



2025-02-10

**TO: PRINCIPALS
FSDOE SYRAC
FSDOE SPORT OFFICIALS AT DISTRICT OFFICES
SECRETARIES OF DISTRICTS
CHAIRPERSONS OF DISTRICT:**
FEZILE DABI
LEJWELEPUTSWA
MOTHEO
XHARIEP
THABO MOFUTSANYANA

Attached is an information letter regarding the **FREE STATE HIGH SCHOOL ATHLETICS CHAMPIONSHIPS** for your urgent attention. You are requested to disseminate this information to all schools in your district. The success of the Free State meeting depends on the functionality of the zone and the districts.

DISTRICTS WILL BE RESPONSIBLE FOR THE FOLLOWING:

THE MANAGEMENT PLAN 2025:

1. Registration of athletes in (JOBA) the district who qualify to participate at Free State High Schools Athletics Championships.
2. Submission of officials' list to L.O.C.
3. Submission of withdrawal list of officials to L.O.C.
4. Submission of withdrawals of athletes to L.O.C.
5. Submission of list of affiliated schools (zonal and district) to L.O.C.

The best of luck for the rest of the season.

Regards

**Henk Jansen van Vuuren
CHAIRPERSON**

FREE STATE HIGH SCHOOLS ATHLETICS CHAMPIONSHIPS 2025

1. GENERAL INFORMATION

- 1.1. Date of the Championships: **7 AND 8 MARCH 2025.**
- 1.2. The championships will be known as: **FREE STATE HIGH SCHOOLS PROVINCIAL ATHLETICS CHAMPIONSHIPS.**
- 1.3. Venue: **DP de Villiers Athletics Stadium**, Sasolburg.
- 1.3.1 The 2025 Championships will be hosted by Free State High Schools Athletics Committee.
- 1.4. The following coordinators will handle matters concerning districts:

DISTRICT	Name of Representatives	Contact number	Email address
Fezile Dabi	Dr. Joel de Lange	082 775 9788	delangejoel@gmail.com
Lejweleputswa	Mr. Joseph Nkone	064 151 8607	jnnkone@dominic.co.za
Motheo & Xhariep	Mrs. Maki Motsumi	082 965 9648	l.motsumi@fseducation.gov.za
Thabo Mofutsanyane	Me. Alet Brits	084 563 1176	aletbrits.rtz@gmail.com

2. PROCEDURE FOR QUALIFICATION

- 2.1 **PARTICIPATING SCHOOLS:** Athletes must qualify at District Competitions.

3. ENTRIES AND WITHDRAWALS

3.1 **SUBMISSION TO L.O.C.**

Submission of team list/results by the secretary of each district must reach the L.O.C. **not later than 26 February 2025 at 12:00.**

The entries sent to the L.O.C. **WILL BE FINAL.** Only withdrawals will be allowed.

Every district must make sure that they used the correct athletics programme. Entries must only be sent on JOBA Athletics programme, updated 2025 version, no other athletic programme will be allowed.

More information from Mr. Johan Badenhorst.

Enquiries to 083 300 2873 E-mail: jobaentries@gmail.com

- 3.2 After reception of entries, checklists will be forwarded for verification and correction purposes, after which the verified lists should be signed by the team manager or principal of the school.

- 3.3 It is of utmost importance that these lists should be cross-checked and finally returned on or before **3 MARCH 2025**, to **Mr. Johan Badenhorst.** Enquiries to **083 300 2873** E-mail: **jobaentries@gmail.com** by the district representatives.
(See par. 1.5 on top of the page)

VERY IMPORTANT: These cross-checked lists will be received by schools from Mr Johan Badenhorst. Schools must check the correctness of the team list and report **ONLY** withdrawals (**NO CHANGES OF ATHLETES OR ITEMS OF ATHLETES**) and give the information to their district representative. (See par. 1.5 on top of the page)

Take note of important dates mentioned in 3.3. The district representative **MUST** send the revised team lists of their district schools **NOT LATER** than 3 MARCH 2025 to Mr Johan Badenhorst.

FREE STATE HIGH SCHOOLS ATHLETICS ORGANISATION

NORMS

1. NUMBER OF ATHLETES PER ITEM PER REGION FOR PARTICIPATION AT THE FREE STATE CHAMPIONSHIPS

Districts	Number of athletes per district	Relays
Fezile Dabi	Track – 3 Middle Distance - 4 Field – 4	3
Lejweleputswa	Track – 3 Middle Distance - 4 Field – 4	3
Motheo & Xhariep	Track – 3 Middle Distance - 4 Field – 4	3
Thabo Mofutsanyane	Track – 3 Middle Distance - 3 Field – 3	3

2. QUALIFICATION FOR PARTICIPATION AT PROVINCIAL CHAMPIONSHIPS

- Athletes must QUALIFY at their District Meeting to participate at the Free State meeting.
- Athletes will represent their schools and not the district as such.
- **Therefore, athletes participate in their official school athletics attire.**
- The best performers per item (**relays excluded**), as indicated above for the district events in the following age groups will qualify:

Boys: 14, 15, 16, 17 and 19 years

Girls: 14, 15, 16, 17 and 19 years

3. ASTERICK (*) CASES

- Such cases must **be handled by the District Committees before** the final entry list is submitted to **Mr. Johan Badenhorst.** Enquiries to 083 300 2873
E-mail: jobaentries@gmail.com
- Athletes may only be included as an (*) case if such an athlete **did participate in the specific event during the town/zonal/district elimination rounds** - thus athletes who did not participate on these levels will not be included as (*) cases.
- **District Committees (Chairpersons) could be requested to provide reasons for inclusion of these (*) cases if necessary.**

4. AGE GROUPS

- Age 14 born 2011
 - Age 15 born 2010
 - Age 16 born 2009
 - Age 17 born 2008
 - Age 19 born 2006 & 2007
-
- ❖ Athletes **may not compete** in two different age groups during the same meeting.
 - ❖ Athletes will only be allowed to take part in their own age group except in relays where they are permitted to participate in **a higher age group**.
 - ❖ Athletes may participate in a maximum of **three (3) items + relays**.

5. ATHLETE IDENTITY CLARIFICATION

The **NEW Athlete Identity Clarification Form** is compulsory (Attached) – which must have been use at town/zone/district level.

All information as requested on the form must be completed. Please follow the instructions clearly.

Note that:

- * The stamps of the school
- * The photo of the athlete
- * The stamp of the Commissionaire of Oath **may not be older than 6 (six) months.**

The Team Managers of schools must hand their **Athlete Identity Clarification Files** to the Team Manager of the district on 7 March 2025 at the registration point.

PLEASE NOTE:

Fraud of any kind will lead to: Disqualification of the athlete AND a fine to the school amounting to **R1000.00**.

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.

School principals will be held responsible if an athlete is entered in the wrong age division or participates for a school where the athlete is not enrolled.

6. MEDALS AND CERTIFICATES

- ❖ There will be medal presentations for each item.
It is compulsory that the first three athletes who will receive medals and the fourth, fifth and sixth positions who will receive certificates report at the rostrum for the medal presentation.
- ❖ All team managers must, however, verify their athletes who finish among the top (three) in an event, before the medals are awarded.
- ❖ Any Team Manager, failing to comply with this arrangement, will forfeit the athlete's medal.

- ❖ Athletes must sign for receipt of medals and certificates at rostrum.
- ❖ Dress code: Only school athletics attire/tracksuit is allowed on the rostrum for the medal presentation.

7. TEAM MANAGER OF SCHOOLS

7.1. GENERAL

- Schools will be allowed **ONE TEAM MANAGER** per **TWENTY ATHLETES** and **TWO TEAM MANAGERS FOR MORE THAN 20 ATHLETES**. If a school brings along more than TWO team managers, they will have to pay the spectators' fee.
- Schools are responsible for their team managers (refreshments and meals).
- District coordinators should please confirm that the team managers of the schools have prepared an "**ATHLETE IDENTITY CLARIFICATION**" file for reference purposes, on the **NEW template** with the required **ID's / birth certificates / Smart Card** for verification purposes. (Refer par 5, page 4). Smart ID cards are **COMPULSORY FOR U/19** athletes.
- **TEAM MANAGERS MUST PROVIDE SAFETY PINS FOR THEIR ATHLETES** (four (4) safety pins per athlete).
- Team managers must see to it that athletes competing in 10 000m Walk and 5 000m walk take in enough water during these races. Water will also be provided by the L.O.C. **during these races. PLEASE NOTE: The 3000m walk events/items for Boys & Girls 14 did change as from 2017 to 5000m walk events/items. This is to consider them for age group 15 selection to SASA National Championships.**
- Team managers must take note that it is compulsory to use the STADIUM STARTING BLOCKS at all track events up to 400m.
- Team managers must see to it that athletes are not permitted to have cell phones, recorders, radio etc. in their possession in the competition arena. **[WA Rule 144.3 (b)]**.
- The LOC will not be liable for loss of stolen articles.
- Team managers must take note that once the competition has begun, competitors are not permitted to use implements, runways or circles for practice or warm-up purposes. **[WA Rule 180.1 and 180.2]**
- **Endorsement WA rule 100:**
Items might officially be called off/stopped by track referees and competition managers if circumstances deem it fit. The meeting will be conducted under the rules of WA and ASA.
- Athletes must report to the officials at the call room in the warm-up area located at the Southern side of stadium and only enter the arena under the supervision of an official. **Pole-vault 60 min**, all other **field events 45 min** and all **running events 30 min** before the event commences.

- Athletes who are **not marked down** at the call room and holding area **will not be able to participate**. Team Managers must make 100% sure that all athletes report to the CALL ROOM as stated above.
PLEASE MAKE SURE YOUR ATHLETES/ COACHES/ PARENTS ARE AWARE OF THIS.

7.2 **TEAM MANAGERS & OFFICIALS' MEETING**

DATE: FRIDAY, 8 MARCH 2025
 TIME: 08H00 (MANAGERS AND OFFICIALS MEETING)
 VENUE: HALL UNDER PAVILION

8. **OFFICIALS**

8.1. **GENERAL**

- For 1-10 athletes it is expected of schools to provide **ONE (1) OFFICIAL** and for **MORE THEN 20 ATHLETES**, the school is expected to provide at least **THREE (3) officials**.

A FRIENDLY REQUEST TO PRINCIPALS OF SCHOOLS TO ASSIST US TO HAVE A FLAGSHIP EVENT WITH ENOUGH OFFICIALS OF HIGH STANDARD.

Athletes deserve it for their hard work during athletics season.

- Nomination list for officials is attached.
 Schools **must submit** their officials list to **Mrs. CARMIN STEYN** via (E-mail: carminsteyn@gmail.com) **not later than TUESDAY, FEBRUARY 27, 2025**. (Cell Phone number 061 704 3665).
- Schools will be notified by **1 MARCH 2025** regarding the placements of officials.
- Schools must inform **Mrs. CARMIN STEYN**, (E-mail: carminsteyn@gmail.com), of any withdrawals before, **28 FEBRUARY 2025**. (Document attached). (Cell Phone number 061 704 3665).
PLEASE TAKE NOTE: If an official withdraws such an official must supply a replacement.
- **Officials must be dressed STRICTLY IN WHITE TOPS AND BLACK TROUSERS / SKIRTS. NOT BEIGE/OFF-WHITE/STARS/STRIPE OR ANY OTHER BLENDS.**
- Referees and certain officials (starters, technical and competition managers) will wear attire in certain colours or armbands for identification purposes.
- **Officials must be available for both days – if not, please complete attached withdraws/replacement form. PLEASE TAKE NOTE: If an official withdraws such an official must find a replacement for him/her.**

9 AFFILIATION, ENTRANCE FEES AND REGISTRATION FEES

FREE STATE HIGH SCHOOL ATHLETICS AFFILIATION

9.1 **SCHOOLS MUST PAY AFFILIATION TO THE FREE STATE HIGH SCHOOL ATHLETICS ORGANISATION - PROOF OF PAYMENT OF AFFILIATION MUST BE SENT TO THE DISTRICT COMMITTEE TREASURER.** This affiliation must be paid into the **account of the district.**

9.2 REGISTRATION FEES FOR ATHLETES

- ❖ **Registration amount per athlete: R 60.00 & Registration per relay team R 60.00.**
- ❖ Athletes only participating in the relays must also be registered on the computer and schools must supply the L.O.C. with such names.
- ❖ Registration Fees will be managed by the districts – therefore districts will pay ONE amount on behalf of the schools in the district into the Free State Account.
- ❖ District treasurers should deliver proof of payment on behalf of schools/athletes.

9.3 REGISTRATION AT ENTRANCE GATE:

- On **Friday, 7 March 2025** the district coordinators will **control the registration** of the their district. Team managers will report at the tables within the parking area **TO THE LEFT OF THE ENTRANCE GATE** from **07:00 – 10:00.**
- Team managers who will arrive after 11:00 (due to late participation) may collect the envelope from the district coordinator. Please make timeous arrangements in this regard.
Important: There will be NO registration tables available on Saturday, 8 March 2025.
- At registration, team managers will receive envelopes with entry lists, athlete numbers, an official programme, wristbands for the athletes, team managers AND officials.

Team managers and athletes are using wristbands for access control at the stadium gates for both days. Please do not remove it after day one OTHERWISE YOU'LL HAVE TO PAY ENTRANCE FEES ON DAY TWO.

10 TRANSPORT AND ACCOMMODATION

TRANSPORT and ACCOMMODATION IS SOLE THE RESPONSIBILITY OF THE SCHOOL AND ITS PARENTS.

Hostel accommodation in Sasolburg:

Sasolburg High School:	Kobus Jansen van Vuuren	066 025 0679
HTS Sasolburg:	Stefan Geldenhuys	072 403 2526

PLEASE TAKE NOTE THAT THERE WILL NOT BE, AT THIS STAGE (DATE OF THIS LETTER) ANY SUPPORT IN THIS REGARD BY THE DEPARTMENT OF EDUCATION, AS IN THE PAST.

11 ACTION PHOTOS AND CHAMPIONSHIP T-SHIRTS

Action photos will be on sale at the stadium. **No** T-shirts will be on sale.

Please take note that action photos will be taken and sold by the official photographer, and no other photographers/parents/ teachers will be allowed to take photos on the track or inside the barrier of the track.

Such persons will be removed immediately. Parents/teachers/photographers are welcome to take photos from outside the barrier.

12 ASIZING OF EQUIPMENT

An official will be available on the following days and times:

- **Thursday (06 March 2025) 16:00 – 17:00**
- **Friday (07 March 2025) 08:00 – 11:00**
- **Saturday (08 March 2025) 08:00 – 10:00**

Implements: Competitors may use their own implements, provided these are checked by the technical manager. Personal implements, with the owner's name on it, must be handed in at the Equipment Room (under the pavilion) as indicated to programme above. No competitor shall be permitted to take any implement into the arena. At the end of the competition, athletes shall leave the field carrying their own implements.

Venue: Equipment room. (Under pavilion, right side corridor)

The technical official will take the responsibility to deliver assized apparatus/ equipment to the point of competition.

13 PROTESTS & APPEALS

- Protest shall be made in accordance with WA Rule 146.
- During the event an athlete or his/her team manager must lodge a verbal protest to the appropriate Referee.
- All appeals must be made in writing on the appeal form, which can be obtained from the Technical Information Centre (TIC).
- An appeal to the Jury of Appeal must be made within 30 minutes:
 - of the official announcement of the result of an event (arising from the decision made by the Referee); or
 - of the advice being given to those making the protest, where there is no amendment of the result.
- An appeal must be accompanied by R200, which will be forfeited if the appeal is not successful.
- Only a team manager may lodge a verbal protest or written appeal on behalf of the athlete. Each district must have a responsible person to support the team managers in dealing with any problems/appeals, etc. on behalf of the athletes from schools in their district. (See competition rules).
- To prevent confusion and/or embarrassment, you are requested to bring this matter very clearly to the attention of athletes, parents, coaches, and the school team managers.

TEAM MANAGERS MUST HANDLE ALL MATTERS. NO PARENTS/COACH/ANY OTHER PERSON WILL BE ALLOWED TO HANDLE MATTERS ON BEHALF OF AN ATHLETE.

14 COMPETITION NUMBERS

- Each registered athlete will receive **one** competition number. (Competition rule).
- Athletes cannot participate without a number. It is the responsibility of the school's team manager to ensure that the athletes have their numbers timeously.
- **NO HAND MADE NUMBERS WILL BE ALLOWED.**
- The team managers must verify the correctness of the number against the control list of the athletes (received from the gate at registration).
- **ATHLETES MUST PLEASE PROVIDE THEIR OWN SAFETY PINS FOR THIS PURPOSE. (Four (4) safety pins needed).**
- The number should be pinned on the chest of each athlete. High Jump + Pole Vault either on the chest or on the back.

15 TRIPLE JUMP

Please note the following:

Boys 19, 17, 16 will jump from the 11m take-off. (Competition rule)

Boys 15 and all girls will jump from the 9m take-off.

PLEASE TAKE NOTE: At SASA High Schools Championships the Girls 19 will jump from the 11m take-off board (SASA AGM resolution October 2017) and the Boys 19 will jump from the 13m take-off board.

16 FITTING OF FREE STATE PROVINCIAL ATTIRE

(SASA HIGH SCHOOLS CHAMPIONSHIPS 2 April 2025 TO 5 April 2025 – Bloemfontein, FREE STATE)

- **Fitting of FS provincial attire** for athletes obtaining final positions 1-2-3-4 is **COMPULSORY**.
THUS: ALL ATHLETES that achieved positions 1 - 4 in all age groups **MUST** report to the attire fitting ROOM after his/her event (Finals). Attire fitting rooms will be located under the pavilion in the right-hand corridor.

PLEASE TAKE NOTE: The fitting of the Free State Provincial colours does not imply that the athlete is automatically in the Free State Team.

Please be informed and give **this important information to all athletes, coaches AND parents.**

- **The Free State High School Team will be announced on Monday, 10 March 2025, to the different schools.**

- **VERY IMPORTANT**: If you have any enquiries about the FS Team attire, you may communicate with the responsible person at the District Attire Centre.

17 **GENERAL RULES**

- No littering within the grounds will be allowed.
- Respect officials - poor behaviour etc. can result in suspension.
- No alcohol or glass bottles will be allowed at the stadium.
- Smoking inside the stadium is not permitted.
- Team managers are responsible for the good conduct and behaviour of their own athletes. Disciplinary action will be taken against any defaulting districts.
- Athletes will not be allowed to compete in any event if, in the opinion of the officials, he/she is not suitably dressed.
- Only a team manager may lodge a verbal protest or written appeal on behalf of the athlete.
- **MARKERS: MEASUREMENT INDICATORS.** No chalk, chewing gum, sand, cooldrink caps, etc. are allowed.
- Doping tests may be done randomly.
- **Entrance fees per spectator will be R40.00 per person per day.**

18 **COMPETITION RULES**

- Athletes must report **AND** marked present on the call room list by the officials at the warm-up area located at the southern side of the stadium. (Pole-vault 60 min, all other field events 45 min and all running events 30 min before the event commences).
- Field athletes must leave the arena **immediately** after they have completed their events.
- All track athletes must remain in their lanes after completing their races.
- Athletes who obtain the first 6 positions in the finals must report to the officials in charge of the medal presentations.
- Athletes participating in all sprinting (100m, 200m and 400m) and hurdles (90m, 100m and 110m) events will qualify for the finals as follow:
 - 2 Heats: First 3 places in each heat and 2 fastest times**
 - 3 Heats: First 2 places in each heat and 2 fastest times**
 - 4 Heats: Winner of each heat and 4 fastest times**
- When 13 or more athletes participate in the 800m event, the arced start will be used.

- **200m, 300m, 400m sprints, hurdle events** and all **relay** events will be run as races and the winners will be determined on the fastest times achieved.
- **AN ATHLETE MAY PARTICIPATE IN A MAXIMUM OF THREE (3) EVENTS plus relays. Athletes will only be allowed to take part in their own age group except in relays where they are permitted to participate in a higher age group.**
- Athletes may not compete in two different age groups, unless there is no event within the age group for which they were initially entered. **(ENQUIRE IF NECESSARY)**
- All athletes taking part in sprints, hurdles and relays must use starting blocks, which will be **provided**, at the start.
- Athletes must wear the competition numbers on the chest (exceptions for Pole-vault and High Jump athletes).
- Athletes using their own apparatus for throwing events must report to the technical official. **(See paragraph 12)**
- It is compulsory for all athletes to participate in the official athletics attire of their school.
- Endorsement of WA Rule 100 by event referees and competition managers when circumstances deem it fit.

WA, ASA AND SASA RULES WILL BE APPLIED

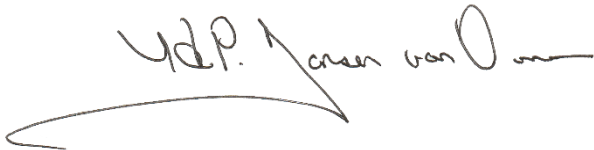
BY ORDER: FREE STATE HIGH SCHOOL ATHLETICS ORGANISATION

THE FOLLOWING DOCUMENTS ARE ATTACHED:

1. **Entry of school and contact details**
2. **Officials' list**
3. **Withdrawal forms for officials**
4. **Age groups & items for provincial championships 2025**
5. **SASA TECHNICAL INFORMATION 2025**
- 5.1 **Age groups/items for championships 2025**
- 5.2 **Technical information SASA 2025: Heights, weights, Pit Lane.**
- 5.3 **Qualifying standards for SASA School Championships 2025**
6. **Programme for 2025 Free State High Schools Championships.**
7. **Free State Provincial Championships Records 2020.**
8. **Athlete Identity Clarification (TEMPLATE)**

Best of luck to all athletes and coaches. We hope to witness wonderful talent.

Regards

A handwritten signature in black ink, appearing to read 'HJP. Jansen van Vuuren', with a long horizontal flourish underneath.

Henk Jansen van Vuuren
CHAIRPERSON: FREE STATE HIGH SCHOOLS ATHLETICS ORGANISATION
Cell phone: 083 308 2603

✉ henkvanvuuren@absamail.co.za

FREE STATE HIGH SCHOOLS ATHLETICS CHAMPIONSHIPS

7 & 8 MARCH 2025

1. SCHOOL ENTRY AND OTHER CONTACT DETAILS

THIS FORM MUST BE EMAILED TO MR. JOHAN BADENHORST.

Enquiries to 083 300 2873

E-mail: jobaentries@gmail.com NOT LATER THAN 24 FEBRUARY 2025.

NAME OF SCHOOL	
NAME OF ATHLETICS ORGANISER / CONTACT PERSON & E-MAIL ADDRESS	
NAME OF TEAM MANAGER / CONTACT PERSON & E- MAIL ADDRESS	
TOTAL NUMBER OF ATHLETES	
TOTAL NUMBER OF OFFICIALS	
SCHOOL (Very important!) SCHOOL CONTACT NUMBERS & E-MAIL ADDRESS	

PRINCIPAL

DATE

FREE STATE HIGH SCHOOLS ATHLETICS CHAMPIONSHIPS

7 & 8 MARCH 2025

2. OFFICIALS LIST

INDICATE GENDER (Mr. or Ms.) and INITIALS AND SURNAME CLEARLY PLEASE!!
 THIS FORM MUST **E-MAILED TO Mrs. CARMIN STEYN** (carminsteyn@gmail.com) **NOT LATER THAN 27 FEBRUARY 2025.**

NAME OF SCHOOLCELL

ITEM	FIRST CHOICE CANDIDATE	QUALIFIED? YES / NO	SECOND CHOICE	QUALIFIED YES / NO
1. Judges		Must be qualified		Must be qualified
- Track				
- Throws				
- Jumps				
2. Other officials				
Timekeepers				
Time Record Keepers				
Place Judges				
Track Record Keepers				
Corner Judges				
Wind Gauge				
Starter				
Starter coordinator				
Starters Assistant				
Announcer				
Lap Counter				
Pole Vault				
Discus				
Shot put				
Hammer Throw				
Javelin				
Long & Triple Jump				
High Jump				

PRINCIPAL _____

DATE _____

FREE STATE HIGH SCHOOLS ATHLETICS CHAMPIONSHIPS

7 & 8 MARCH 2025

3. OFFICIALS: WITHDRAWALS/ REPLACEMENT FORM

SCHOOLS MUST INFORM Mrs. CARMIN STEYN OF ANY WITHDRAWALS OF OFFICIALS, ON THIS TEMPALTE, (carminsteyn@gmail.com) NOT LATER THAN 28 FEBRUARY 2025.

PLEASE TAKE NOTE: If an official withdraws such an official must find a replacement for him/her.

SCHOOL: CONTACT NO:

	Name of official	Event	Reason for withdrawal	Will be replaced by the following official.
1				
2				
3				
4				
5				

PRINCIPAL

DATE

MAINSTREAM AGE GROUPS & EVENTS:
2025 PROVINCIAL MAINSTREAM T&F CHAMPIONSHIPS BOYS & GIRLS: 14, 15, 16, 17, 19
2025 NATIONAL MAINSTREAM T&F CHAMPIONSHIPS BOYS & GIRLS: 15, 17, 19

(UPDATED 11 NOV 2024)

EVENT	BOYS/ AGE						GIRLS/ AGE				
	14	15	16	17	19		14	15	16	17	19
100 m	X	X	X	X	X		X	X	X	X	X
200 m	X	X	X	X	X		X	X	X	X	X
400 m	X	X	X	X	X		X	X	X	X	X
800 m	X	X	X	X	X		X	X	X	X	X
1,500 m	X	X	X	X	X		X	X	X	X	X
3,000 m	X	X	X	X			X	X	X	X	
5,000 m					X						X
1500 m Steeple	X	X					X	X			
2,000 m Steeple			X	X					X	X	
3,000 m Steeple					X						X
90 m H							X	X			
100 m H	X	X							X	X	X
110 m H			X	X	X						
300 m H	X	X					X	X			
400 m H			X	X	X				X	X	X
Shot-put	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
Long Jump	X	X	X	X	X		X	X	X	X	X
Triple Jump	X	X	X	X	X		X	X	X	X	X
Javelin	X	X	X	X	X		X	X	X	X	X
Hammer	X	X	X	X	X		X	X	X	X	X
Pole-vault	X	X	X	X	X		X	X	X	X	X
Relay 4 x 100m	X	X	X	X	X		X	X	X	X	X
Medley Relay 100/200/300/400 m	X	X	X	X			X	X	X	X	
Relay 4 x 400m					X						X
Walk 5,000 m	X	X					X	X	X	X	
Walk 10,000 m			X	X	X						X

MAINSTREAM AGE GROUPS & EVENTS:

2025 PROVINCIAL MAIN STREAM T&F CHAMPIONSHIPS BOYS & GIRLS: 14, 15, 16, 17, 19

2025 NATIONAL MAIN STREAM T&F CHAMPIONSHIPS BOYS & GIRLS: 15, 17, 19

(UPDATED 11 NOV 2022)

SASA MAINSTREAM HIGH JUMP & POLE VAULT PROPOSED STARTING HEIGHTS - 2025

H = Heats F = Finals

	B15	B17	B19		G15	G17	G19
High Jump							
Heats	1,55m	1,70m	1,80m		1,40m	1,45m	1,50m
Final	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

SASA WEIGHTS OF IMPLEMENTS MAINSTREAM & LSEN (MID)-2025

EVENT	BOYS/Age					GIRLS/Age				
	LSEN 13	14	15	17	19	LSEN 13	14	15	17	19
Shot-put	4,00 Kg	4,00 Kg	4,00 Kg	5,00 Kg	6,00 Kg	3,00 Kg	3,00 Kg	3,00 Kg	3,00 Kg	4,00 Kg
Discus		1,00 Kg	1,00 Kg	1,50 Kg	1,75 Kg		1,00 Kg	1,00 Kg	1,00 Kg	1,00 Kg
Javelin		600g	600g	700g	800g		500g	500g	500g	600g
Hammer		4,00 Kg	4,00 Kg	5,00 Kg	6,00 Kg		3,00 Kg	3,00 Kg	3,00 Kg	4,00 Kg

SASA CHAMPIONSHIPS: TAKE-OFF BOARD DISTANCES FROM LANDING AREA – TRIPLE JUMP- 2025

(UPDATED 11 NOV 2024)

BOYS	
Age	Take-off board distance from landing area
19	13m
17	11m
15	9m
GIRLS	
Age	Take-off board distance from landing area
19	11m
17	9m
15	9m

SASA MAINSTREAM HIGH JUMP & POLE VAULT PROPOSED STARTING HEIGHTS - 2025

H = Heats F = Finals

	B15	B17	B19		G15	G17	G19
High Jump							
Heats	1,55m	1,70m	1,80m		1,40m	1,45m	1,50m
Final	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

SASA WEIGHTS OF IMPLEMENTS MAINSTREAM & LSEN (MID)-2025

EVENT	LSEN 13	BOYS/Age				LSEN 13	GIRLS/Age			
		14	15	17	19		14	15	17	19
Shot-put	4,00 Kg	4,00 Kg	4,00 Kg	5,00 Kg	6,00 Kg	3,00 Kg	3,00 Kg	3,00 Kg	3,00 Kg	4,00 Kg
Discus		1,00 Kg	1,00 Kg	1,50 Kg	1,75 Kg		1,00 Kg	1,00 Kg	1,00 Kg	1,00 Kg
Javelin		600g	600g	700g	800g		500g	500g	500g	600g
Hammer		4,00 Kg	4,00 Kg	5,00 Kg	6,00 Kg		3,00 Kg	3,00 Kg	3,00 Kg	4,00 Kg

SASA HEIGHTS & DISTANCES BETWEEN HURDLES & NUMBER OF HURDLES & STEEPLE CHASE - 2025

BOYS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance: Last Hurdle to Finish	Total
14 & 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
	1500 Sc	76,2				
16 & 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
	2000 Sc	91,4				
18 & 19	110 m H	99,5	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
	3000 Sc	91,4				
GIRLS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance: Last Hurdle to Finish	Total
14 & 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
	1500 Sc	76,2				
16 & 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
	2000 Sc	76,2				
18 & 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
	3000 Sc	76,2				

SASA CHAMPIONSHIPS: PIT LANE ALL RACE-WALKING EVENTS - 2025

(Decision taken at SASA AGM 11 Nov 2017)

The Rule 230 (Race Walking) will be applied as from 2018.

Use of the pit-lane:

After 3 (three) RED CARDS an athlete will be held in a specific area for a time e.g. 30 seconds up to 2-3 minutes for short and long distance. After the penalty time the athlete is allowed to continue in the event.

In any other (4th) RED CARD is given to the athlete, the athlete will be disqualified. It is compulsory at WA level events but optional at lower level. **Time penalties are decided by WA but can be change by Org. Committee (Rule 100).**

SASA CHAMPIONSHIPS: PIT LANE ALL RACE-WALKING EVENTS - 2022

(Decision taken at SASA AGM 11/11/2017)

- The Rule 230 (Race Walking) will be applied as from 2018.
- To use the pit-lane:
- After an athlete received 3 Red Cards, he/she must receive a communication from the Chief Judge or his Assistant showing him a paddle - with the time penalty on both sides.
- Applicable to items 5 000 m and longer.
- The following penalty times shall apply:
- Races up to and including 5 000 m (5 km): 30 seconds
- Races longer than 5 000 m and up to 10 000 m (10 km): 60 seconds
- Races longer than 10 000 m up to and including 20 000 m (20 km): 2 minutes
- Races longer than 20 000 m up to and including 30 000 m (30 km): 3 minutes
- Races longer than 30 000 m up to and including 40 000 m (40 km): 4 minutes
- Races longer than 40 000 m up to and including 50 000 m (50 km): 5 minutes
- It is compulsory at WA level events but optional at lower level. **Time penalties is decided by WA but can be change by Org. Committee (Rule 100).**
- He must immediately stop in the penalty area at the first opportunity.
- The time penalty starts immediately as the athlete enters the Pit Lane.
- Athlete shall be shown an appropriate card notifying him when 10 seconds remain on the penalty after which the official in charge shall allow the athlete to re-enter the event.
- The athlete is not judged in the Penalty Area.
- If the athlete, then receives any additional **Red Card(s)** (from the judges who had not previously sent him one), he shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- An Athlete who fails to enter the Pit Lane when required to do so, or does not remain or the allocated time frame, shall be disqualified by the Chief Judge.
- If athlete receives the third Red Card at the late stage of the race and it is not possible for the Chief Judge or assistant to notify the athlete that he must stop in the penalty area, the athlete shall finish the race - the penalty time shall be added to his official time.
- The Chief Judge maintains the power to immediately disqualify the athlete in the last 100 m of a race (no time penalty).

SASA HIGH SCHOOLS MAINSTREAM TRACK & FIELD CHAMPIONSHIPS 2025

Qualifying Standards (UPDATED 11 NOV 2024)

EVENTS	BOYS			GIRLS		
	15	17	19	15	17	19
100m H	11,30	10,90	10,70**	12,40	12,30	12,20
E	11,54	11,14	10,94**	12,64	12,54	12,44
200m H	23,50	22,40	21,90	26,20	25,80	25,40
E	23,74	22,64	22,14	26,44	26,04	25,64
400m H	53,70	49,90**	49,40	60,90**	59,20**	58,90
E	53,94	50,14**	49,64	61,14**	59,44**	59,14
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	4:26,00	4:06,00**	4:00,00**	4:55,00	4:53,00	4:53,00
I	4:30,00	4:10,00**	4:04,00**	4:59,00	4:57,00	4:57,00
3000m C	10:02,00	8:47,00**		11:07,00	10:42,00**	
I	10:10,00	8:55,00**		11:15,00	10:50,00**	
5000m C			15:23,00**			20:33,00
I			15:35,00**			20:45,00
1500m StC C	4:52,00			5:52,00		
I	5:00,00			6:00,00		
2000m StC C		6:21,00**			8:06,00	
I		6:25,00**			8:10,00	
3000m StC C			10:08,00			13:00,00
I			10:20,00			13:08,00
1000m Med C	2:16,00	2,08,00		2,30,00	2:24,00	
I	2:20,00	2,12,00		2,34,00	2,28,00	
90m H H				13,70		
E				13,94		
100m H H	13,74**				14,96**	15,76**
E	13,98**				15,20**	16,00**
110m H H		14,70	15,00			
E		14,94	15,24			
300m H H	41,26**			46,26**		
E	41,50**			46,50**		
400m H H		55,50**	55,10**		66,54**	66,50**
E		55,64**	55,34**		66,78**	66,74**
5000m W C	29:15,00			31:05,00**	29:45,00**	
I	29:30,00			31:20,00**	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**	6,60m**	6,80m**	5,10m**	5,25m**	5,30m**
Triple Jump	12,50m**	13,50m**	13,85m**	10,00m	10,50m**	11,20m
High Jump	1,72m	1,88m**	1,94m**	1,54m	1,60m**	1,60m**
Pole Vault	3,00m**	3,70m	3,90m	2,35m	2,60m	2,80m
Shot Put	14,85m	15,80m	14,20m**	11,40m**	11,90m	11,20m**
Discus	48,00m	48,00m**	42,00m	30,00m	36,00m**	36,00m**
Javelin	50,00m	58,00m	53,00m	36,00m**	40,00m**	40,00m**
Hamer	42,00m	50,00m**	44,00m**	35,00m**	40,00m	38,00m**
E = Electronic Times	H = Hand times		C = Coastal times	I = Inland Times	** EVENTS NEEDS DEVELOPMENT	

ATHLETES IDENTITY CERTIFICATION

PROVINCE: _____

DISTRICT: _____

ON / ZONE														
TOWN / CIRCLE														
NAME OF SCHOOL							LEARNER REGISTRATION NUMBER: LURISE- OR SCHOOL ADMISSION NUMBER:							
NAME(S) OF ATHLETE (AS ON BIRTH CERTIFICATE)														
SURNAME OF ATHLETE (AS ON BIRTH CERTIFICATE)														
DATE OF BIRTH OF ATHLETE														BIRTH CERT.-/ ID- / PASSPORT NUMBER
	Y	Y	Y	Y	M	M	D	D						
AGE GROUP OF ATHLETE							BOY / GIRL							

USE CAPITAL LETTERS ONLY TO COMPLETE THE INFORMATION BELOW

PHOTOCOPY OF BIRTH CERTIFICATE / I.D. DOCUMENT / PASSPORT/ SMART CARD

**RECENT ID
PHOTO OF
ATHLETE**
[NOT OLDER THAN 3
YEARS]
(PASTED HERE)

SCHOOL STAMP HERE

CURRENT SCHOOL STAMP MUST BE PARTLY OVER THE ID
PHOTO AND PARTLY OVER ID, BIRTH CERTIFICATE ETC.
STAMP MUST INDICATE THE DATE
(SINED BY PRINCIPAL/DEPUTY PRINCIPAL)

**COMMISSIONER OF
OATHS STAMP HERE**

(THE PRINCIPAL / DEPUTY
PRINCIPAL / SAPS - WHO
QUALIFIED AS
COMMISSIONER OF OATH)

[NOT OLDER THAN 3 YEARS]

NOTE: THE PRINCIPAL / DEPUTY PRINCIPAL/ SAPS WHO QUALIFIED AS COMMISSIONER OF OATH **MUST** CERTIFY THE BIRTH CERTIFICATE ON THIS TEMPLATE AS A TRUE COPY **AND** PUT SCHOOL STAMP **PARTLY OVER** THE ID PHOTO **AND** PARTLY OVER BIRTH CERTIFICATE.

FREE STATE HIGH SCHOOL ATHLETICS ORGANIZATION SELECTION POLICY 2025

1. COMPILATION OF SELECTORS PANEL

Convener of selectors	-	Me. Madri Harmse
Selectors per district:		
Fezile Dabi	-	Mr. Wilfred Sebotsa
Motheo	-	Mr. Ruco Henning
Xhariep	-	Mr. J.A.P Fourie
Thabo Mofutsanyane	-	Mr. Dirk Janse van Rensburg
Lejweleputswa	-	Me. Elizma du Plessis

The selection process is open to the chairperson of the FSHSAO. If the chairperson and the convener of selectors deem it necessary, any person can be invited to contribute to the selection process.

2. FRAMEWORK WITHIN WHICH SELECTION PROCESS TAKES PLACE

- 2.1 The Free State Team is chosen within the SASA framework for National Championships and the Management Decisions of the Free State High School Athletics Organization.
- 2.2 Qualification can take place during the following meetings:
District Meetings (Not at town or zone meetings)
Willie Roux Invitation/Sasolburg High School Invitational Meeting
HTS Sasolburg Invitational Meeting
Wilgerivier/Super Sport Meeting
Sentraal HS Top 20
Free State High Schools Athletic Championships are considered.
- 2.3 Any results of meetings held before 25 January 2022 are not considered. The closer the qualifying achievement is to the Free State High Schools Athletic Championships, the more significant the achievement will be.
- 2.4 Achievements attained outside Free State may be considered at the final round of selection.
- 2.5 All athletes who qualify for the team, should be selected. A maximum of five athletes per item who qualify will be chosen. If more than five athletes qualify for an item, the ranking of an athlete at Free State High Schools Athletic Championships will be most significant in the selection process.
- 2.6 To be considered for the team, an athlete must participate at the Free State High Schools Athletic Championships and rank within the first eight positions for the item.
- 2.7 If an athlete has already qualified and cannot participate in the Free State High Schools Athletic Championships, the selection panel will accept a medical certificate and supporting documents. Each such case will be considered individually and on merit.

The panel's decision will be final. The convener of selectors must receive all such requests and accompanying documentation during the Free State High Schools Athletic Championships.

3. FUNCTIONING OF THE SELECTORS PANEL:

Each selector identifies athletes who qualify from his/her district (refer to 2.2 and 2.3). At the Free State High Schools Athletic Championships, all results are made available to selectors.

Each selector will only identify qualified athletes from his/her region, or the using of an electronic program for capturing performance achievements and ranking athletic performance during the selection period is allowed.

The final selection will take place on the Sunday morning following the Free State High Schools Athletic Championships. MANCO will determine the logistics regarding the final selection.

No selector will be excused from the meeting before all the administration concerning the composition and management of the team is finalised.

4. THE SELECTION PROCESS:

- The top five qualifying athletes per item ranking in the first eight positions at the Free State High Schools Athletic Championships, are selected. If an athlete holds the fifth position in an item but did not rank in the first eight positions at the Free State High Schools Athletic Championships, the selectors might consider the athlete.
- Qualifying u/14 athletes may be selected for u/15 and u/16 athletes may be selected for u/17. If a tie occurs for the fifth position, the u/15 and u/17 athlete will be selected.
- If the prescribed number of 230 athletes are not met, the selectors may consider athletes in the following scenarios:
 - a) An athlete who just missed out on qualifying standards. The panel must be unanimous in this decision.
 - b) The u/15, u/17 and u/19 Free State Champion.
 - c) The u/14 and u/16 Free State Champion for development purposes.

5. SELECTION OF RELAY TEAMS:

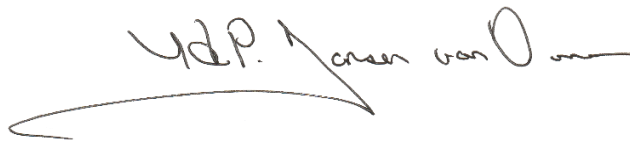
Following the selection process, the panel and team managers will determine the athletes for inclusion in the relay teams. No selector will be excused before the selection of athletes for relay teams are finalised. The team manager will notify the chosen athletes in advance about their inclusion in a relay team.

No changes to relay teams are to be made without the knowledge of the convener of the selectors.

6. IN GENERAL:

- The selectors are at liberty to choose the item in which an athlete will participate. An athlete who qualified for a certain item, can thus be entered into another for which he/she did not qualify.
- Due to athletes withdrawing after being selected for the team, selectors are required knowledge as to the availability of an athlete before the final round of selection takes place.

- The selectors will set up a shortlist of athletes that might be included into the team by the convener if chosen athletes withdraw. The chairperson of the FSHSAO and the team manager will be briefed about any such changes by the convener.
- All decisions by the panel are final.



PP

M Harmse
Convener of selectors

HP Jansen van Vuuren
Chairperson: FSHSAO