

**ATHLETICS MPUMALANGA /
MPUMALANGA SECONDARY SCHOOLS / ATHLETICS CHAMPIONSHIPS
5 MARCH 2016: ITEM LYS / ITEM LIST
ASA RULES WILL APPLY.**

All officials to report at 08:00 at their events

PHASE: 1 08:15 – 09:00

1.	High Jump (A)	Boys	15 years
2.	Long Jump (A)	Girls	15 years
3.	Shot Put	Boys	19 / 23 years
4.	Discus	Girls	15 years
5.	Javelin	Girls	17 years
6.	Triple Jump (B)	Boys	19 / 23 years
7. A.	5000m	Boys	19 / 23 years
7. B.	5000m	Girls	19 / 23 years

PHASE 2: 09:00 – 09:45

8. A.	Hammer Throw	Boys	15 years
8. B.	Hammer Throw	Boys	17 years
8. C.	Hammer Throw	Boys	19 / 23 years
9.	Shot Put	Girls	17 years
10.	High Jump (B)	Boys	17 years
11.	Triple Jump (B)	Girls	15 years
12.	400m Hurdles	Boys	19 / 23 years
13.	400m Hurdles	Boys	17 years
14.	400m Hurdles	Girls	19 / 23 years
15.	400m Hurdles	Girls	17 years
16.	300m Hurdles	Girls	15 years
17.	300m Hurdles	Boys	15 years

PHASE 3: 09:45 – 10:30

18.	Discus	Boys	15 years
19.	Triple Jump (B)	Boys	17 years
20.	Javelin	Boys	19 / 23 years
21.	Long Jump (A)	Girls	19 / 23 years
22.	800m	Girls	19 / 23 years
23.	800m	Boys	19 / 23 years
24.	800m	Girls	17 years
25.	800m	Boys	17 years
26.	100m	Boys	15 years
27.	200m	Boys	19 / 23 years

PHASE 4: 10:30 – 11:15

28.	Discus	Girls	17 years
29.	Shot Put	Boys	17 years
30.	High Jump (A)	Girls	17 years
31.	Javelin	Girls	19 / 23 years
32.	Long Jump (A)	Boys	15 years
33.	800m	Girls	15 years
34.	800m	Boys	15 years
35.	3000m	Girls	19 / 23 years
36.	3000m	Boys	17 years

PHASE 5: 11:15 - 12:00

37.	Discus	Boys	17 years
38.	Shot Put	Girls	19 / 23 years
39.	High Jump (B)	Girls	15 years
40.	Javelin	Boys	15 years
41.	Long Jump (A)	Boys	19 / 23 years
42.	90m Hurdles	Girls	15 years
43.	100m Hurdles	Girls	17 years
44.	100m Hurdles	Boys	15 years
45.	100m Hurdles	Girls	19 / 23 years
46.	110m Hurdles	Boys	17 years
47. A	110m Hurdles	Boys	19 years
47. B	110m Hurdles	Men	23 years

PHASE 6: 12:00 - 12:45

48.	Discus	Girls	19 / 23 years
49. A.	Triple Jump (B)	Girls	17 years
49. B.	Triple Jump (B)	Girls	19 / 23 years
50.	Javelin	Boys	17 years
51.	1500m	Girls	19 / 23 years
52.	3000m	Girls	17 years
53.	3000m	Boys	15 years

PHASE 7: 12:45 – 13:30

54.	Discus	Boys	19 / 23 years
55.	Javelin	Girls	15 years
56.	Shot Put	Boys	15 years
57.	High Jump (A)	Boys	19 / 23 years
58.	Long Jump (A)	Girls	17 years
59.	Triple Jump (B)	Boys	15 years
60.	200m	Girls	15 years
61.	200m	Boys	15 years
62.	200m	Boys	17 years
63.	200m	Girls	19 / 23 years

PHASE 8: 13:30 - 14:15

64.	A. Hammer Throw	Girls	15 years
64.	A. Hammer Throw	Girls	17 years
64.	B. Hammer Throw	Girls	19 / 23 years
65.	Shot Put	Girls	15 years
66.	High Jump (B)	Girls	19 / 23 years
67.	Long Jump (B)	Boys	17 years
68.	200m	Girls	17 years
69.	1500m	Boys	17 years
70.	1500m	Boys	19 / 23 years
71.	400m	Boys	19 / 23 years
72.	400m	Boys	17 years

PHASE 9: 14:15 – 15:00

73.	400m	Girls	17 years
74.	400m	Girls	19 / 23 years
75.	1500m	Girls	15 years
76.	1500m	Girls	17 years
77.	1500m	Boys	15 years

PHASE 10: 15:00 – 15:45

78.	100m	Girls	15 years
79.	100m	Girls	17 years
80.	100m	Girls	19 / 23 years
81.	100m	Boys	17 years
82.	100m	Boys	19 / 23 years
83.	400m	Boys	15 years
84.	400m	Girls	15 years

No steeple chase as steeple chase hurdles are not on standard.

NO TEAM MANAGERS / COACHES OR PARENTS ARE ALLOWED ON THE FIELD.

DATE OF BIRTH

22 years – Born 1993

19 years – Born in 1997 and 1998

17 years – Born in 2000 and 1999

15 years – Born in 2002 and 2001

Seniors with 19 yrs and Masters with 15 yrs

RULES

- **NO ALCOHOL IS ALLOWED INSIDE THE FENCH OF THE STADIUM.**
- **NO SMOKING WITHIN THE BUILDING.**
- **NO ATHLETES ALLOWED WITHIN THE ADMINISTATION BUILDING AS WELL AS THE ENTERTAINMENT HALL UNLESS THEY ARE CALLED TO REPORT.**
- **ONLY PARTICIPATING ATHLETES ALLOWED ON THE TRACK OR FIELD.**
- **NO PARENTS AND COACHES ARE ALLOWED ON THE TRACK OR FIELD.**
- **ATHLETES MUST ALL PARTICIPATE IN THE RECOGNISED SCHOOL ATHLETICS DRESS OR A WHITE T-SHIRT AND BLACK SHORTS.**
- **ATHLETES MUST PLEASE CHANGE IN THE CHANGE ROOMS AND NOT ON THE FIELD.**

MEETING RULES

- **ONE FILE OPERATOR PER TEAM MUST BE AVAILABLE TO VERIFY DATES OF BIRTH.**
- **TRACK EVENTS: ATHLETES WILL COMPETE IN HEATS AND WILL THEN BE PLACED ON TIME.**
- **TRACK ATHLETES MUST HAVE A STICKER WITH THEIR OWN NAME, SURNAME, AGE GROUP, DATE OF BIRTH AND REGION OR SCHOOL ON THE STICKER. STICKERS WILL BE AT THE TABLE NEXT TO THE FIRST STALL ON THE WAY TO THE TRACK.**
- **FIELD EVENTS 3 ATTEMPTS FOR ALL ATHLETES AND THEN THE BEST 5 ATHLETES MAY HAVE 3 ATTEMPTS AGAIN. (THIS RULE MIGHT CHANGE WHEN TIME IS RUNNING OUT.**
- **ANY QUERIES MUST GO THROUGH THE TEAM MANAGERS OF THE RESPECTIVE TEAMS AND NOT COACHES OR PARENTS.**
- **ATHLETES PARTICIPATING IN THE INCORRECT AGE GROUPS WILL BE DISQUALIFIED.**
- **HAMMER THROW WILL TAKE PLACE ONLY IF ATHLETES HAVE THEIR OWN HAMMERS.**

OFFICIALS

- PLEASE INDICATE ON THE RESULT CARD THE NAME AND SURNAME OF THE ATHLETE, DATE OF BIRTH AND DISTRICT AND SCHOOL.
- MAKE SURE ALL RESULTS ARE SENT TO THE WINNING POST AND FROM THERE IT WILL GO THROUGH TO THE COMPUTER.
- CHECK THE WEIGHTS OF THE IMPLEMENTS FOR EACH AGE GROUP BEFORE AN EVENT BEGINS AND INFORM ATHLETES OF CORRECT IMPLEMENTS TO BE USED.
- REVERSE ORDER ON THE FIELD: AFTER 3 ATTEMPTS, IT IS IMPORTANT THAT THE BEST ATHLETE WILL PARTICIPATE LAST AND THE WEAKEST ATHLETE WILL PARTICIPATE FIRST.
- START RULE: NO WARNINGS WITH A FALSE START. THE ATHLETE WHO FALSE STARTS FIRST, WILL BE DISQUALIFIED.
- CALL THE REFEREE FOR ANY PROBLEMS.

ATHLETES

- DURING THE DAY SELECTED ATHLETES WILL BE CALLED – PLEASE CHECK REGULARLY ON THE NOTICE BOARDS IF YOU HAVE BEEN SELECTED.
- ATHLETES WILL HAVE TO FILL IN FORMS FOR TEAMS AND FIT CLOTHING AND ORDER CLOTHING. LETTERS WILL ONLY BE HANDED OUT AT THE END OF THE MEETING.

ABBREVIATIONS FOR DISTRICTS

GS	GERT SIBANDE
EHL	EHLANZENI
BOHL	BOHLABELO
NKAN	NKANGALA
MMA	MMA

STICKER FOR TRACK:

NAME AND SURNAME: AGE: DATE OF BIRTH: SCHOOL: REGION:

IMPLEMENTS AND EVENT STANDARDS:

DISCUS	1 KG	ALL GIRLS	B 15 YRS
	1,5 KG	B 17 YRS	
	1,75 KG	B 19 YRS	

SHOT PUT	3KG	G 15,17	
	4KG	G 19 Y	B 15 YRS
	5 KG	B 17 YRS	
	6 KG	B 19 YRS	

HAMMER	4KG	G 15,17,19 Y	B 15 YRS
	5 KG	B 17 YRS	
	6 KG	B 19 YRS	

JAVELIN	500 G	ALL GIRLS	
	600 G	G 19 YRS	B 15 YRS
	700 G	B 17 YRS	
	800 G	B 19 YRS	

TRIPLE JUMP PLANKS

09 metres	B 15 YRS	G 15, 17
11 metres	G 19 YRS	
11 metres	B 17 YRS	
13 metres	B 19 YRS	

M/L DISTANCE RACES

LAPS ON BOARD

800m	1
1500m	3 ½
3000m	7 ½
5000m	12 ½