**MOTHEO XHARIEP PRIMARY SCHOOLS ATHLETICS ORGANISATION (MXPSAO)**



**Chairperson** **Secretary**

Bernard Holtzhausen Manda du Preez

**🖱**Email: bernard.h@vodamail.co.za **🖱**Email: manda@psjf.co.za

4 November 2024

**Information: Zonal Competitions 2025**

|  |  |  |
| --- | --- | --- |
|  | **1.1 Dates and Venues** | **1.2 Closing Dates for Electronic Entries** |
| **Zone B** | Thursday **30 January 2025**Mangaung Athletics Stadium (Bfn) | Friday 24 January 2025 [12:00] |
| **Zone C** | Thursday **6 February 2025**Mangaung Athletics Stadium (Bfn) | Friday 31 January 2025 [12:00] |
| **Zone A** | Thursday **13 February 2025**Mangaung Athletics Stadium (Bfn) | Friday, 7 February 2025 [12:00] |

All zonal competitions starts **punctually** at **08:00**. **No exceptions!!**

**1.3 District, Provincial and National Championships**

* **Motheo/Xhariep** - Friday **28 February 2025** - Mangaung Athletics Stadium

 (Bfn)

* **Free State Championships** - Saturday **8 March 2025** - Mangaung Athletics Stadium

 (Bfn)

* **National Championships** - **27 – 29 March 2025** - Potchefstroom

**2. List of Officials** (see Closing dates at 1.2)

The list of names of your officials (Annexure A) must be submitted by email to the different zonal chairpersons before 17 January 2025.

 **ZONE A** - Mr Bernard Holtzhausen – Koot Niemann Primary School [**🖁** 082 434 3131 ]

(Email: bernard.h@vodamail.co.za)

**ZONE B** - Mr Sello Tsiu – Hohle Primary School [**🖁** 078 764 7889 ]

 Mr Teko Mookudi – Tweespruit Combined School [**🖁** 071 996 5972 ]

 (Email: tsiumichael@yahoo.co.za)

**ZONE C** - Mr Ampie Badenhorst - Kruitberg Primary School [**🖁** 082 303 9416 ]

 (Email: ampie.baden@gmail.com)

**Please SMS/WhatsApp the chairperson to confirm whether the email was received.**

**3. Entry Forms**

Please take note that all entries must be submitted **electronically** on the Excel spread sheet. Download this Electronic Entry Form from the website as follow:[**https://fsschoolsathletics.co.za/**](https://fsschoolsathletics.co.za/) and click on **FS Primary Schools. Click on Motheo Xhariep and again on Circulars:** **Download** **Electronic Entry Forms 2025 (eJobaForm24-1)**.

***NB!!!! DO NOT* PRINT OUT** the ELECTRONIC ENTRY FORM (There are too many columns)

**Save your school’s Electronic Entry Form under your school’s Name and Zone!!!!!**

*Make sure you use the correct school computer code for your entries.*  Please complete the pro forma electronic entry formaccording to theinstructions of **Annexure C** & **Annexure D** thatexplain the items per age group, per gender and year of birth for age groups.

3.1 **Email your entries to:**

* **Zone A –** **elsabe1vorster@gmail.com**
* **Zone B –** **elsabe1vorster@gmail.com** **NEW EMAIL!!**
* **Zone C –** **elsabe1vorster@gmail.com**

 **NO LATE/INCORRECT ENTRIES WILL BE ACCEPTED**

3.2 Please make sure that you **request a read receipt** as your proof that your entries were sent.

3.3 You will receive a **Read confirmation** of the file that you sent. This will be your **proof** that your entries were received.

3.4 **Annexure D shows the different items applicable to each age group**

3.5 Go to [**https://fsschoolsathletics.co.za/**](https://fsschoolsathletics.co.za/) four (4) days later, click on the Motheo Xhariep Primary Schools **Download Zone**, click **Entries checklists** and search under the **correct zone,** whether your school’s entries are correct.

3.6 **Scroll down** to your school’s name and **print only your school’s** entry.

3.7 If there is an **incorrect entry on this entries checklist**, make the **corrections in black pen** on the form and email it back to the person mentioned in 3.1.

**IMPORTANT:** Read the instructions thoroughly ***before you complete the entry forms***. There is a **fine of R200.00** for incorrect and/or late entries.

**4. Competition Rules**

4.1 **NB!!!!!!** A MAXIMUM of two (2) athletes per school per event may participate.

[A third athlete may only be entered in exceptional circumstances and ONLY if special permissionwas given by the admin. Direct your motivation to Elsabé Vorster at email **elsabe1vorster@gmail.com**]

4.2 **NO athlete will be allowed to participate in a different age group other than the age he/she is turning that year.** In the past, athletes were allowed to participate in javelin and discus in a higher age group.

4.3 Athletes may participate in a **maximum of 4 items** at the **Zonal competition**.

4.4 Athletes may participate in a **maximum of 3 items** at the **Motheo Xhariep Championships, Free State Championships and National Championships.**

4.5 Athletes without the **proper name card (see 6.1 - 6.6 on page 3),** will not be allowed to participate.

**5.** **Registration, participation and Admission Fee**

The **registration fee is R40.00 per athlete.**  **Athletes pay only the registration fee**. The **total registration fee** of the school’s athletes can be paid **by the school via internet / EFT (No cash deposits please!! Cash payments at the gates the day of participation is acceptable) into the MXPSAO bank account:**

 **Name of account: MXPSAO**

 **Bank: FNB**

 **Account Type: Business**

 **Cheque Branch Code: 252005**

 **Account number: 62637986615**

 **Reference: *Your school’s name***

**NO REFUNDS WILL BE PAID TO SCHOOLS WHERE REGISTERED ATHLETES DO NOT SHOW UP OR BECAUSE OF WRONG/LATE ENTRY FORMS.**

The **admission fee** is R 50.00 per adult spectator and R 50.00 per learner spectator.

 **The officials** and **team managers** of each school pay NO admission fee.

**6. Name Cards**

Provide each athlete with a name card attached to their vest that states:

6.1 Name and surname of athlete

6.2 Gender of the athlete (Boy or Girl)

6.3 Name of school

6.4 Year of birth of athlete

6.5 Events/Items in which athlete is going to participate e.g., 100m; Long Jump, etc.

6.6 School stamp over the details in 6.1 – 6.5

**7. Age Groups 2025**

Shown on the programme **(Annexure E)** and on Items per Age Group **(Annexure D).**

**8. Track Events**

 Each track event will consist of **ONLY** a number of **heats** with no **finals.**

The **best six times in each heat** will be recorded. After finishing the number of heats of each event, athletes will qualify for the Motheo/Xhariep Championships according to the **qualifying standards** set out in **Annexure F.**

**9. Which athletes in each Zone qualify for the Motheo/Xhariep Championships ?**

 All is explained in **Annexure F.**

**PLEASE NOTE:** In throws and long jump, each athlete gets only **three** attempts. The best 8 athletes will get a further 3 attempts.

**10. Additional Information concerning Zonal Competitions**

* 1. List of Technical Officials. (Annexure A) Information for Team Managers (Annexure B)
	2. Manual how to submit your Electronic Entry Form (Annexure C)
	3. Items per Age Group (Annexure D)
	4. Programme for Zonal Athletics Competitions (Annexure E)
	5. Minimum qualifying standards (Annexure F)

10.6 Names of Schools **AND** unique codes in the different Zones (**Download** as: Schools per Zone and Schools Computer Codes 2025)

10.7 Electronic Entry Form (**Download** as: Electronic Entry Form and Abbreviations 2025)

**ANNEXURE A: LIST OF TECHNICAL OFFICIALS**

**Closing date:**

**17 January 2025**

The number of officials that your school must provide is shown below according to a sliding scale. A friendly warning: Participation of your athletes during 2025 can be forfeited if you cannot provide the correct number of officials. You must provide substitutes if an official withdraws from a competition for whatever reason. Please send officials with sufficient knowledge of athletics.This will prevent athletes being penalised.

**PLEASE TAKE NOTICE OF THE FOLLOWING**

 Number of athletes participating Number of officials

 1 – 5 1

 6 – 10 2

 11 – 20 3

 21 – 30 4

 31 – 40 5

 41 and more 6

**VERY IMPORTANT: Email this form to your *zonal chairperson* (See contact info on page 1)**

 **[Please write clearly and legibly]**

**School:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Zone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Organiser:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Tel/Cell:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
|  | **Where do you want to Officiate?** |
| Mr / Me | Name and Surname\* | 1st Choice **e.g. Time** | 2nd Choice **e.g. Long Jump** | Are you Qualified?**(Level…)** |
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 \*Full name and Surname!!

**All the officials must report at 07:20 for a technical official meeting on the day of the different Zonal competitions.**

**ANNEXURE B: INFORMATION FOR TEAM MANAGERS**

**1. Entrance**

Entrance for Team Managers is **free**. Larger schools receive **THREE** special entrance tickets at the gate**,** while smaller schools receive **TWO**. Please pin the Team Manager’s ticket with a school stamp on your blouse or shirt to identify yourself. The **registration fee** per athlete is R40.00. The school can pay the amount for the whole team directly into the MXPSAO bank account (see bank particulars, reference and proof of payment on page 3). Schools can also pay at the gates in cash on the day of the Zonal competition. Provide each athlete with a **name card** with the school stamp and other particulars on it (See 6.1 - 6.6 on page 3).

**2. Call Room**

PLEASE NOTE: No athletes may go on their own to theparticipation arena. Report at the **call room** on the **southern side** of the stadium as soon as athletes are called out for an event.

**3. Warming Up**

Warming up can be done at the warming up areaatthe southern side of the stadium.

**4. Markers**

Athletics Free State prohibits the use of chalk or sticking tape by athletes as markers for jumps. Please see to it that athletes use other markers to help them during jumps. Athletes that move the markers of other athletes, in order to penalise them, will be disqualified. This is a serious offence.

**5. Events taking place simultaneously**

Please adhere to the following procedure when athletes are called to report for a track event, while busy with a field event:

* 1. Inform the chief official at the field event of the problem. Ask permission to fetch the athlete for participation on the track. **Remember** that an athlete forfeitsthe jumps / throws that they miss while taking part in a track event.
	2. Inform the official at the track call room that athlete is busy with a field event.
	3. Also inform the starter’s assistant of the athlete taking part in a field event and ask them to keep a lane open. If it is a heat, make sure in which heat the athlete is running and make sure to be on time. **Athletes must participate in the correct heat.**

**6. Protest**

Only team managers will be allowed to protest. Please follow the following procedure:

* 1. A verbal protest must be lodged at the relevant referee within **30 minutes** after the official announcement of a result.
	2. If you are not satisfied with the Outcome, a written appeal may be lodged on the prescribed form to the Jury of Appeal. A deposit of R 200.00 must accompany the appeal. The amount is forfeited if the appeal fails.

**7. Rules of the Competition**

7.1 **Only athletes on the entry form of the particular school will be allowed to participate.**

* 1. All athletes must wear a **name card** with particulars stated in 6.1 - 6.6 on page 3.
	2. A maximum of 2 athletes per event per school may participate, except where special permission was granted by the Admin. Motivation to Elsabé Vorster by email.
	3. **NB!!!!! School teams must not sit on the pavilion below the parking garage on the northern (Waterfront) side. Only athletes that went through the Call Room will be seated here!**

**8. Movement inside the Arena**

8.1 Team managers may enter the arena only to protest or to make arrangements for an athlete where events clash.

**IMPORTANT**: Only officials and participating athletes are allowed inside the arena –

**NO PARENTS OR COACHES INSIDE ARENA!!!!!!!!**

* 1. Stay away from the finishing line, as any movement may interfere with the timekeepers and officials placing the athletes.
	2. Only bare feet or spikes are allowed on the tartan surface.

**I M P O R T A N T**

**ALL Team** Managers **MUST** attend this meeting

**9. Meetings BEFORE the Zonal Competitions and Motheo/Xhariep Championships**

9.1 Please report at 07:00 in the official room to collect your entries checklist with the colour age group cards. These colour age group cards and name cards must be attached to the athletes’ vest. Athletes may not participate without the correct colour age group card and name card. Bring together the copy of your school’s entries signed off as correct, as proof of participation.

**10. Code of Conduct**

10.1 As soon as field athletes begin to participate in their respective events, they may not leave the arena without the permission of the chief official. Participants that leave the competition area to communicate with their coaches, must be back in time for their next attempt, or else forfeit the attempt.

10.2 The cordoned off area next to the timekeeping should please be avoided by athletes as well as spectators!!

10.3 Do not litter.

10.4 No glass bottles in the stadium.

10.5 No alcohol may be used inside the stadium.

10.6 The stadium is a smoke-free (cigarettes and/or vape) zone.

10.7 Athletes must not play with implements or play on landing mats.

**11. Team Managers Meeting AFTER the Zonal Competition**

11.1 The 2 computer printouts with your athletes that qualify must be checked. Check the spelling, sign it, put your name and cellular number on it and hand one printout back.

**ANNEXURE F** clearly shows the requirements for athletes to qualify for the Motheo/Xhariep Championships.

11.2 Please bring **ANNEXURE F** to the meeting.

* 1. All pitiful cases must be submitted in writing during this meeting.

11.4 All information regarding the next competition must be collected here.

11.5 **No information will be emailed to schools.**

**ANNEXURE C: MANUAL**

**How to submit your Electronic Entry Form 2025**

**Line 1:** **Complete the school’s name, contact name, email address and cellular number of the contact person at your school in the yellow blocks.**

**Line 2:**

Column A: Line Number: **Leave as it is**

Column B: Type in the name of the Zone in which your school participates, **directly under Column B** in

**UPPERCASE (Capital) LETTERS**. As soon as you enter one of the followingbelow, the

whole column will change to the correct Zone. **ZONA25 for Zone A; ZONB25 for** **Zone B,**

**ZONC25 for Zone C; Default setting is ZONB24.**

Column C: Your School’s unique code. **Example**: MJF for Jim Fouché. **Default setting is ABC.**

**If you type your school’s unique code directly under Column C in Line 2 in UPPERCASE (Capital) LETTERS and enter, the whole column will change to your school’s unique code.**

**All Motheo Schools’ Code begin with ‘M’ and Xhariep Schools’ Code begin with ‘X’**

**NB!!!! IF YOUR SCHOOL’S NAME DOES NOT APPEAR ON THE DOWNLOAD: “Schools per Zone and Schools Computer Codes 2025”, LEAVE THIS COLUMN OPEN.**

Column D: Your School’s unique code + Athlete number.

**If you completed column C correctly, column D will show your school’s unique code and athletes’ numbers.**

**Example:** MJF001 for athlete number 1 from Jim Fouché, MJF002 for athlete number 2, etc.

Column E: Athlete Number:

 **Leave as is**. It is according to the number of athletes entered.

Column F: Name: (**Begin name with capital letter**)

Name of athlete. **Example**: Itumeleng

Column G: Surname: (**Begin surname with capital letter**)

 Athlete’s Surname. **Example**: Mokoena

Column H: ID Number: 13 digits without any spacing.

Column I: Date of Birth: yyyy/mm/dd format please.

Column J: ASA no: - Leave open

Column K: Demography: only the capital letter B for Black, C for Coloured, I for Indian or W for White

Column L: Gender: Letter **F for Girls** & letter **M for Boys (Capital Letters)**

Column M: Age: This is the age the athlete turns in **2025.**

**08; 09; 10; 11; 12; 13 (NB!! Remember the zero before 8- & 9-years old athletes)**

Column N: Item 1: when you move your cursor to the next block under Column N, a dropdown menu will appear with a list of items. Select the relevant item from the document: **“Items per age group 2025”** **according to the correct abbreviation** below.

Columns O;P;Q: Item 2; 3; 4 from the **“Items per age group 2025”** **according to the correct**

 **abbreviation** below.

**Column R: Item 5 not applicable - only 4 items allowed at Zonal Competitions.**

**Please Note: At Throws and Jumps the English OR Afrikaans Abbreviations may be used.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ITEM** | **ABBREVIATION** |  | **ITEM** | **ABBREVIATION** |
| 60m: | 60 |  | 70m Hurdles | 70H |
| 80m: | 80 |  | 75m Hurdles | 75H |
| 100m : | 100 |  | 80m Hurdles | 80H |
| 150m: | 150 |  | 150m Hurdles | 150H |
| 200m: | 200 |  | 200m Hurdles | 200H |
| 800m: | 800 |  | High Jump | HJ **or** HS |
| 1 200m: | 1200 |  | Long Jump | LJ **or**  VS |
| 1 500m: | 1500 |  | Shot Put | SP **or** GS |
| 1 500m Race Walk | 1500ST |  | Discus | DT **or** DG |
|  |  |  | Javelin | JAV **or** SG |

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| **ANNEXURE D: ITEMS PER AGE GROUP 2025** |
| **MOTHEO XHARIEP PRIMARY SCHOOLS ATHLETICS ORGANISATION** |
| **GENDER:** |  | **BOYS** |  | **GIRLS** |
| **YEAR OF BIRTH:** |  | **2017** | **2016** | **2015** | **2014** | **2013** | **2012** |  | **2017** | **2016** | **2015** | **2014** | **2013** | **2012** |
| **AGE GROUP:** |  | **8** | **9** | **10** | **11** | **12** | **13** |  | **8** | **9** | **10** | **11** | **12** | **13** |
| **ITEM:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **60m** |  | **x** | **x** |  |  |  |  |  | **x** | **x** |  |  |  |  |
| **80 m** |  | **x** | **x** | **x** | x |  |  |  | **x** | **x** | **x** | **x** |  |  |
| **100 m** |  |  |  | **x** | **x** | **x** | **x** |  |  |  | **x** | **x** | **x** | **x** |
| **150 m** |  |  |  |  |  | **x** |  |  |  |  |  |  | **x** |  |
| **200 m** |  |  |  |  |  |  | **x** |  |  |  |  |  |  | **x** |
| **800 m** |  |  |  |  |  |  | **x** |  |  |  |  |  |  | **x** |
| **1 200 m** |  |  |  | **x** | **x** | **x** |  |  |  |  | **x** | **x** | **x** |  |
| **1 500 m** |  |  |  |  |  |  | **x** |  |  |  |  |  |  | **x** |
| **70 m Hurdles** |  |  |  | **x** | **x** |  |  |  |  |  | **x** | **x** |  |  |
| **75 m Hurdles** |  |  |  |  |  | **x** |  |  |  |  |  |  | **x** | **x** |
| **80 m Hurdles** |  |  |  |  |  |  | **x** |  |  |  |  |  |  |  |
| **150 m Hurdles** |  |  |  |  |  | **x** |  |  |  |  |  |  | **x** |  |
| **200 m Hurdles** |  |  |  |  |  |  | **x** |  |  |  |  |  |  | **x** |
| **Shot Put** |  |  |  | **x** | **x** | **x** | **x** |  |  |  | **x** | **x** | **x** | **x** |
| **Discus** |  |  |  |  |  | **x** | **x** |  |  |  |  |  | **x** | **x** |
| **High Jump** |  |  |  | **x** | **x** | **x** | **x** |  |  |  | **x** | **x** | **x** | **x** |
| **Long Jump** |  |  |  | **x** | **x** | **x** | **x** |  |  |  | **x** | **x** | **x** | **x** |
| **Javelin** |  |  |  |  |  | **x** | **x** |  |  |  |  |  | **x** | **x** |
| **Race Walk****1 500m** |  |  |  |  |  |  | **x** |  |  |  |  |  |  | **x** |

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| **Age group**  | **Year of birth** | **Colour Card** |
| 13 | Born in 2012 (13 years of age in the year of 1 Jan 2025 – 31 Dec 2025) | Pink |
| 12 | Born in 2013 (12 years of age in the year of 1 Jan 2025 – 31 Dec 2025) | Red |
| 11 | Born in 2014 (11 years of age in the year of 1 Jan 2025 – 31 Dec 2025) | Yellow |
| 10 | Born in 2015 (10 years of age in the year of 1 Jan 2025 – 31 Dec 2025) | Blue |
| 9 | Born in 2016 (9 years of age in the year of 1 Jan 2025 – 31 Dec 2025) | Orange |
| 8 | Born in 2017 (8 years of age in the year of 1 Jan 2025 – 31 Dec 2025) | Green |

**Programme for Zonal Athletics Competition 2025**

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| **Zone B** | **Zone C** | **Zone A** |
| **30 January 2025** | **6 February 2025** | **13 February 2025** |

**NB !!!** Please note that the time-frames on the program is an estimate, due to the fact that we have between 40 and 50 schools per zone x 2 athletes per item. The day’s weather (rain and thunderstorm) can also be a factor.

**PROGRAMME** **(Starting time: 08:00)**

**Time Age Group Year of Birth Item**

1. 08:00 Girls 13 (2012) 1500m Walk

2. 08:00 Boys 13 (2012) 1500m Walk

3. 08:00 Boys 13 (2012) High Jump (A-Mat)

4. 08:00 Girls 13 (2012) High Jump (B-Mat)

5. 08:00 Boys 12 (2013) Long Jump (A-Pit)

6. 08:00 Girls 12 (2013) Long Jump (B-Pit)

7. 08:00 Boys 11 (2014) Shot Put (A-Circle)

8. 08:00 Girls 11 (2014) Shot Put (B-Circle)

9. 08:15 Girls 13 (2012) 800m

10. 08:23 Boys 13 (2012) 800m

11. 08:31 Girls 11 (2014) 1 200m

12. 08:43 Boys 11 (2014) 1 200m

13. 08:55 Girls 10 (2015) 80m

14. 09:10 Boys 10 (2015) 80m

15. 09:25 Girls 11 (2014) 80m

16. 09:40 Boys 11 (2014) 80m

17. 09:40 Boys 13 (2012) Javelin

18. 09:40 Girls 13 (2012) Discus

19. 09:40 Boys 12 (2013) Shot Put (A-Circle)

20. 09:40 Girls 12 (2013) Shot Put (B-Circle)

21. 09:40 Girls 10 (2015) Long Jump (A-Pit)

22. 09:40 Boys 10 (2015) Long Jump (B-Pit)

23. 09:40 Boys 11 (2014) High Jump (A-Mat)

24. 09:40 Girls 11 (2014) High Jump (B-Mat)

25. 09:55 Girls 8 (2017) 80m

26. 10:10 Boys 8 (2017) 80m

27. 10:25 Girls 9 (2016) 80m

28. 10:40 Boys 9 (2016) 80m

29. 10:55 Girls 12 (2013) 150m

30. 11:10 Boys 12 (2013) 150m

31. 11:25 Girls 13 (2012) 200m

32. 11:25 Boys 12 (2013) Discus

33. 11:25 Girls 12 (2013) Javelin

34. 11:25 Boys 10 (2015) Shot Put(A-Circle)

**Time Age Group Year of Birth Item**

35. 11:25 Girls 10 (2015) Shot Put (B-Circle)

36. 11:25 Boys 12 (2013) High Jump (A-Pit)

37. 11:25 Girls 12 (2013) High Jump (B-Pit)

38. 11:40 Boys 13 (2012) 200m

39. 11:40 Boys 13 (2012) Long Jump (A-Pit)

40. 11:40 Girls 13 (2012) Long Jump (B-Pit)

41. 11:55 Girls 12 (2013) 1200m

42. 12:07 Boys 12 (2013) 1200m

43. 12:20 Girls 10 (2015) 70m Hurdles

44. 12:24 Boys 10 (2015) 70m Hurdles

45. 12:28 Girls 11 (2014) 70m Hurdles

46. 12:32 Boys 11 (2014) 70m Hurdles

47. 12:36 Girls 12 (2013) 75m Hurdles

48. 12:41 Boys 12 (2013) 75m Hurdles

49. 12:45 Girls 13 (2012) 75m Hurdles

50. 12:50 Boys 13 (2012) 80m Hurdles

51. 12:50 Boys 13 (2012) Shot Put (A-Circle)

52. 12:50 Girls 13 (2012) Shot Put (B-Circle)

53. 12:50 Boys 12 (2013) Javelin

54. 12:50 Girls 12 (2013) Discus

55. 12:50 Boys 10 (2015) High Jump (A-Mat)

56. 12:50 Girls 10 (2015) High Jump (B-Mat)

57. 12:55 Girls 10 (2015) 1200m

58. 13:07 Boys 10 (2015) 1200m

59. 13:20 Girls 8 (2017) 60m

60. 13:30 Boys 8 (2017) 60m

61. 13:30 Girls 11 (2014) Long Jump (A-Pit)

62. 13:30 Boys 11 (2014) Long Jump (B-Pit)

63. 13:40 Girls 9 (2016) 60m

64. 13:55 Boys 9 (2016) 60m

65. 13:55 Boys 13 (2012) Discus

66. 13:55 Girls 13 (2012) Javelin

67. 14:10 Girls 12 (2013) 150m Hurdles

68. 14:14 Boys 12 (2013) 150m Hurdles

69. 14:19 Girls 13 (2012) 200m Hurdles

70. 14:23 Boys 13 (2012) 200m Hurdles

71. 14:28 Girls 10 (2015) 100m

72. 14:43 Boys 10 (2015) 100m

73. 14:58 Girls 11 (2014) 100m

74. 15:13 Boys 11 (2014) 100m

75. 15:28 Girls 12 (2013) 100m

76. 15:43 Boys 12 (2013) 100m

77. 15:58 Girls 13 (2012) 100m

78. 16:12 Boys 13 (2012) 100m

79. 16:27 Girls 13 (2012) 1500m

80. 16:39 Boys 13 (2012) 1500m

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| **ANNEXURE F:****MOTHEO / XHARIEP CHAMPIONSHIPS - Minimum qualifying standards 2025** |
|  |  |  |  |  |  |  |
| **ITEMS** | **Boys 13** | **Boys 12** | **Boys 11** | **Boys 10** | **Boys 9** | **Boys 8** |
| 60m |   |   |   |   | 8 per zone | 8 per zone |
| 80m |   |   | 8 per zone | 8 per zone | 8 per zone | 8 per zone |
| 100m | 8 per zone | 8 per zone | 8 per zone | 8 per zone |   |   |
| 150m |   | 6 per zone |   |   |   |   |
| 200m | 6 per zone |   |   |   |   |   |
| 70mH |   |   | 7 per zone | 7 per zone |   |   |
| 75mH |   | 7 per zone |   |   |   |   |
| 80mH | 7 per zone |   |   |   |   |   |
| 150mH |   | 6 per zone |   |   |   |   |
| 200mH | 6 per zone |   |   |   |   |   |
| 800m | 7 per zone |   |   |   |   |   |
| 1200m |   | 7 per zone | 7 per zone | 7 per zone |   |   |
| 1500m | 7 per zone |   |   |   |   |   |
| 1500mW | 7 per zone |   |   |   |   |   |
| **ITEMS** | **Girls 13** | **Girls 12** | **Girls 11** | **Girls 10** | **Girls 9** | **Girls 8** |
| 60m |   |   |   |   | 8 per zone | 8 per zone |
| 80m |   |   | 8 per zone | 8 per zone | 8 per zone | 8 per zone |
| 100m | 8 per zone | 8 per zone | 8 per zone | 8 per zone |   |   |
| 150m |   | 6 per zone |   |   |   |   |
| 200m | 6 per zone |   |   |   |   |   |
| 70mH |   |   | 7 per zone | 7 per zone |   |   |
| 75mH | 7 per zone | 7 per zone |   |   |   |   |
| 150mH |   | 6 per zone |   |   |   |   |
| 200mH | 6 per zone |   |   |   |   |   |
| 800m | 7 per zone |   |   |   |   |   |
| 1200m |   | 7 per zone | 7 per zone | 7 per zone |   |   |
| 1500m | 7 per zone |   |   |   |   |   |
| 1500mW | 7 per zone |   |   |   |   |   |
| **ITEMS** | **Boys 13** | **Boys 12** | **Boys 11** | **Boys 10** |  |  |
| Long Jump | 7 per zone | 7 per zone | 7 per zone | 7 per zone |  |  |
| High Jump | 7 per zone | 7 per zone | 7 per zone | 7 per zone |  |  |
| Shot put | 7 per zone | 7 per zone | 7 per zone | 7 per zone |  |  |
| Javelin | 7 per zone | 7 per zone |   |   |  |  |
| Discus | 7 per zone | 7 per zone |   |   |  |  |
| **ITEMS** | **Girls 13** | **Girls 12** | **Girls 11** | **Girls 10** |  |  |
| Long Jump | 7 per zone | 7 per zone | 7 per zone | 7 per zone |  |  |
| High Jump | 7 per zone | 7 per zone | 7 per zone | 7 per zone |  |  |
| Shot put | 7 per zone | 7 per zone | 7 per zone | 7 per zone |  |  |
| Javelin | 7 per zone | 7 per zone |   |   |  |  |
| Discus | 7 per zone | 7 per zone |   |   |  |  |