AM
141	1500m Walk	Final	TR1	9:49 AM
143	Triple Jump	Final	TJ1	10:10 AM
157	80m Hurdles	Heats	TR1	11:16 AM
185	200m	Heats	TR1	1:22 PM
210	80m Hurdles	Final	TR1	3:13 PM
214	High Jump	Final	HJ2	3:25 PM
226	200m	Final	TR1	4:06 PM
240	800m	Final	TR1	5:20 PM

Under 12 Girls

132	Triple Jump	Final	TJ1	9:05 AM
140	1500m Walk	Final	TR1	9:34 AM
142	Discus	Final	DT1	10:10 AM
154	80m Hurdles	Heats	TR1	11:10 AM
184	200m	Heats	TR1	1:16 PM
209	80m Hurdles	Final	TR1	3:10 PM
211	High Jump	Final	HJ1	3:20 PM
225	200m	Final	TR1	4:03 PM
239	800m	Final	TR1	5:15 PM

Under 13 Boys

137	Long Jump	Final	LJ2	9:20 AM
141	1500m Walk	Final	TR1	9:49 AM

Under 13 Girls

135	Long Jump	Final	LJ1	9:15 AM
140	1500m Walk	Final	TR1	9:34 AM

159	80m Hurdles	Final	TR1	11:31 AM	158	80m Hurdles	Final	TR1	11:25 AM
162	Shot Put	Final	SP2	11:45 AM	161	Javelin	Final	JT	11:40 AM
188	200m	Heats	TR1	1:34 PM	187	200m	Heats	TR1	1:28 PM
228	200m	Final	TR1	4:12 PM	227	200m	Final	TR1	4:09 PM
231	Javelin	Final	JT	4:20 PM	232	Shot Put	Final	SP2	4:25 PM
242	800m	Final	TR1	5:30 PM	241	800m	Final	TR1	5:25 PM

Under 14 Boys

141	1500m Walk	Final	TR1	9:49 AM
147	Shot Put	Final	SP2	10:35 AM
163	90m Hurdles	Final	TR1	11:48 AM
165	Long Jump	Final	LJ1	12:00 PM
192	200m	Heats	TR1	1:46 PM
195	Javelin	Final	JT	2:00 PM
230	200m	Final	TR1	4:18 PM
244	800m	Final	TR1	5:40 PM

Under 14 Girls

140	1500m Walk	Final	TR1	9:34 AM
146	Javelin	Final	JT	10:30 AM
160	80m Hurdles	Heats	TR1	11:37 AM
168	Long Jump	Final	LJ2	12:10 PM
191	200m	Heats	TR1	1:40 PM
202	Shot Put	Final	SP2	2:15 PM
215	80m Hurdles	Final	TR1	3:25 PM
229	200m	Final	TR1	4:15 PM
243	800m	Final	TR1	5:35 PM

Under 15 Boys

141	1500m Walk	Final	TR1	9:49 AM
156	Triple Jump	Final	TJ1	11:10 AM
166	100m Hurdles	Final	TR1	12:00 PM
171	Discus	Final	DT1	12:20 PM
194	200m	Final	TR1	1:58 PM
199	High Jump	Final	HJ2	2:05 PM
246	800m	Final	TR1	5:50 PM

Under 15 Girls

140	1500m Walk	Final	TR1	9:34 AM
155	Discus	Final	DT1	11:10 AM
164	90m Hurdles	Final	TR1	11:51 AM
169	Triple Jump	Final	TJ1	12:10 PM
193	200m	Final	TR1	1:55 PM
196	High Jump	Final	HJ1	2:00 PM
245	800m	Final	TR1	5:45 PM

Under 16 Boys

141	1500m Walk	Final	TR1	9:49 AM
166	100m Hurdles	Final	TR1	12:00 PM
173	High Jump	Final	HJ2	12:25 PM
186	Triple Jump	Final	TJ1	1:25 PM
198	200m	Final	TR1	2:04 PM
218	Discus	Final	DT1	3:35 PM
246	800m	Final	TR1	5:50 PM

Under 16 Girls

140	1500m Walk	Final	TR1	9:34 AM
164	90m Hurdles	Final	TR1	11:51 AM
172	High Jump	Final	HJ1	12:20 PM
183	Discus	Final	DT1	1:40 PM
197	200m	Final	TR1	2:01 PM
217	Triple Jump	Final	TJ1	3:35 PM
245	800m	Final	TR1	5:45 PM

Under 17 Boys

141	1500m Walk	Final	TR1	9:49 AM
170	110m Hurdles	Final	TR1	12:10 PM
173	High Jump	Final	HJ2	12:25 PM
186	Triple Jump	Final	TJ1	1:25 PM
201	200m	Final	TR1	2:10 PM
218	Discus	Final	DT1	3:35 PM
246	800m	Final	TR1	5:50 PM

Under 17 Girls

140	1500m Walk	Final	TR1	9:34 AM
167	100m Hurdles	Final	TR1	12:03 PM
172	High Jump	Final	HJ1	12:20 PM
183	Discus	Final	DT1	1:40 PM
200	200m	Final	TR1	2:07 PM
217	Triple Jump	Final	TJ1	3:35 PM
245	800m	Final	TR1	5:45 PM