



2023/2024

CGA Track and Field Book of Rules

Qualifying standards and rules



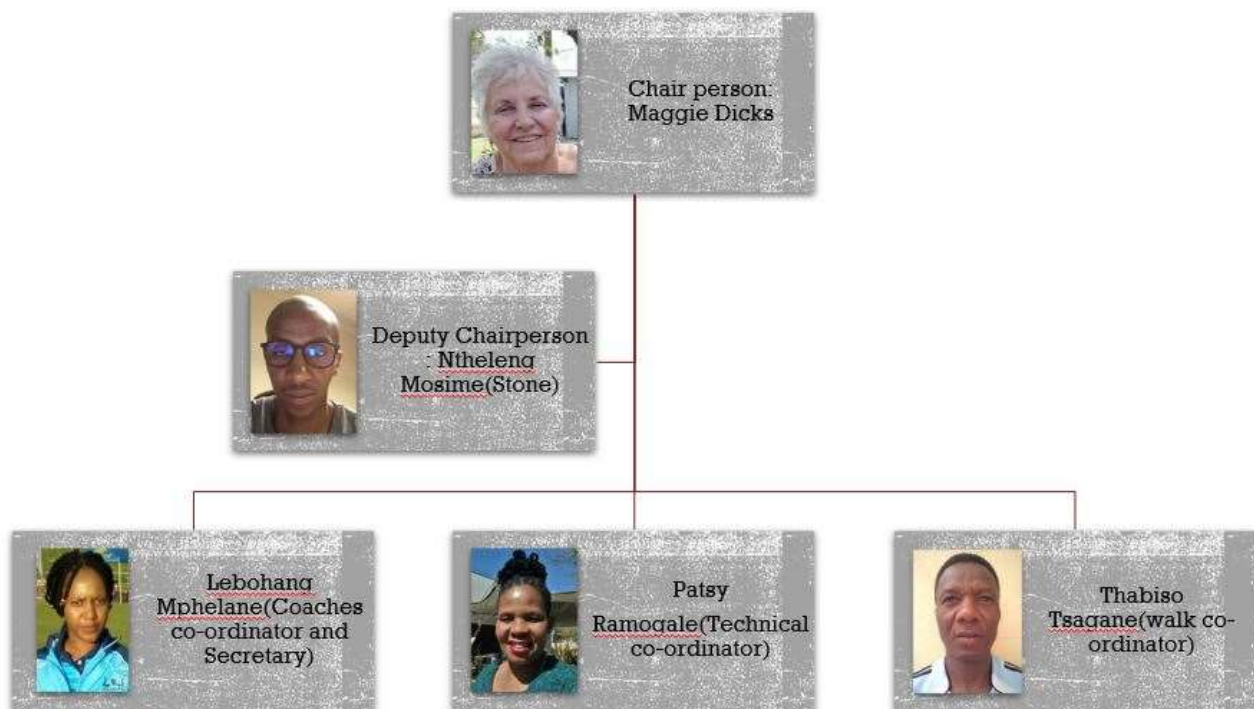
CGA Track and Field Commission
Chairperson : Maggie Dicks(083 276 5813)

Acknowledgment

We would like to express our sincere gratitude for everyone in delivering the second instalment of this book, anyone is well come to suggest as it will assist track and field commission in delivering better events and services.

Track and Field commission members:

MEET THE TEAM



Track and field rules

Temporary License will be allowed at Track & Field competitions.

Mislaid permanent License numbers must be replaced with new licensed number available from your club. ONLY PRE-Entries on link provided.

(Respect closing date)

COMPETITION RULES

The above rules also apply at Championships events.

1. In the heats, World Athletics technical rule 20(TR20) will apply unless stipulated that event is run as final with more than one heat, then results will be determined on fastest times.
2. If there are insufficient entrants in the heats, the race becomes a final and WILL BE RUN AT THE SCHEDULED TIME OF THE FINAL.
3. Where events are considered to be finals and more entries are received that can be accommodated in a final, more than one race can be run and results will then be determined on the fastest times.
4. Athletes must report at the CALL CENTRE 60 minutes before the published time schedule
NO LATE ENTRIES WILL BE ACCEPTED
5. Personal implements must be submitted for Assizing at least 2 hours before the scheduled time of the event.
6. Withdrawal from an event after submission of names by the Team manager, will result in the disqualification of the athlete from any further participation in the competition
The meeting management and Chief Referee reserved the right to accept valid reason to override this rule.
7. Starting blocks supplied by the organisers must be used
Starting blocks is compulsory from 10 years and older for all Track event up to 400m
8. Only Athletes domiciled in Central Gauteng may compete in the Central Gauteng Provincial Championships and CGA Talent Identification competition, unless otherwise determined by the Chairperson of CGA Track & Field Commission.
9. All athletes wishing to participate in the Talent Identification Competition must be 14/15 on 31 December of the year that the competition takes place.
These competitions traditionally take place around August to October each year.
Preferably athletes in CGA regions, who have never earned Provincial or National colours in any sporting code.
10. PROOF AGE (certified copy of Green Bar-coded ID book, SA ID card birth certificate if under 16 years) must be submitted at the latest, at the Provincial Championships, if no proof Athlete will not be considered for selection of Provincial team.
NO MEDAL will be received without valid Identification.
- 11: As per World athletics technical rule 20.9 athletes competing in races beyond 1000m and including can only do one race per day

ENTRY FEE: CGA League meetings

ATHLETES- R30.00 per Athlete Only 3 events allowed

SPECTATORS: - R50 per person

All events hosted by CGA Track & Field Commission

COACHES free - proof of affiliation identification card clearly visible at all times

TECHNICAL OFFICIALS: - Free with affiliation identification card always clearly visible.

PROVINCIAL CHAMPIONSHIPS

ATHLETES: - R30 Only Three (3) Events

SPECTATORS: - R50

SELECTION CRITERIA OF CGA TRACK AND FIELD

The following criteria must be met for the selection to the CGA team to participate in any interprovincial or national championship meeting:

1. Certified copies of birth certificate or ID must be submitted to the CGA Track and Field Commission with the original to be viewed simultaneously not later than the closing date for the CGA Track and Field Championship pre-entries.
2. Athletes must be in possession of a permanent licence number before selection of the team takes place. This number also acts as an insurance policy should the athlete be injured during training or racing according to the prerequisites of the underwriter concerned.
3. Qualifying standards determined by CGA track and field commission must be attained. It remains the prerogative of the selection committee to waive any qualifying standard should it be deemed necessary to do so.
4. Certified proof of any performance certificates attained by an athlete in meetings other than ASA/CGA organised events must be submitted to the CGA Track and Field Commission not later than the closing date for the CGA Track and Field Championship pre-entries.
5. Athletes that have attained club championships qualifying standard before the champs and run the provincial championship which is the final official trial. Failure to comply with this rule could lead to omission from the CGA team.
6. Compulsory two (2) out of three meets for Sub-youth (under 8/10/12/14), a championship and meets the CGA/ASA qualifying standard. For under 16 to senior level for 2024 3 out of 5 meets And CGA/ASA qualifying standard will apply.
7. Should an athlete be ranked in the latest ASA top ten best performance list, s/he will be included in the team.

The domicile rule for selection to any CGA team will be applied strictly.

29.4.2 An athlete shall only represent the ASA province where s/he is domiciled.

29.4.3 With the exception of a National athlete, an athlete shall only be a member of a club if the athlete and the club are both domiciled in the same ASA province.

29.4.4 A National Athlete* may belong to a club of his/her choice anywhere in South Africa, BUT s/he will ONLY represent an ASA province where he/she is domiciled.

29.4.5 No athlete may relocate from one province to another without being in possession of a written clearance certificate from his/her former province entitling him/her to compete in the new province. Failure to obtain such a clearance certificate shall render the athlete ineligible to compete in the new province.

*National Athlete

A national athlete is an athlete whose name appears on ASA's Register of National Athletes. Essentially, athletes on the Register of National Athletes will be those who have represented South Africa at a senior international championship or who placed in the top ten at Comrades

IMPORTANT

Please note that signing of Code of Conduct Consent forms and contract agreement is **COMPULSORY** and to be signed by all Team Members and Management, Minors forms to be signed by parents or guardian. If consent/contract forms are not signed an athlete will not be allowed to be part of CGA team.

For Results: [**https://tinyurl.com/CGATrackResultsHistory**](https://tinyurl.com/CGATrackResultsHistory)

2023 Age categories

[illegible]

**UNDER 16 CGA QUALIFYING STD CGA Champs, CGA and ASA:
2024**

CGA Champs Boys U 16	CGA Boys U 16	ASA Boys U16	Event	CGA Champs Girls U 16 team	CGA Girls U 16 team	ASA Girls U 16
2009 and 2010 Hand/Electronic (Sprints)	2009 and 2010 Hand/Electronic (Sprints) Inland/Coast(dist)	2009 and 2010 Hand/Electronic (Sprints) Inland/Coast(dist)		2009 and 2010 Hand/Electronic (Sprints)	2009 and 2010 Hand/Electronic (Sprints) Inland/Coast(dist)	2009 and 2010 Hand/Electronic (Sprints) Inland/Coast(dist)
11.5 / 11.65	11.3/11.48	11.50/11.60	100m	12.8 / 12.95	12,4 / 12,65	12.70 / 12.80
23.3 / 23.64	22.70/23.09	23.60/23.70	200m	25.8 / 26.16	25,6 / 25,97	26.50/26.60
53.6 / 54.07	51.50/51.96	53.8	400m	61.1 / 61.57	59,2 / 59,64	01:01.0
2.02,80	2.02,35 / 2.04,35	2.04,35 / 2.02,35	800m	2.23,0	2.20,56 / 2.18,56	02:21.0
4.18,50	4.18,27 / 4.14.27	4:30.00/4:25.00	1500m	4.55,8	4.53,12 / 4.49,12	4:58.00 / 4:53.00
09.30,2	9.33,31 / 9.25.31	9:20.00/9:10.00	3000m	10.55,00	10.47,99 / 10.39,99	11:00.00 / 10:48.00
			5000m			
			10000m			
4.56.0	4.42,95 / 4.38,95	5.00,00/4.55,00	1500m SC	05:45.0	5.26,23 / 5.15,0	6:15.00 / 6:08.00
			2000m SC			
			3000m SC			
			90mH	14.2 / 14.45	13,6 / 13,80	13.90 / 14.00
14.30 / 14.55	13,60 / 13,81	13.90/14.00	100mH			
			110m H			
41.7 / 42.15	40,4 / 40,90	41.5	300mH	49 /49.45	46,4 / 46,82	46.5
			400mH			
31.45.0	28.12,74 / 27.57,74	29:45.0/29:00.0	5000m Walk	34.30,00	32.40,26 / 32.25,26	31:45.0/31:00.0
			10000m Walk			
			20km Walk			
5.60 m	6.25m	6.1m	Long Jump	4,70m	5.14m	5 m
	12.03m	13.2 m	Triple Jump	9.20 m	10.26m	10.2 m
1.70m	1.84m	1.8 m	High Jump	1.50m	1.62m	1.5 m
2.80m	3.04m	3.5 m	Pole Vault	2.20m	2.17m	2.5 m
14.50 m	15.82m	15m	Shot Put	10.00m	10.95m	12.3 m
45.00m	50.68m	48.00 m	Discus Throw	32.00 m	33.03m	38m
56.00 m	42.74m	40m	Hammer Throw	32.00 m	33.73m	38.00m
38.00 m	54.61m	49m	Javelin Throw	32.00 m	35.83m	

**UNDER 18 CGA QUALIFYING STD CGA Champs, CGA and ASA:
2024**

CGA Champs Men U 18	Men U 18 CGA	ASA Men U18		CGA Champs Women U18	CGA Women U18	ASA Women U18
2007 AND 2008	2007 AND 2008	2007 AND 2008	Event	2007 AND 2008	2007 AND 2008	2007 AND 2008
Hand/Electronic	Hand/Electronic	Hand/Electronic		Hand/Electronic	Hand/Electronic	Hand/Electronic
Inland	Inland/Coast	Inland/Coast		Inland/Coast	Inland/Coast	Inland/Coast
11.10 /11.34	10,8 /10,98	11.10/11.20	100m	12.70 /12.85	12,2 / 12,45	12.60/12.70
22.40 / 22.74	21,8 / 22,14	22.50/22.60	200m	25.50 / 25.86	25,1 /25,44	25.90/26.00
52.2	58,9 / 49,38	50.1	400m	60 / 60.47	57,4 / 57,88	59.2
01:57.00	1:57,92 / 1:55,92	01:57.5	800m	02:20.0	2:16,63 / 2:14,63	02:19.0
04.06,00	4:05,99 / 4:01,99	4:08.00/4:04.00	1500m	4:55.00/4:50.00	4:48,12 / 4:43,12	4:56.00/4:51.00
08.54,30	8:57,02 / 8:49,02	8:58.00/8:48.00	3000m	10:45.00/10:33.00	10:36,50 / 10:28,50	10:52.00/10:40.00
			5000m			
			10000m			
			1500m SC			
06.10,20	6:15,32 / 6:10,02	6:35.00/6:28.00	2000m SC	8.55,30	8:39,67 / 8:34,37	8:10.00/8:00.00
			3000m SC			
			90mH			
			100mH	15.30 / 15.46	15,0 / 15,22	15.00/15.10
14.50 / 14.75	14,20 / 14,43	14.90/15.00	110m H			
			300mH			
	53,9 / 54.58	55.4	400mH	67.70 / 68.40	64,5 / 62,21	01:05.5
			5000m Walk	32.45.00	29:59,01 / 29:44,01	30:45.0/30:00.0
01.05,00	55:07,48 / 53:57,48	57.30/56:00	10000m Walk			
			20km Walk			
5.70m	6.71m	6.6	Long Jump	4.90m	5.36m	5.1m
12.50m	13.44m	13.40m	Triple Jump	9.20m	10.84m	10.60m
1.80m	1.96m	1.90m	High Jump	1.52m	1.66m	1.55m
3.50m	3.59m	3.80m	Pole Vault	2.50m	2.61m	2.60m
14.40m	16.20m	16.40m	Shot Put	10.50m	11.82m	13.50m
42.00m	48.12m	49.00m	Discus Throw	35.00m	37.13m	39.00m
40m	50.19m	50.00m	Hammer Throw	38.00m	33.85m	44.00m
49.00m	62.02m	57.00m	Javelin Throw	33.00m	39.94m	41.00m

**UNDER 18 CGA QUALIFYING STD CGA champs,
CGA and ASA: 2024**

CGA Champs Men U20	CGA Men U 20	ASA Men U20		CGA Champs Women U 20	CGA Women U20	ASA Women U 20
2005 AND 2006	2005 AND 2006	2005 AND 2006	Event	2005 AND 2006	2005 AND 2006	2005 AND 2006
Hand/Electronic	Hand/Electronic	Hand/Electronic		Hand/Electronic	Hand/Electronic	Hand/Electronic
Inland/Coast	Inland/Coast	Inland/Coast		Inland/Coast	Inland/Coast(Inland/Coast
10.90 / 11.14	10,6 / 10.79	10.90/11.00	100m	12.60 / 12.75	12,2 / 12,41	12.40/12.50
22.10 / 22.44	21,5 / 21,86	22.00/22.10	200m	25.40 / 25.76	25,1 / 25,46	25.60/25.70
50.10 / 55.44	48,1 / 48,52	49.3	400m	59.00 / 59.49	57,7 / 58,22	59
01.55,00	1.54.94 / 1.52,94	01:55.0	800m	2.16,63 / 2.14,63	2.19,72 / 2.17,72	02:17.0
4.02.40	4.01,31 / 3.57,31	4:04.00/4:00.00	1500m	05.05,00	4.52,69 / 4.48,69	4:55.00/4:50.00
	9.32,10 / 9.00,00	8:50.00/8:40.00	3000m		10.57,20 / 10.49,20	10:45.00/10:33.00
16.00,00	15.14,52 / 15.02,52	15:35.00/15:20.0 0	5000m	22.00,00	19.28,73 / 19.16,73	20:45.00/20:25.00
34.00,00	32.59,19 / 31.48,10	33:00.00/32:15.0 0	10000m		35.18,13 / 34.51,14	
			1500m SC			
			2000m SC			
10.00,00	9.39,73 / 9.31,73	10:30.00/10:20.00	3000m SC	12.40,03 / 12.32,03	12.00,00	13:00.00/12:45.00
			90mH			
			100mH	15,70 / 15,95	15,0 / 15,28	15.30 / 15.20
15.60 / 55.95	14,5 / 14,80	14.90/15.00	110m H			
			300mH			
55.30 / 55.95	54,0 / 54,73	55.3	400mH	67.00 /67.70	64,8 / 65,54	01:05.0
			5000m Walk			
44.32,00	57.41,65 / 56.31,65	54:30.0/54:00.0	10000m Walk	1:10.00,00	1:08.47.97 / 1:07.37,97	67:00.0/65:30.0
1:50.00,00	1:41.09,69 / 01:38.39,69	1:45.05,67 / 1:41.25,00	20km Walk			
6.00m	6.90m	7.00m	Long Jump	5.00m	5.40m	5.2
13.20m	13.92m	14.00m	Triple Jump	11.10m	11.50m	10.80m
1.80m	1.98m	1.94m	High Jump	1.55m	1.66m	1.60m
3.50m	3.68m	3.90m	Pole Vault	2.60m	2.60m	2.80m
14.50m	15.50m	14.70m	Shot Put	10.80m	11.37m	11.60m
44.00m	46.44m	45.00m	Discus Throw	35.00m	38.79m	40.00m
40.00m	46.18m	52.00m	Hammer Throw	38.00m	29.80m	44.00m
50.00m	56.69m	57.00m	Javelin Throw	34.00m	38.36m	41.00m

QUALIFYING STANDARD SNR MEN AND WOMEN Inland/Coast						
MEN CGA champs Inland/Coast	MEN CGA Qualifier Inland/Coast	MEN ASA standard Inland/Coast	EVENT	WOMEN ASA Standard Inland/Coast	WOMEN CGA Qualifier Inland/Coast	WOMEN CGA Champs Inland/Coast
10.80 / 11.04	10,2 / 10.44	10.50/10.60	100m	12.20/12.30	11,7 / 11,89	12.50 / 12.65
21.80 / 22.14	20,7 / 21,04	21.30/21.40	200m	24.90/25.00	23,8 / 24,15	25.30 / 25.66
49.00 / 49.44	46,2 / 46,71	48	400m	57	54,4 / 54,83	58.00 / 58.47
01.54,00	1.50,22 / 1.48,22	01:52.5	800m	02:15.0	2.09,64 / 2.07,64	02.15,00
04.00,00	3.47,70 / 3.43,70	3:55.50/3:52.00	1500m	4:45.00/4:40.00	4.32,15 / 4.28,15	04.40,50
15.35,00	14.22,79 / 14.10,79	14:35.00/14:22.00	5000m	18:00.00/17:44.00	17.16,83 / 17.04,83	18.00,00
32.45,00	30.11,61 / 29.44,61	31:00.00/30:25.00	10 000m	39:30.00/38:30.00	40.14,74 / 39.47,74	44.12,00
09.58,00	9.09,89 / 9.01,89	9:40.00/9:30.00	3000m St/C	12:42.00/12:30.00	11.36,41 / 11.28,41	10.15,00
			100mH	14.50/14.60	14,2 / 14,47	15.00 / 15.26
14.60 / 14.86	14,1 / 14,31	14.80/14.90	110mH			
54.30 / 54.95	50,6 / 51,30	52.8	400mH	01:01.0	60,3 / 61,05	66.00 / 66.77
1.95m	2.09m	2.00m	High Jump	1.65m	1.74m	1.65m
4.00m	4.60m	4.40m	Pole vault	3.20m	3.34m	2.80m
6.30m	7.49m	7.10m	Long Jump	5.40m	5.81m	5.20m
14.00m	14.93m	14.50m	Triple Jump	11.40m	11.50m	11.20m
15.00m	16.19m	16.50m	Shot Put	12.30m	12.96m	11.00m
50.00m	51.02m	47.50m	Discus Throw	44.00m	44.67m	40.00m
60.00m	51.25m	54.00m	Hammer Throw	50.00m	43.28m	36.00m
50.00m	69.75m	62.00m	Javelin Throw	42.00m	48.82m	42.00m
4000m	4500 Points	5 000 Points	Decathlon			
			Heptathlon	4 000 Points	3500 Points	3000 Points
1h:55.00/1h58:00.00	1:44.58,89 / 1:42.28,89	1h:50.00/1h48:00.00	20km Walk	2h05:00.00/2h03:00.00	2:12.15,71 / 2:09.45,71	02:15:35



I. ENTRY STANDARDS

The entry standards below have been approved by World Athletics Council in November 2022.

Men	Event	Women
10.00	100m	11.07
20.16	200m	22.57
45.00	400m	50.95
1:44.70	800m	1:59.30
3:33.50 (3:50.40)	1500m (Mile)	4:02.50 (4:20.90)
13:05.00	5000m	14:52.00
27:00.00	10,000m	30:40.00
13.27	110m Hurdles / 100m Hurdles	12.77
48.70	400m Hurdles	54.85
8:15.00	3000m Steeplechase	9:23.00
2.33	High Jump	1.97
5.82	Pole Vault	4.73
8.27	Long Jump	6.86
17.22	Triple Jump	14.55
21.50	Shot Put	18.80
67.20	Discus Throw	64.50
78.20	Hammer Throw	74.00
85.50	Javelin Throw	64.00
8,460	Decathlon / Heptathlon	6,480
1:20:10	20km Race Walk	1:29:20
2:08:10	Marathon	2:26:50

SUB YOUTH AGE GROUP QUALIFYING STANDARDS 2023

ITEM	GIRLS 7	GIRLS 9	GIRLS 11	GIRLS 13	GIRLS 15	BOYS 7	BOYS 9	BOYS 11	BOYS 13	BOYS 15	ITEM
60M	11,08	9,45				10,00	9,15				60M
80M	14,10	12,40	11,50			13.15	11,87	11,20			80M
100M			14,50	13,45	13.35			13,90	12,50	11.70	100M
200M				29,00	28.85				26,25	24,15	200M
400M					1:07,22					0:54,50	400M
600M		2:10,50					2:05,50				600M
800M				2:32,00	2:30,50				2:23,50	2:11,52	800M
1200M			4:25,70					4:12,70			1200M
1500M				05:35,10	05:25,00				04:51,33	04:35,19	1500M
3000M					12:32,16					10:30,00	3000M
1500MW				11:00,00					10:30,00		1500MW
5000MW					32:00,00					30:00,00	5000MW
70MH			13.00					11,96			70MH
75MH				13,00							75MH
80MH									13.50		80MH
90MH					14,86						90MH
100MH										14,20	100MH
200MH				32,85					29,47		200MH
300MH					52,43					43,24	300MH
T-JAV		14.15	18.60				18.54	22.85			T-JAV
JAV				27.00	29.80				34.75	44.40	JAV
HJ			1.24	1.40	1.40			1.32	1.52	1.65	HJ
LJ			4.08	4.40	4.70			4.20	4.90	5.42	LJ
TJ					8.46					11.00	TJ
SP			9.10	10.10	11.10			10.90	10.50	14.62	SP
HAM					30.00					30.50	HAM
DIS				31.14	29.80				31.50	46.65	DIS

TRACK AND FIELD PROGRAMS 2023/24

TALENT IDENTIFICATION PROGRAMS:

OR TAMBO SONCINI SOCIAL COHESION GAMES

Age category: Under 16(14- and 15-year-old in 2023) including Intellectual impaired and Disabled athletes

DATES: 23 September 2023 Ekurhuleni trials Germiston Stadium

07 October 2023 West rand trials

07 October 2023 Johannesburg trials



GENERAL COMPETITION RULES

- ATHLETES TO ENTER ONLINE ON THE FOLLOWING LINK: <https://tinyurl.com/EKURHULENIMETROENTRY>
- THESE GAMES WILL FOCUS ON YOUTHS U/14 & U15 BORN 2008 AND 2009
- ATHLETES MUST BRING ON THE DAY CERTIFIED COPY OF THE BIRTH CERTIFICATE WITH ATHLETES ID PHOTO ON THE TOP LEFT CORNER.

VENUE: GERMISTON STADIUM

DATE: 23 SEPTEMBER 2023

TIME : 09H00



GAUTENG PROVINCE
SPORT, ARTS, CULTURE AND RECREATION
REPUBLIC OF SOUTH AFRICA



<https://sites.google.com/view/sicini2022>

for information and entries

SUB-YOUTH/Primary School AGE CATEGORY SEASON

Age category:

7 years (6- and 7-year-old in 2023)

9 years (8- and 9-year-old in 2023)

11 years (10- and 11-year-old in 2023)

13 years (12- and 13-year-old in 2023)

DATES: 30 September 2023 (CGA-open-Sub-youth League1 Meet6)

Venue: Germiston Stadium, Germiston

Entry Link: <https://tinyurl.com/30sept203entry>



14 October 2023(CGA-Open-Sub-Youth League2 Meet 7)

Venue: Germiston Stadium, Germiston

Entry Link: <https://tinyurl.com/14Oct2023entry>



4 November 2023(CGA-Open-Sub-youth League3 meet8)

Venue: Germiston Stadium, Germiston

Entry link: <https://tinyurl.com/4Nov2023entry>



18 November 2023(CGA-Sub-youth Provincial championships)

Venue: Germiston Stadium, Germiston

Entry link: <https://tinyurl.com/2023subyouthchamps>



2 December 2023(SA Sub Youth Inter Provincial Championships)

Venue: Secunda Stadium, Mpumalanga

2024 Fixtures and programs

Sub youth, Youth, Junior and Senior

13 January 2024 (Race walk trials)

20 January 2024 (League one)

3 February 2024 (League two)

17 February 2024 (League three)

24 February 2024 (League four)

2 March 2024 (League five)

8-9 March 2024 (CGA Combined Championships)

ASA Events

21 -23 March 2024: ASA Sub Youth, Youth and Junior Championships: Pretoria

18-21 April 2024: Senior Track and Field Championships: Pietermaritzburg

14 March 2024: ASA Grand prix 1 / continental Tour: ACNW

18 March 2024: ASA Grand prix 2/ Continental Tour: AGN

28 March 2024: ASA Grand prix 3/ Continental Tour: CGA

CAA

USSA

4-6 April 2024: USSA Champs: Gqeberha

World Athletics (WA)

Under 20 Championships: LIMA, PERU

Date: 26-31 August 2024

Olympic games Paris


France Paris

Date: 1-11 August 2024

Talent Identification Program

Every year CGA track and field host a talent ID program with the City of Ekurhuleni in memory of Oliver Tambo called OR Tambo social cohesion games for kids under 16(14- and 15-year-old).

2023 Regional Program

<div style="text-align: center;">  OR Tambo Soncini social Cohesion CGA Track and Field Regional Program Venue: West rand/Johannesburg Date: 7 October 2023 Venue: Ekurhuleni (Germiston Stadium) Date: 23 September 2023 Under 16(2008/2009) Only </div>					
Event Number	TIME	BOYS		GIRLS	
		TRACK	FIELD	TRACK	FIELD
1	09:00	5000m Walk(all)			
2	09:00		LongJump(all)		
3	09:00				HighJump(all)
4	09:40			3000m Walk(all)	
5	10:00		HighJump(all)		
6	10:00				LongJump(all)
7	10:10	3000m(all)			
8	10:25			3000m(all)	
9	10:40	200m(all)			
10	10:50			200m(all)	
11	11:00		Javelin(all)		
12	11:00				ShotPut(all)
13	11:30	100m Hurdles			
14	11:45			90m Hurdles	
15	12:00		Shotput(all)		
16	12:00				Javelin(all)
17	12:00	100m(all)			
18	12:15			100m(all)	
19	12:30	1500m(all)			
20	12:45			1500m(all)	
21	13:00		Discus(all)		
22	13:00	400m(all)			
23	13:15			400m(all)	
24	13:30	Lunch			
24	14:00				Discus(all)
25	14:00	800m(all)			
26	14:15			800m(all)	
26	14:30	Relay races(all)		Relay races(all)	

Entries: <https://sites.google.com/view/socini2022>

Gauteng Final Program

OR Tambo Soncini / CGA Track and Field Regional Program

Date: 28-29 October 2023

SATURDAY 28th OCTOBER 2023

Event Number	TIME	BOYS		GIRLS	
		TRACK	FIELD	TRACK	FIELD
1	10:00	5000m Walk Final			
2	10:00		LongJump Final		
3	10:00		LongJump II		
4	10:00				HighJump All/II
5	10:00		Discus Para		Discus Para
6	10:50			3000m Walk Final	
7	11:00		HighJump all Final		
8	11:00				LongJump Final
9	11:00				LongJump II Final
10	11:00		ShotPut All Final		
11	11:20	200m semi			
12	11:30	200m II Final			
13	11:40	200m Para Final			
14	12:00		Javelin all Final		
15	12:00				Shotput Final
16	12:00				Shotput II Final
17	11:50			200m semi	
18	12:00			200m II Final	
19	12:10			200m Para Final	
20	12:20	800m II Final			
21	12:30			800m II Final	
22	13:00		ShotPut II Final		
23	13:00				Javelin all Final

24	13:00		Javelin Seated		Javelin Seated
25	12:45	100m Hurdles Final			
26	12:55			90m Hurdles Final	
L - U - N - C - H B - R - E - A - K					
27	13:30	1500m Final			
28	13:40	1500m II Final			
29	13:50			1500m Final	
30	14:00			1500m II Final	
31	14:00		Discus All		
32	14:15	100m semi			
33	14:25	100m II Final			
34	14:30	100m Para Final			
35	14:35			100m semi	
36	14:45			100m II Final	
37	14:50			100m Para Final	
38	15:00	400m Semi			
39	15:00				Discus All Final
40	15:00		Shotput seated		Shotput Seated
41	15:00		LongJump Para		LongJump Para
42	15:10	3000m II Final			
43	15:20			3000m II Final	
44	15:30	400m II Final			
45	15:40			400m Semi	
46	15:50			400m II Final	
47	16:00	Relay II Final			
48	16:15			Relay II Final	
49	16:30	Medly Relay All		Medly Relay All	
SUNDAY 30th OCTOBER 2022					
50	10:00	3000m Final			
51	10:20			3000m Final	

52	10:45	200m Final			
53	11:00			200m Final	
54	11:15	800m Final			
55	11:30			800m Final	
56	11:45	100m Final			
57	12:00			100m Final	
58	12:15	400m Final			
59	12:30			400m Final	
60	13:00	Relay Finals N			
61	13:15			Relays Finals N	

OR TAMBO SONCINI SOCIAL COHESION GAMES CALL ROOM

Event No	Event	Gender	Call room opens	Last call	Living Call room	Field	Event time
2	Long Jump	Boys	08:15	08:20	08:25	08:30	09:00
3	High Jump	Girls	08:15	08:20	08:25	08:30	09:00
1	5000m walk	Boys	08:35	08:45	08:50	09:55	09:00
4	3000m walk	Girls	09:05	10:15	10:20	09:30	09:40
5	Long Jump	Girls	09:15	09:20	09:25	09:30	10:00
6	High Jump	Boys	09:15	09:20	09:25	09:30	10:00
7	3000m	Boys	09:50	09:55	10:00	10:05	10:10
8	3000m	Girls	10:05	10:10	10:15	10:20	10:25
9	200m	Boys	10:20	10:25	10:30	10:35	10:40
10	200m	Girls	10:30	10:35	10:40	10:45	10:50
11	Javelin	Boys	10:15	10:20	10:25	10:30	11:00
12	Shotput	Girls	10:15	10:20	10:25	10:30	11:00
13	110m Hurdles	Boys	10:40	10:45	10:50	10:55	11:00
14	100m Hurdles	Girls	10:50	10:55	11:00	11:10	11:15
15	Shotput	Boys	11:15	11:20	11:25	11:30	12:00
16	Javelin	Girls	11:15	11:20	11:25	11:30	12:00
17	100m	Boys	11:40	11:45	11:50	11:55	12:00
18	100m	Girls	11:55	12:00	12:05	12:10	12:15
19	1500m	Boys	12:10	12:15	12:20	12:25	12:30
20	1500m	Girls	12:25	12:30	12:35	12:40	12:45
21	Discus	Boys	12:15	12:20	12:25	12:30	13:00
22	400m	Boys	12:40	12:45	12:50	12:55	13:00
23	400m	Girls	12:05	13:00	13:05	13:10	13:15
24	Discus	Girls	13:15	13:20	13:25	13:30	14:00
25	800m	Boys	13:40	13:45	13:50	13:55	14:00
26	800m	Girls	13:55	14:00	14:05	14:10	14:15
27	Relay races	Girls/Boys	14:00	14:10	14:15	14:20	14:30

INTER-PROVINCIAL PROGRAM (LEAGUE AND CHAMPS)

Seq	Time	Gender Age	Event	Specs	Record
1	08h30	B 11	High Jump	SH:1.24	1.59m JASON HOUY AGN (2017)
2	08h30	B 13	Long Jump - Pit A	Pit A	6.14m STEVEN SAMBINO CGA (2019)
3	08h30	B 13	Shot Put - Pit A	4kg	17.85m LIAM PAVIER AGN (2018)
4	08h30	G 13	Javelin (A)	500g	39.91m NUSHKA DE BEER AGN (2014)
5	08h30	G 13	200m Hurdles	68cm	28.60sec MARTINE DEGENAAR AGN (2016)
6	08h40	B 13	200m Hurdles	68cm	27.14sec CHRISTIAAN VAN DEN BERGH ACNW (2019)
7	08h50	G 9	600m	Final	1:49.20sec LEA VD MERWE AGN (2022)
8	09h00	B 9	600m	Final	1:44.79sec TSHEPO RAMAPIRA CGA (2010)
9	09h10	G 13	100m	Heats - Final Seq 19	12.20sec ZENEKA KILLIAN AVT (2008)
10	09h20	B 13	100m	Heats - Final Seq 20	11.40sec WALLY UNGERER AVT (2008)
11	09h30	G 11	1200m	Final	3:44.60sec JESSICA BEZUIDENHOUT CGA (2008)
12	09h40	B 11	1200m	Final	3:31.95sec DECLAND WRIGHT CGA (2014)
13	09h45	G 13	High Jump (A)	SH:1.30	1.70m MICYLA BOTHA AGN (2018)
14	09h45	G 11	Long Jump - Pit A	Final	5.02m NICOLA DE BRUYN AGN (2010)
15	09h45	G 11	Shot Put - Pit A	Final	14.60m SAVANNAH VISSER AGN (2017)
16	09h45	B 11	Turbo Jav - (A)	400g	38.25m WIAN BREDENKAMP ANWN (2022)
10H00: MEDAL PARADE: ITEMS: 1, 2, 3, 4, 5, 6, 7 & 8					
17	09h50	G 13	800m	Final	2:08.81sec JURGEN NORTJE AFS (2022)
18	10h00	B 13	800m	Final	02:06.15sec DECLAND WRIGHT CGA (2016)
19	10h10	G 13	100m	Final	12.20sec ZENEKA KILLIAN AVT (2008)
20	10h20	B 13	100m	Final	11.40sec WALLY UNGERER AVT (2008)
21	10h30	G 7	60m	Seeded Time Placing	09.40sec ANNIKA JV RENSBURG AGN (2008)
22	10h40	B 7	60m	Seeded Time Placing	08.40sec JULIUN VD WESTHUIZEN KZNA (2006)
23	10h50	G 9	60m	Seeded Time Placing	07.90sec NICOLA DE BRUYN AGN (2008)
24	11h00	G 13	Long Jump - Pit A	Final	5.67m NICOLA DE BRUYN AGN (2011)
25	11h00	G 11	High Jump	SH:1.18	1.52m MILA PEARSON CGA (2022)
26	11h00	G 13	Shot Put - Pit A	3kg	14.35m SAVANNAH VISSER AGN (2019)
27	11h00	B 13	Discus	1kg	54.68m LIAM PAVIER AGN (2018)
28	11h00	B 9	60m	Seeded Time Placing	07.50sec CHRISTIAAN WESTERVELDT AGN (2008)
11H00: MEDAL PARADE: ITEMS: 11, 12, 13, 14, 15, 16, 17, 18 & 19					
29	11h10	G 11	80m	Seeded Time Placing	10.47sec NICOLA DE BRUYN AGN (2010)
30	11h20	B 11	80m	Seeded Time Placing	10.20sec JESSE FROHLIG AGN (2008)
31	11h20	G 9	Turbo Jav - (A)	300g	26.59m MONIQUE GELDENHUYS AGN (2016)
32	11h20	B 9	Turbo Jav - (B)	300g	33.20m JAN-FREDERIK VAN ZYL KZNA (2010)
33	11h30	G 13	1500m Walk	Final	07:37.88sec JANISE NELL ACNW (2018)
34	11h40	B 13	1500m Walk	Final	7:14.38sec PIERRE VERMAAK CGA (2010)
35	11h50	G 13	200m	Heats - Final Seq 55	25.24sec NICOLA DE BRUYN AGN (2011)
36	12h00	B 13	200m	Heats - Final Seq 56	23.49sec WILLIE V HEERDEN AVT (2006)
12H00: MEDAL PARADE: ITEMS: 20, 21, 22, 23, 24, 25, 26, 27, 28, 29 & 30					
LUNCH					
37	13h00	B 13	High Jump	SH: 1.37	1.83m KENT ADAMS KZNA (2005)
38	13h00	B 11	Long Jump - Pit A	Final	5.29m KHOTSO MOTSAMAI CGA (2022)
39	13h00	B 11	Shot Put - Pit A	2kg	18.58m LIAM PAVIER AGN (2016)
40	13h00	G 11	Turbo Jav - A	400g	29.68m SAVANNAH VISSER AGN (2017)
41	13h00	G 13	Discus	0.75kg	52.95m LIANDRI DE WET ANWN (2019)
42	13h00	G 11	70m Hurdles	68cm	10.90sec MADELEIN SCHEEPERS KZNA (2006)
43	13h10	B 11	70m Hurdles	68cm	10.89sec CHRISTIAAN VAN DER BERG ACNW (2018)
44	13h20	G 13	75m Hurdles	76cm	11.50sec CARLA DE CLERK AGN (2019)
13H00: MEDAL PARADE: ITEMS: 31, 32, 33 & 34					
45	13h30	B 13	80m Hurdles	76cm	11.00sec RYAN POTTINGER CGA (2008)
46	13h45	G 7	80m	Seeded Time Placing	11.70sec NICOLA DE BRUYN AGN (2006)
47	13h55	B 7	80m	Seeded Time Placing	12.03sec JOSUA V STADEN AGN (2022)
14H00: MEDAL PARADE: ITEMS: 37, 38, 39, 40, 41, 42, 43 & 44					
48	14h05	G 9	80m	Seeded Time Placing	10.70sec NICOLA DE BRUYN AGN (2008)
49	14h15	B 9	80m	Seeded Time Placing	10.90sec FERDI KELLERMAN AGN (2006) & JP BOTHA AGN (2019)
50	14h15	B 13	Javelin - (B)	600g	64.03m RUAN COMBRINCK AVT (2008)
51	14h25	G 13	1500m	Final	04:35.66sec GABRIALLA GAIT-SMITH AGN (2016)
52	14h35	B 13	1500m	Final	04:16.89sec GARRICK REES AGN (2017)
53	14h45	G 11	100m	Seeded Time Placing	12.83sec NICOLA DE BRUYN AGN (2010)
54	14h55	B 11	100m	Seeded Time Placing	12.54sec ANDRE OLIVIER AGN (2018)
15H00: MEDAL PARADE: ITEMS: 45, 46, 47, 48, 51 & 52					
55	15h05	G 13	200m	Final	25.24sec NICOLA DE BRUYN AGN (2011)
56	15h15	B 13	200m	Final	23.49sec WILLIE V HEERDEN AVT (2006)
15H45: MEDAL PARADE: ITEMS: 49, 50, 53, 54, 55 & 56					

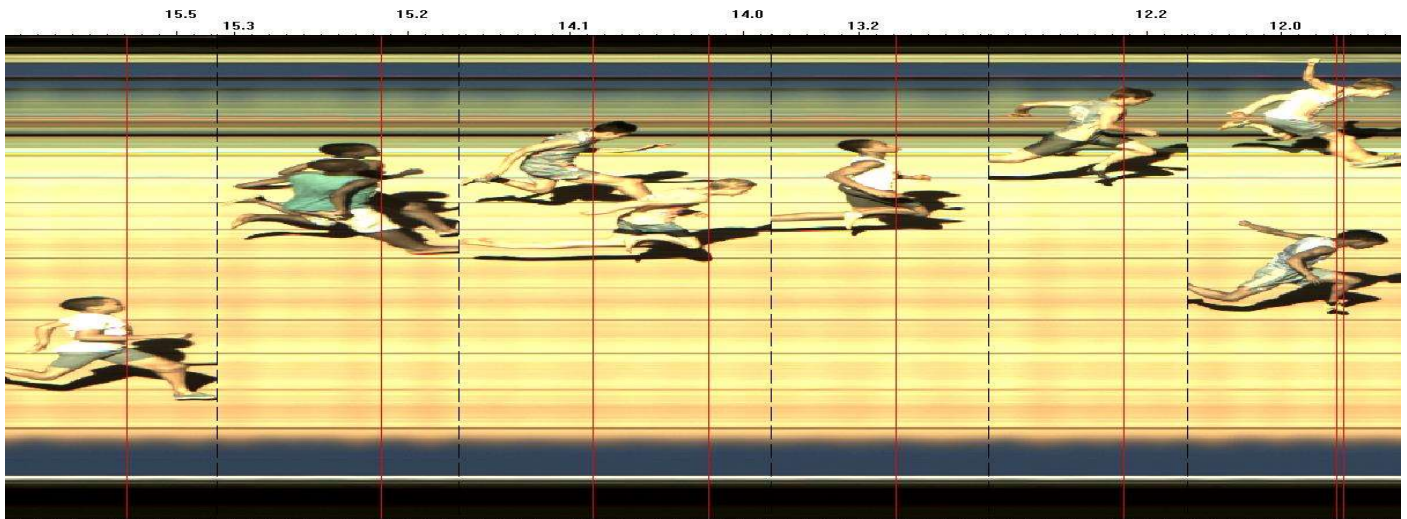
Call Room time table

Event No	Event	Gender	Call room opens	Last call	Living Call room	Field	Event time	TO GROUPS
1	High Jump Finals	Boys 11	07:30	07:40	07:45	07:50	08:30	A
2	Long Jump Finals	Boys 13	07:30	07:40	07:45	07:50	08:30	B
3	Shotput Finals	Boys 13	07:30	07:40	07:45	07:50	08:30	C
4	Javelin Finals	Girls 13	07:30	07:40	07:45	07:50	08:30	D
5	200m Hurdles Finals	Girls 13	08:00	08:10	08:15	08:20	08:30	
6	200m Hurdles Finals	Boys 13	08:10	08:20	08:25	08:30	08:40	
7	600m Finals	Girls 9	08:10	08:20	08:35	08:40	08:50	
8	600m Finals	Boys 9	08:30	08:40	08:45	08:50	09:00	
9	100m semi	Girls 13	08:40	08:50	08:55	09:00	09:10	
10	100m semi	Boys 13	08:50	09:00	09:05	09:10	09:20	
11	1200m Finals	Girls 11	09:00	09:10	09:15	09:20	09:30	
12	1200m Finals	Boys 11	09:10	09:20	09:25	09:30	09:40	
13	High Jump Finals	Girls 13	08:45	08:55	09:05	09:15	09:45	A
14	Long Jump Finals	Girls 11	08:45	08:55	09:05	09:15	09:45	B
15	Shotput Finals	Girls 11	08:45	08:55	09:05	09:15	09:45	C
16	Turbo Javelin Finals	Boys 11	08:45	08:55	09:05	09:15	09:45	D
17	800m Final	Girls 13	09:20	09:30	09:35	09:40	09:50	
18	800m Final	Boys 13	09:30	09:40	09:45	09:50	10:00	
19	100m Final	Girls 13	09:40	09:50	09:55	10:00	10:10	
20	100m Final	Boys 13	09:50	10:00	10:05	10:10	10:20	
21	60m Final	Girls 7	10:00	10:10	10:15	10:20	10:30	
22	60m Final	Boys 7	10:10	10:20	10:25	10:30	10:40	
23	60m Final	Girls 9	10:20	10:30	10:35	10:40	10:50	
24	Turbo Javelin Finals	Girls 9	10:00	10:10	10:20	10:30	11:00	A
25	Long Jump Finals	Girls 13	10:00	10:10	10:20	10:30	11:00	B
26	High Jump Finals	Girls 11	10:00	10:10	10:20	10:30	11:00	C
27	Shotput Finals	Girls 13	10:00	10:10	10:20	10:30	11:00	D
28	Discus Final	Boys 13	10:00	10:10	10:20	10:30	11:00	E
29	60m	Boys 9	11:20	11:30	11:35	11:40	11:10	
30	80m	Girls 11	11:30	11:40	11:45	11:50	11:20	
31	80m	Boys 11	11:40	11:30	11:35	11:40	12:10	
32	1500m Walk Final	Girls 13	12:10	12:20	12:25	12:30	12:40	
33	1500m Walk Final	Boys 13	12:20	12:30	12:35	12:40	12:50	
34	200m Semi	Girls 13	12:30	12:40	12:45	12:50	13:00	
35	200m Semi	Boys 13	12:40	12:50	12:55	13:00	13:10	
36	High Jump Finals	Boys 13	13:00	13:15	13:20	13:30	14:00	A
37	Long Jump Finals	Boys 11	13:00	13:15	13:20	13:30	14:00	B
38	Shotput Finals	Boys 11	13:00	13:15	13:20	13:30	14:00	C
39	Turbo Javelin Finals	Girls 11	13:00	13:15	13:20	13:30	14:00	D
40	Discus Final	Girls 13	13:00	13:15	13:20	13:30	14:00	E
41	70m Hurdles	Girls 11	13:30	13:40	13:45	13:50	14:00	
42	70m Hurdles	Boys 11	13:40	13:50	13:55	14:00	14:10	
43	75m Hurdles	Girls 13	12:10	14:00	14:05	14:10	14:20	
44	80m Hurdles	Boys 13	14:10	14:10	14:15	14:20	14:30	
45	80m	Girls 7	14:10	14:20	14:25	14:30	14:40	
46	80m	Boys 7	14:20	14:30	14:35	14:40	14:50	
47	80m	Girls 9	14:30	14:40	14:45	14:50	15:00	
48	80m	Boys 9	14:40	14:50	14:55	15:00	15:10	
49	Turbo Javelin Finals	Boys 9	14:15	14:30	14:40	14:45	15:15	E
50	Javelin Finals	Boys 13	14:15	14:35	14:40	14:45	15:15	D
51	1500m	Girls 13	14:50	15:00	15:05	15:10	15:20	
52	1500m	Boys 13	15:00	15:10	15:15	15:20	15:30	
53	100m Final	Girls 11	15:10	15:20	15:25	15:30	15:40	
54	100m Final	Boys 11	15:20	15:30	15:35	15:40	15:50	
55	200m Final	Girls 13	15:30	15:40	15:45	15:50	16:00	
56	200m Final	Boys 13	15:40	15:50	15:55	16:00	16:10	

Frequently asked Questions

Why there is a time difference between the in-field clock and the final results? As per WA TR18.2: The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line as defined above.

But with Electronic time athletes time on the infield clock is stopped or recorded when athletes pass or cuts the line with any part of their body. see photo below red line indicate time on torso and the black dotted line when the athlete cuts the line



Age group category

Why is my child running with older kids: as per WA CR 3:

Competition under these Rules may be divided into age group classifications as follows or as additionally prescribed in the relevant competition regulations or by the relevant governing body:

Example:

Under-18 (U18) Men and Women: Any athlete of 16 or 17 years on 31st December in the year of the competition. Please note the rule mentions 31 December and not the date of birth of the athlete.

Qualification standard

Explain the three columns on the qualifying standard table for under 16/18/20/Seniors?

The first column (CGA champs) it's a recommendation for all CGA athletes coming to participate at provincial championship, second column (CGA qualifier) its CGA's qualifying performance which will be slightly higher than ASA standard so as to guarantee a medal at SA championships and the third column is SA standard that are regulated and changed ASA every year, CGA will some time use it if no CGA qualifier performance is recorded at champs to send athletes to SA's