

ATHLETICS MPUMALANGA

TRACK AND FIELD  
SUB-YOUTH LEAGUE

SATURDAY  
26 OCTOBER 2019



SECUNDA STADIUM  
8:00 - 13:00  
O/7 TO O/15 ONLY

# ATHLETICS MPUMALANGA



Athletics Mpumalanga Sub-Youth League (ages 7-15years)

DATE: 26 October 2019

VENUE: Secunda Stadium

FEE: R30 entrance for athletes and spectators

A Mpumalanga Team will be chosen on the day to represent the province at the Interprovincial Sub-Youth Championships in Sasolburg on 23 November 2019.

Qualifying times will apply and a maximum of 3 athletes per event will be chosen. (All merit based)

All athletes must participate with a temporary no ( R30 and available on the day ). Athletes participating with their ASA permanent numbers don't need a temporary no.

Age Groups: 0/7 Born 2013/2012

0/9 Born 2011/2010

0/11 Born 2009/2008

0/13 Born 2007/2006

0/15 Born 2005/2004

Note: Athletics Mpumalanga/Officials reserve the right to ask for proof of age during the event. Parents please bring the athletes' birth certificate for the meeting.

Please note that 0/15 Athletes participating at the Triple J Meeting will also be considered.

Please note: There will be **no 0/17 - Masters events on the day**

Should an athlete be chosen for the Sub-Youth Interprovincial Championships, the parents will be responsible for purchasing the Provincial Clothing.

# ATHLETICS MPUMALANGA

## PROGRAM SUB-YOUTH LEAGUE

<b>8:008:45 BLOCK A</b> 1. 3000m 0/15 Girls 2. 3000m 0/15 Boys 3. Long Jump 0/15 Girls 4. Long Jump 0/15 Boys 5. Javelin 0/13 Boys 6. Javelin 0/13 Girls 7. High Jump 0/11 Girls 8. High Jump 0/11 Boys	<b>8:459:30 BLOCK B</b> 9. 300mh 0/15 Boys 10. 300mh 0/15 Girls 11. 200mh 0/13 Boys 12. 200mh 0/13 Girls 13. 800m 0/13 Girls 14. 800m 0/13 Boys 15. 800m 0/15 Girls 16. 800m 0/15 Boys 17. Long Jump 0/11 Girls 18. Long Jump 0/11 Boys 19. Javelin 0/15 Boys 20. Javelin 0/15 Girls 21. High Jump 0/13 Girls 22. High Jump 0/13 Boys	<b>9:3010:15 BLOCK C</b> 23. 80m 0/11 Girls 24. 80m 0/11 Boys 25. 60m 0/9 Girls 26. 60m 0/9 Boys 27. 60m 0/7 Girls 28. 60m 0/7 Boys 29. 1200m 0/11 Girls 30. 1200m 0/11 Boys 31. Discuss 0/13 Boys 32. Discuss 0/13 Girls 33. Long Jump 0/13 Girls 34. Long Jump 0/13 Boys 35. High Jump 0/15 Girls 36. High Jump 0/15 Boys 37. Turbo Jav 0/11 Boys 38. Turbo Jav 0/11 Girls
<b>10:1511:00 BLOCK D</b> 39. 100mh 0/15 Boys 40. 90mh 0/15 Girls 41. 80mh 0/13 Boys 42. 75mh 0/13 Girls 43. 70mh 0/11 Boys 44. 70mh 0/11 Girls 45. Discuss 0/15 Boys 46. Discuss 0/15 Girls 47. Triple Jump 0/15 Girls 48. Triple Jump 0/15 Boys 49. Shot Put 0/11 Boys 50. Shot Put 0/11 Girls 51. Turbo Jav 0/9 Boys 52. Turbo Jav 0/9 Girls	<b>11:0011:45 BLOCK E</b> 53. 200m 0/15 Boys 54. 200m 0/15 Girls 55. 200m 0/13 Boys 56. 200m 0/13 Girls 57. 600m 0/9 Girls 58. 600m 0/9 Boys 59. 80m 0/7 Girls 60. 80m 0/7 Boys 61. 80m 0/9 Girls 62. 80m 0/9 Boys 63. Shot Put 0/15 Girls 64. Shot Put 0/15 Boys	<b>11:4512:30 BLOCK F</b> 65. 1500m 0/13 66. 1500m 0/13 67. 1500m 0/15 68. 1500m 0/15 69. 100m 0/15 70. 100m 0/15 71. Shot Put 0/13 Boys 72. Shot Put 0/13 Girls
<b>12:30End BLOCK G</b> 73. 100m 0/1 Boys 74. 100m 0/11 Girls		
75. 100m 0/13 Boys 76. 100m 0/13 Girls 77. 400m 0/15 Boys 78. 400m 0/15 Girls		

# TRACK AND FIELD SUB-YOUTH LEAGUE

## SUB YOUTH QUALIFYING STANDARDS: 2019

ITEM	GIRLS 7	GIRLS 9	GIRLS 11	GIRLS 13	GIRLS 15	BOYS 7	BOYS 9	BOYS 11	BOYS 13	BOYS 15	ITEM
60M	10,3	9,6	X	X	X	10,25	9,25	X	X	X	60M
80M	14	12,7	11,7	X	X	13,3	12	11,4	X	X	80M
100M	X	X	14,3	13,5	12,5	X	X	13,9	12,8	11,3	100M
200M	X	X	X	27,8	26,2	X	X	X	25,9	23,4	200M
400M/600M	X	2.07:00	X	X	61.00	X	1.56:00	X	X	53,7	400M/600M
800M	X	X	X	2.31:00	2:22:00	X	X	X	2.26:00	2:05:00	800M
1200M	X	X	4.13.00	X	X	X	X	4.01:00	X	X	1200M
1500M	X	X	X	5:02:00	5:00	X	X	X	4.56:00	4:20:00	1500M
3000M	X	X	X	X	10:53:00	X	X	X	X	10:10:00	3000M
70MH	X	X	13,2	X	X	X	X	12,7	X	X	70MH
75MH	X	X	X	13,3	X	X	X	X	X	X	75MH
Short hurdle	X	X	X	X	13.70	X	X	X	13,4	13.70	Short hurdle
Long Hurdle	X	X	X	33,1	46.20	X	X	X	31,8	40.50	Long hurdle
T JAV	X	11,10m	18,60m	X	X	X	18,40m	23,50m	X	X	T JAV
JAV T	X	X	X	23,00m	36.00m	X	X	X	31,40m	50:00m	JAV T
HJ	X	X	1,24m	1,4m	1,54m	X	X	1,28m	1,47m	1,75m	HJ
LJ/TJ	X	X	4,05m	4,30m	5,00m/10,00m	X	X	4,25m	4,85m	6,20m/12,50m	LJ/TJ
SP	X	X	8,90m	9,90m	14,20m	X	X	10,70m	10,00m	15,00m	SP
DT	X	X	X	28,00m	30,00m	X	X	X	31,30m	48,00m	DT

Please note that these are the Qualifying Standards as supplied by the Interprovincial Committee.  
Only a Maximum of 3 athletes per event will be chosen for the Mpumalanga Team irrespective of the number of athletes that achieved the standards. eg. if 5 athletes achieved the standard - only the first 3 athletes will be chosen. No communication/discussion in this matter will be allowed.

Athletics Mpumalanga deserves the right to deviate from the Standards.