

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|-------|-------------------|------|------|--------|-------|---------|
|-------|-------------------|------|------|--------|-------|---------|

Results of all Finals and Heats

Ordered by Program Sequence

Performance Scores: ASA_2016 table, Electronic Time, Height above sea=200

Item 1 07:00 Final Men U18 (Youth) 10km Walk

| | | | | | |
|----|-----------------------|------|------------|---|---|
| 1 | MNYAMANE,Bheki, 358 | AGN | 0:48:48.53 | 9 | G |
| 2 | NDLAZI,Nhlanhla, 367 | AGN | 0:49:11.36 | 7 | S |
| 3 | NYIVANA,Alex, 668 | CGA | 0:49:41.61 | 6 | B |
| 4 | LEGOALE,Koketso, 636 | CGA | 0:51:56.10 | 5 | |
| 5 | VAN ROOYEN,Keano, 889 | WPA | 0:52:36.98 | 4 | |
| 6 | VAN AARDE,Petrus, 171 | ACNW | 0:52:51.48 | 3 | |
| 7 | MOKOENA,Thuto, 656 | CGA | 0:52:54.64 | 2 | |
| 8 | WALTERS,Tiaano, 118 | BOLA | 0:53:07.66 | 1 | |
| 9 | XABAKASHE,Tsepho, 121 | BOLA | 0:53:50.10 | 0 | |
| 10 | GERTZE,Ethan, 903 | WPAI | 0:53:51.43 | 0 | |
| 0 | AWERIES,Durando, 500 | ASWD | Disq | 0 | |
| 0 | MAJIET,Nashville, 906 | WPAI | Disq | 0 | |
| 0 | MOKOENA,Jonas, 657 | CGA | DNS | 0 | |
| 0 | GUMEDE,Siyanda, 769 | KZNA | DNS | 0 | |

Item 4 08:00 Round 1 of 1 Men U18 (Youth) TripleJump

| | | | | | |
|----|--------------------------|------|-------|--|------|
| 1 | OLIVIER,WelrÉ, 553 | AVT | 14.38 | | +0.0 |
| 2 | ZEID,Gabriel, 692 | CGA | 14.00 | | +0.7 |
| 3 | SHOBA,Sanele, 383 | AGN | 13.94 | | +0.8 |
| 4 | MARAIIS,Ethan, 877 | WPA | 13.84 | | +1.5 |
| 5 | PIETERSE,Eric, 555 | AVT | 13.64 | | -0.1 |
| 6 | NKUNA,Thapelo, 453 | AMPU | 13.57 | | +0.4 |
| 7 | TEMBANI,Azola, 390 | AGN | 13.53 | | +0.6 |
| 8 | SELEBI,Michael, 928 | CGA | 13.30 | | +1.2 |
| 9 | MAY,Francesco, 927 | BOLA | 13.23 | | +1.5 |
| 10 | MONDLANE,Junior, 442 | AMPU | 13.09 | | +0.5 |
| 11 | RANTAO,Oratile, 674 | CGA | 12.90 | | +0.9 |
| 11 | CHARLIES,Elgin, 64 | BOLA | 12.90 | | +1.0 |
| 13 | KAHLA,Buhlebenkos, 564 | BORA | 12.69 | | +0.0 |
| 13 | SIGUDU,Sihle, 460 | AMPU | 12.69 | | +0.7 |
| 15 | HOLTSHAUSEN,Tristan, 872 | WPA | 12.21 | | +0.4 |
| 0 | XULU,Siyabulela, 793 | KZNA | DNS | | |

Item 5 08:30 Final Men U20 (Junior) 10000m

| | | | | | |
|----|-------------------------|------|----------|---|---|
| 1 | NOSE,Cwenga, 533 | ATRA | 30:32.62 | 9 | G |
| 2 | FLINK,Carlo, 867 | WPA | 31:13.38 | 7 | S |
| 3 | SESEDI,Andries, 681 | CGA | 31:14.56 | 6 | B |
| 4 | CHABANGU,Thabo, 623 | CGA | 31:27.00 | 5 | |
| 5 | STANDFLIET,Mark, 110 | BOLA | 31:35.55 | 4 | |
| 6 | BULWANE,Moses, 151 | ACNW | 31:36.50 | 3 | |
| 7 | SEITEI,Donald, 789 | KZNA | 32:02.79 | 2 | |
| 8 | KHAMBULE,Thulisang, 773 | KZNA | 32:45.43 | 1 | |
| 9 | MALEPE,Evans, 642 | CGA | 33:10.32 | 0 | |
| 10 | OERSON,Gavin, 93 | BOLA | 35:06.53 | 0 | |
| 0 | SPONDO,Fernando, 885 | WPA | DNS | 0 | |
| 0 | MATHE,Mzwandile, 781 | KZNA | DNS | 0 | |

Item 6 09:00 Final Women U18 (Youth) Polevault

| | | | | | |
|---|----------------------|------|------|---|---|
| 1 | REINSTORF,Mire, 497 | ASWD | 3.60 | 9 | G |
| 2 | TALLIE,Tonet, 47 | BOLA | 3.40 | 7 | S |
| 3 | DE BEER,Lenike, 177 | AFS | 3.30 | 6 | B |
| 4 | SWANEPOEL,Jana, 851 | WPA | 2.90 | 5 | |
| 5 | JONKER,June, 545 | AVT | 2.80 | 4 | |
| 6 | MINNIE,Lize-ann, 494 | ASWD | 2.40 | 3 | |
| 0 | PIENAAR,Elaine, 190 | AFS | DNS | 0 | |

Item 8 09:15 Heat 1 of 2 Women U18 (Youth) 800m

| | | | | | |
|---|--------------------|------|---------|--|--|
| 1 | HOBOSHE,Aviwe, 517 | ATRA | 2:15.02 | | |
| 2 | AUCAMP,Johne, 232 | AGN | 2:15.07 | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|-------|--------------------------|------|---------|--------|-------|---------|
| 3 | VISSER, Michelle, 306 | AGN | 2:15.08 | | | |
| 4 | SWART, Charne, 295 | AGN | 2:15.10 | | | |
| 5 | SEHLABI, Hlokonelo, 286 | AGN | 2:15.19 | | | |
| 6 | DU PLESSIS, Chanell, 249 | AGN | 2:15.24 | | | |
| 7 | CONRADIE, Elaine, 487 | ASWD | 2:21.09 | | | |
| 8 | CROUS, Britney, 700 | EPA | 3:55.31 | | | |

Item 8 09:15 Heat 2 of 2 Women U18 (Youth) 800m

| | | | | | | |
|---|-------------------------|------|---------|--|--|--|
| 1 | VILJOEN, Anneken, 55 | BOLA | 2:13.66 | | | |
| 2 | BOTHA, Kayla, 238 | AGN | 2:14.23 | | | |
| 3 | WITJENBURG, Sandra, 620 | CGA | 2:15.29 | | | |
| 4 | BOTHA, Shannon, 574 | CGA | 2:15.33 | | | |
| 5 | SNYMAN, Deneke, 607 | CGA | 2:17.55 | | | |
| 6 | SEHOHLE, Zanele, 421 | AMPU | 2:22.31 | | | |
| 0 | VISSER, Sanmarie, 824 | NWCA | DNS | | | |

Item 9 09:30 Round 1 of 1 Women U18 (Youth) Discus

1kg

| | | | | | | |
|----|----------------------------------|------|-------|--|--|--|
| 1 | ROETS, Dane, 604 | CGA | 44.01 | | | |
| 2 | UMBERTI, Bodine, 297 | AGN | 43.74 | | | |
| 3 | DE NECKER, Juanita, 538 | AVT | 42.12 | | | |
| 4 | JANSE VAN RENSBURG, Belinda, 256 | AGN | 40.69 | | | |
| 5 | DE KLERK, Miné, 178 | AFS | 40.00 | | | |
| 6 | VISSER, Sanmarie, 824 | NWCA | 39.93 | | | |
| 7 | SCHULENBURG, Elcheri, 470 | ANWN | 39.48 | | | |
| 8 | PONT, Illandre, 281 | AGN | 38.37 | | | |
| 9 | MOSTERT, Desere, 467 | ANWN | 38.04 | | | |
| 10 | GELDENHYS, Ruzel, 581 | CGA | 37.19 | | | |
| 11 | RAATHS, Marguerite, 468 | ANWN | 36.80 | | | |
| 12 | VON WIELLIGH, Inge, 57 | BOLA | 35.46 | | | |
| 13 | VISAGIE, Saskia, 424 | AMPU | 35.32 | | | |
| 14 | WILSENACH, Lydia, 425 | AMPU | 35.31 | | | |
| 15 | ELS, Teneal, 12 | BOLA | 35.22 | | | |
| 16 | OOSTHUIZEN, Janke, 33 | BOLA | 34.90 | | | |
| 17 | IMMELMAN, Lindie, 255 | AGN | 34.22 | | | |
| 18 | VAN HEERDEN, Marzanne, 196 | AFS | 34.07 | | | |
| 19 | BROWN, Colleen, 698 | EPA | 33.77 | | | |
| 20 | VAN DER LINDE, Rinelda, 922 | LIMA | 32.85 | | | |
| 21 | NIEMANN, Danel, 797 | LIMA | 28.11 | | | |
| 22 | WARNER, Monique, 721 | EPA | 28.01 | | | |
| 0 | GLOBLER, Christelle, 582 | CGA | DNR | | | |
| 0 | MALAN, Lienneke, 272 | AGN | DNR | | | |

Item 11 09:30 Heat 1 of 3 Men U18 (Youth) 800m

| | | | | | | |
|---|------------------------------|------|---------|--|--|--|
| 1 | MAHLANGU (T61), Nthando, 349 | AGN | 1:53.47 | | | |
| 2 | HADEBE, Khethelo, 771 | KZNA | 1:56.02 | | | |
| 3 | DINGILE, Happy, 627 | CGA | 1:56.09 | | | |
| 4 | HENDRICKS, Manedo, 871 | WPA | 1:57.44 | | | |
| 5 | SELEMELA, Oratile, 483 | ANWN | 1:58.19 | | | |
| 6 | ZWANE, Banele, 693 | CGA | 1:58.81 | | | |
| 7 | MABASO, Kamogelo, 640 | CGA | 1:59.31 | | | |
| 8 | VERWEY, Valentino, 743 | EPA | 1:59.53 | | | |

Item 11 09:30 Heat 2 of 3 Men U18 (Youth) 800m

| | | | | | | |
|---|--------------------------|------|---------|--|--|--|
| 1 | SOKHELA, Zola, 790 | KZNA | 1:56.49 | | | |
| 2 | DU PLESSIS, Edmund, 323 | AGN | 1:56.64 | | | |
| 3 | MOTLOBA, Kamogelo, 481 | ANWN | 1:58.02 | | | |
| 4 | JANTJIES, Gawain, 79 | BOLA | 1:58.39 | | | |
| 5 | FARO, Duvan, 902 | WPAI | 2:00.30 | | | |
| 6 | BADENHORST, Hendrik, 747 | GWA | 2:01.96 | | | |
| 0 | MOKONE, Thabang, 783 | KZNA | DNR | | | |
| 0 | BLAAUW, Rochen, 859 | WPA | DNF | | | |

Item 11 09:30 Heat 3 of 3 Men U18 (Youth) 800m

| | | | | | | |
|---|------------------------|-----|---------|--|--|--|
| 1 | MADONSELA, Karabo, 348 | AGN | 1:54.89 | | | |
|---|------------------------|-----|---------|--|--|--|

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|-------|----------------------|------|---------|--------|-------|---------|
| 2 | BLIGNAUT,Juvan, 312 | AGN | 1:55.68 | | | |
| 3 | CHOBAN,Abednico, 315 | AGN | 1:55.83 | | | |
| 4 | RAUTENBACH,Aldo, 103 | BOLA | 1:55.89 | | | |
| 5 | MBOXWANA,Gift, 210 | AFS | 1:56.02 | | | |
| 6 | DOMINGO,Keanu, 728 | EPA | 1:56.17 | | | |
| 7 | LEDUMA,Kagiso, 639 | CGA | 2:00.83 | | | |

Item 12 09:45 Round 1 of 1 Men U20 (Junior) HighJump

| | | | | | | |
|----|------------------------|------|------|--|--|--|
| 1 | POOLE,Breyton, 100 | BOLA | 1.95 | | | |
| 2 | METTLER,Wilbur, 441 | AMPU | 1.95 | | | |
| 2 | SHABANGU,Matome, 382 | AGN | 1.95 | | | |
| 2 | MORGAN,Blake, 501 | ASWD | 1.95 | | | |
| 5 | GAYISA,Maswangayi, 630 | CGA | 1.95 | | | |
| 5 | MOGODIRI,Omphile, 655 | CGA | 1.95 | | | |
| 5 | MASHISHI,Katlego, 352 | AGN | 1.95 | | | |
| 8 | PLAAITJIES,Cullen, 99 | BOLA | 1.95 | | | |
| 9 | FOURIE,Enrique, 328 | AGN | 1.90 | | | |
| 10 | LOTTERING,Mauritz, 637 | CGA | 1.90 | | | |
| 10 | MAKHUMELA,Thabelo, 208 | AFS | 1.90 | | | |
| 12 | CROUS,Jason, 727 | EPA | 1.90 | | | |
| 13 | FEBRUARY,Reevin, 502 | ASWD | 1.85 | | | |
| 13 | VALLY,Usaamah, 791 | KZNA | 1.85 | | | |
| 0 | BASSICK,Emelio, 60 | BOLA | DNS | | | |
| 0 | PLATT,Keenan, 375 | AGN | DNS | | | |
| 0 | ROGERS,Jamie, 105 | BOLA | NM | | | |

Item 14 10:00 Heat 1 of 3 Men U20 (Junior) 800m

| | | | | | | |
|----|------------------------|------|---------|--|--|--|
| 1 | MWAGU,Tshegofatso, 366 | AGN | 1:52.99 | | | |
| 2 | NDIMANDE,Ntuthuko, 663 | CGA | 1:53.36 | | | |
| 3 | BOERS,Jaytee, 426 | AMPU | 1:54.26 | | | |
| 4 | KHOZA,Amos, 340 | AGN | 1:54.62 | | | |
| 5 | MCABELO,Prince, 652 | CGA | 1:55.20 | | | |
| 6 | MKETO,Emihle, 567 | BORA | 1:55.34 | | | |
| 7 | VAN WYK,Carlin, 173 | ACNW | 1:55.35 | | | |
| 8 | DUIKER,Conwil, 72 | BOLA | 1:56.10 | | | |
| 9 | VORSTER,Morgan, 890 | WPA | 1:59.03 | | | |
| 10 | JALI,Ibanathi, 732 | EPA | 2:03.73 | | | |

Item 14 10:00 Heat 2 of 3 Men U20 (Junior) 800m

| | | | | | | |
|----|----------------------------|------|---------|--|--|--|
| 1 | JONKER,Gert, 633 | CGA | 1:52.83 | | | |
| 2 | REITZMA,Reinard, 167 | ACNW | 1:53.16 | | | |
| 3 | MOLUTSI,Mohlouwa Koos, 784 | KZNA | 1:53.25 | | | |
| 4 | SILWANE,Lucas, 683 | CGA | 1:53.34 | | | |
| 5 | SELEPE,Thabang, 457 | AMPU | 1:53.71 | | | |
| 6 | NDLOVU,Nhloso, 214 | AFS | 1:53.72 | | | |
| 7 | KRUGER,Abrie, 162 | ACNW | 1:56.51 | | | |
| 8 | BLIGNAUT,Martin, 313 | AGN | 1:56.80 | | | |
| 9 | DURIER,Ryan, 901 | WPAI | 1:57.05 | | | |
| 10 | MATIKINCA,Ludwe, 511 | ASWD | 2:01.41 | | | |

Item 14 10:00 Heat 3 of 3 Men U20 (Junior) 800m

| | | | | | | |
|---|--------------------------|------|---------|--|--|--|
| 1 | SWART,Christopher, 389 | AGN | 1:54.50 | | | |
| 2 | MOLOTSI,Omphile, 362 | AGN | 1:54.62 | | | |
| 3 | NHLAPO,Sibusiso, 370 | AGN | 1:55.27 | | | |
| 4 | DE SCALLY,Nicholas, 766 | KZNA | 1:55.61 | | | |
| 5 | FAKUDE,Donell, 326 | AGN | 1:57.38 | | | |
| 6 | KERILENG,Gomolemo, 159 | ACNW | 1:58.57 | | | |
| 7 | MDALA,Thapelo, 527 | ATRA | 1:59.59 | | | |
| 8 | WILLEMSE,Tewis, 817 | LIMA | 2:01.51 | | | |
| 0 | CARDOZA,Brendon, 899 | WPAI | DNS | | | |
| 0 | SHAI,Retshedisitswe, 219 | AFS | DNS | | | |

Item 15 10:15 Heat 1 of 4 Women U18 (Youth) 100m

| | | | | | | |
|---|----------------------|-----|-------|--|--|-------------|
| 1 | MALINGA,Nosipho, 929 | AGN | 12.31 | | | +0.1 |
|---|----------------------|-----|-------|--|--|-------------|

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|---|----------------------------|------|-------|-------------|-------|---------|
| 2 | NEL, Rhode, 415 | AMPU | 12.40 | | | |
| 3 | ISAACS, Catlin, 17 | BOLA | 12.47 | | | |
| 4 | WILLIAMS, Merlyn-lee, 58 | BOLA | 12.75 | | | |
| 5 | BOTHA, Jane, 535 | AVT | 12.83 | | | |
| 6 | STOLZ, Jenna, 609 | CGA | 12.91 | | | |
| 7 | ROTHMAN, Amiel, 469 | ANWN | 13.10 | | | |
| Item 15 10:15 Heat 2 of 4 Women U18 (Youth) 100m | | | | +0.7 | | |
| 1 | FOURIE, Annemé, 182 | AFS | 12.30 | | | |
| 2 | VAN STADEN, Miandi, 144 | ACNW | 12.36 | | | |
| 3 | MABUSA, Andile, 268 | AGN | 12.41 | | | |
| 4 | PIETERS, Neo-leigh, 418 | AMPU | 12.44 | | | |
| 5 | CRONJE, Tashlene, 230 | AFSI | 12.82 | | | |
| 6 | DU PLESSIS, Stefani, 830 | WPA | 12.92 | | | |
| 7 | MLANGENI, Langelihle, 546 | AVT | 12.96 | | | |
| Item 15 10:15 Heat 3 of 4 Women U18 (Youth) 100m | | | | +0.9 | | |
| 1 | JONKER, Mariska, 259 | AGN | 12.26 | | | |
| 2 | BROWN, Chinique, 794 | LIMA | 12.28 | | | |
| 3 | RAMUKHUBATHI, Rudzani, 283 | AGN | 12.36 | | | |
| 4 | JOSHUA, Melanie, 839 | WPA | 12.62 | | | |
| 5 | MOTAUNG, Seithati, 403 | AGNI | 12.63 | | | |
| 6 | FOUCHE, Jinesse, 746 | GWA | 12.77 | | | |
| 0 | HAMBIDGE, Genevieve, 408 | AMPU | DNS | | | |
| Item 15 10:15 Heat 4 of 4 Women U18 (Youth) 100m | | | | +0.6 | | |
| 1 | EILERD, Charlize, 250 | AGN | 12.12 | | | |
| 2 | VAN WYK, Odette, 302 | AGN | 12.23 | | | |
| 3 | DE WET, Simone, 577 | CGA | 12.63 | | | |
| 4 | MAKOLA, Refilwe, 411 | AMPU | 12.71 | | | |
| 5 | HILL, Lawon, 834 | WPA | 12.81 | | | |
| 6 | HLABOLWA, Karabo, 695 | CGAI | 12.85 | | | |
| Item 17 10:35 Heat 1 of 5 Men U18 (Youth) 100m | | | | +1.3 | | |
| 1 | GRAY, Samuel, 332 | AGN | 10.91 | | | |
| 2 | MABUNDA, Mbhoni, 347 | AGN | 11.04 | | | |
| 3 | MONDLANE, Junior, 442 | AMPU | 11.13 | | | |
| 4 | NKOSI, Wandile, 787 | KZNA | 11.18 | | | |
| 5 | NKAMBULE, Kwanele, 451 | AMPU | 11.19 | | | |
| 6 | WHITE, Ethan, 119 | BOLA | 21.05 | | | |
| 0 | AFRICA, Jared James, 59 | BOLA | DNS | | | |
| 0 | CLOETE, Keenan, 930 | AFS | DNS | | | |
| Item 17 10:35 Heat 2 of 5 Men U18 (Youth) 100m | | | | +0.0 | | |
| 1 | NDLOVU, Vuyu, 447 | AMPU | 10.81 | | | |
| 2 | TLHAPI, Olebogeng, 687 | CGA | 10.84 | | | |
| 3 | MOLEYANE, Lucky, 212 | AFS | 10.90 | | | |
| 4 | MVUYO, Moss, 662 | CGA | 11.03 | | | |
| 5 | BURGER, Reece, 63 | BOLA | 11.06 | | | |
| 6 | POTGIETER, Louwrens, 454 | AMPU | 11.22 | | | |
| 7 | NDLOVU, Ndabezinhle, 786 | KZNA | 11.24 | | | |
| 8 | FORTUIN, Matheus, 503 | ASWD | 11.44 | | | |
| Item 17 10:35 Heat 3 of 5 Men U18 (Youth) 100m | | | | +1.6 | | |
| 1 | GALANT, Cohan, 504 | ASWD | 10.76 | | | |
| 2 | MOSTERT, Hugo, 91 | BOLA | 10.92 | | | |
| 3 | BARNARD, Mondray, 723 | EPA | 11.16 | | | |
| 4 | MICHAELS, Caston, 513 | ASWD | 11.17 | | | |
| 5 | MOTSWAISO, Orapeleng, 482 | ANWN | 11.31 | | | |
| 6 | VOSLOO, Jacobus, 815 | LIMA | 11.46 | | | |
| 0 | JEWASKIEWITZ, Zanru, 803 | LIMA | DNS | | | |
| Item 17 10:35 Heat 4 of 5 Men U18 (Youth) 100m | | | | +1.2 | | |
| 1 | POTGIETER, Eckhardt, 376 | AGN | 10.54 | | | |
| 2 | HLOHLO, Thabang, 334 | AGN | 10.77 | | | |
| 3 | JOSIAS, Jesse, 874 | WPA | 10.90 | | | |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|--|--------------------------------|------|-------------------|--------|-------|-------------|
| 4 | PIETERSEN,Celino, 96 | BOLA | 11.04 | | | |
| 5 | MATAU,Dario, 477 | ANWN | 11.09 | | | |
| 6 | OLIFANT,Bradley, 94 | BOLA | 11.26 | | | |
| 7 | VENTER,Jaco, 404 | AGNI | 11.28 | | | |
| 0 | TSHOKODIBANE,Tsholofelo, 221 | AFS | DNS | | | |
| Item 17 10:35 Heat 5 of 5 Men U18 (Youth) 100m | | | | | | +0.6 |
| 1 | RICHARDSON,Benji, 456 | AMPU | 10.87 | | | |
| 2 | ZINN,Kyle, 893 | WPA | 10.89 | | | |
| 3 | REBOTILE,Mohale, 675 | CGA | 10.92 | | | |
| 4 | JORDAAN,Dylan, 476 | ANWN | 11.01 | | | |
| 5 | MENZIES,Keegan, 805 | LIMA | 11.05 | | | |
| 6 | ROSE,Jody, 909 | WPAI | 11.30 | | | |
| 7 | MAKHANYA,Ntsikelelo, 777 | KZNA | 11.35 | | | |
| 0 | JACOBS,Zandre, 78 | BOLA | Disq: False Start | | | |
| Item 18 11:00 Heat 1 of 4 Women U20 (Junior) 100m | | | | | | +2.5 |
| 1 | MOFOMME,Michelle, 276 | AGN | 12.30 | | | |
| 2 | DE JAGER,Marcelle, 795 | LIMA | 12.33 | | | |
| 3 | KUBEKA,Phindile, 263 | AGN | 12.34 | | | |
| 4 | LEGODI,Karabo, 264 | AGN | 12.40 | | | |
| 5 | MATHONSI,Akhona, 761 | KZNA | 12.67 | | | |
| 6 | MOLOI,Segopotso, 595 | CGA | 12.76 | | | |
| Item 18 11:00 Heat 2 of 4 Women U20 (Junior) 100m | | | | | | +0.8 |
| 1 | VAN DER WALT,Zeney, 300 | AGN | 12.02 | | | |
| 2 | XEYI,Rose, 309 | AGN | 12.15 | | | |
| 3 | PASHA,Remoneilwe, 280 | AGN | 12.26 | | | |
| 4 | HANEKOM,Natalie, 254 | AGN | 12.30 | | | |
| 5 | NGEMA,Snethemba, 764 | KZNA | 12.70 | | | |
| 0 | JEWASKIEWITZ,Zenobea, 132 | ACNW | DNS | | | |
| Item 18 11:00 Heat 3 of 4 Women U20 (Junior) 100m | | | | | | +1.7 |
| 1 | WAIT,Saskia, 720 | EPA | 12.32 | | | |
| 2 | JANSEN VAN RENSBURG,Shere, 544 | AVT | 12.36 | | | |
| 3 | MONGWE,Nikiwe, 596 | CGA | 12.37 | | | |
| 4 | VOSLOO,Leonette, 799 | LIMA | 12.50 | | | |
| 5 | KLAAS,Zinam, 841 | WPA | 12.53 | | | |
| 6 | HUMAN,Danelle, 489 | ASWD | 12.80 | | | |
| Item 18 11:00 Heat 4 of 4 Women U20 (Junior) 100m | | | | | | +1.9 |
| 1 | VAN DER MERWE,Nicola, 471 | ANWN | 11.95 | | | |
| 2 | MURRAY,Toinette, 137 | ACNW | 12.30 | | | |
| 3 | JOHNSON,Lara, 20 | BOLA | 12.40 | | | |
| 4 | LUDICK,Gabriella, 26 | BOLA | 12.52 | | | |
| 5 | KGADIMA,Prudence, 585 | CGA | 12.58 | | | |
| 0 | BYMAN,Laure, 829 | WPA | DNS | | | |
| 0 | PATERSON,Morgan, 189 | AFS | DNS | | | |
| Item 22 11:20 Heat 1 of 5 Men U20 (Junior) 100m | | | | | | +0.8 |
| 1 | GASA,Philelani, 203 | AFS | 10.70 | | | |
| 2 | DAVIDS,Luke, 863 | WPA | 10.87 | | | |
| 3 | MOJE,Phemelo, 478 | ANWN | 10.92 | | | |
| 4 | MAKARINGE,Lunga, 439 | AMPU | 11.23 | | | |
| 5 | HARMSE,Harmse, 802 | LIMA | 11.32 | | | |
| 6 | JOHNSON,Jordan, 632 | CGA | 11.37 | | | |
| 7 | KOK,Jordan, 161 | ACNW | 11.37 | | | |
| Item 22 11:20 Heat 2 of 5 Men U20 (Junior) 100m | | | | | | +0.2 |
| 1 | NGOVENI,Sammy, 369 | AGN | 10.97 | | | |
| 2 | VAN WYK,Edwin, 394 | AGN | 11.03 | | | |
| 3 | DE KLERK,Jonathan, 626 | CGA | 11.08 | | | |
| 4 | HLONGWANE,Mosuwe, 205 | AFS | 11.14 | | | |
| 5 | MPINGA,Nkosana, 445 | AMPU | 13.59 | | | |
| 0 | FARMER,Javier, 73 | BOLA | DNS | | | |
| 0 | LEMAO,Tshenolo, 346 | AGN | DNS | | | |
| Item 22 11:20 Heat 3 of 5 Men U20 (Junior) 100m | | | | | | +0.9 |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|--|-------------------------------|------|---------|-------------|--------|---------|
| 1 | DEAN,Tristan, 321 | AGN | 10.91 | | | |
| 2 | MIKAAL,Mohamed, 356 | AGN | 10.96 | | | |
| 3 | VAN STADEN,Sherwin, 742 | EPA | 11.06 | | | |
| 4 | CLOETE,Zandre, 801 | LIMA | 11.17 | | | |
| 5 | WALSH,Liam, 175 | ACNW | 11.21 | | | |
| 6 | NEL,Kobus, 448 | AMPU | 11.24 | | | |
| 7 | JACOBS,Altus, 475 | ANWN | 11.84 | | | |
| Item 22 11:20 Heat 4 of 5 Men U20 (Junior) 100m | | | | +1.1 | | |
| 1 | MIYA,Sifiso, 357 | AGN | 10.83 | | | |
| 2 | MEKHISE,Ditiro, 479 | ANWN | 11.01 | | | |
| 3 | BRUINTJIES,Stuart, 62 | BOLA | 11.11 | | | |
| 4 | MPANZA,Olwethu, 444 | AMPU | 11.21 | | | |
| 5 | MANGOALE,Kabelo, 644 | CGA | 11.34 | | | |
| 6 | MABOTSA,Thato, 804 | LIMA | 11.69 | | | |
| 7 | PRETORIUS,Coenraad, 811 | LIMA | 12.04 | | | |
| Item 22 11:20 Heat 5 of 5 Men U20 (Junior) 100m | | | | +3.0 | | |
| 1 | GAINES,Mark, 768 | KZNA | 10.57 | | | |
| 2 | MASWAGANYI,Phathutshedzo, 353 | AGN | 10.70 | | | |
| 3 | BULUMKO,Ntuthu, 726 | EPA | 10.91 | | | |
| 4 | VAN DER MERWE,Stefan, 172 | ACNW | 11.01 | | | |
| 5 | DOUWIE,Adricus, 473 | ANWN | 11.11 | | | |
| 6 | TOLBADI,Sanele, 688 | CGA | 11.25 | | | |
| 7 | SIZANI,Aluncedo, 571 | BORA | 11.94 | | | |
| Item 23 11:30 Round 1 of 2 Men U18 (Youth) HighJump | | | | | | |
| 1 | OLWAGE,Karel, 554 | AVT | 1.90 | | | |
| 2 | NZOME,Tanaka, 374 | AGN | 1.90 | | | |
| 3 | MONTSUMI,Reece, 880 | WPA | 1.85 | | | |
| 3 | MUKIAPINI,Gratias, 881 | WPA | 1.85 | | | |
| 3 | WENHOLD,Edric, 560 | AVT | 1.85 | | | |
| 6 | STRYDOM,Victor, 684 | CGA | 1.85 | | | |
| 6 | SIFUNDA,Bandile, 459 | AMPU | 1.85 | | | |
| 8 | VAN DEN HEEVER,Daniel, 484 | ANWN | 1.80 | | | |
| 0 | BRITZ,Andre, 150 | ACNW | DNS | | | |
| 0 | SELOANE,Junior, 380 | AGN | NM | | | |
| Item 23 11:30 Round 2 of 2 Men U18 (Youth) HighJump | | | | | | |
| 1 | VENTER,Nathan, 466 | AMPU | 1.93 | | | |
| 2 | LOUWRENS,Justin, 638 | CGA | 1.90 | | | |
| 3 | RULSE,Khalim, 378 | AGN | 1.85 | | | |
| 4 | VAN ROOYEN,Anre, 741 | EPA | 1.80 | | | |
| 5 | SELEBI,Michael, 928 | CGA | 1.80 | | | |
| 5 | BLIGNAUT,Jan, 149 | ACNW | 1.80 | | | |
| 0 | MONTSUMI,Reece Nathan, 90 | BOLA | DNS | | | |
| 0 | RETIEF,Andre, 104 | BOLA | DNS | | | |
| 0 | WILKEN,Keanu, 399 | AGN | DNS | | | |
| Item 24 11:40 Heat 1 of 2 Men U20 (Junior) 400m Hurdles | | | | | 91.4cm | |
| 1 | SOKHWAKANA,Zazini, 387 | AGN | 0:52.81 | | | |
| 2 | PIETERSEN,Liam, 97 | BOLA | 0:52.88 | | | |
| 3 | DU PREEZ,Marthinus, 154 | ACNW | 0:54.12 | | | |
| 4 | MAYO,Adam, 355 | AGN | 0:54.64 | | | |
| 5 | SEANE,Koketso, 677 | CGA | 0:55.81 | | | |
| 6 | WILLIAMS,Rozario, 691 | CGA | 0:57.18 | | | |
| 7 | MONENSI,Bokang, 552 | AVT | 0:59.85 | | | |
| 0 | GORA,Lindokuhle, 697 | CGAI | DNS | | | |
| Item 24 11:40 Heat 2 of 2 Men U20 (Junior) 400m Hurdles | | | | | 91.4cm | |
| 1 | DU PLESSIS,Gerdus, 324 | AGN | 0:54.17 | | | |
| 2 | NGOBENI,Khongelo, 368 | AGN | 0:54.50 | | | |
| 3 | LABUSHAGNE,Ruan, 82 | BOLA | 0:54.61 | | | |
| 4 | TANGO,Aiden, 887 | WPA | 0:55.70 | | | |
| 5 | KENNEDY,Adriaan, 80 | BOLA | 0:56.26 | | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|--------------------------------|------|---------|--------|-------|---------|
| 6 | MOUMAKWE, Modise, 443 | AMPU | 0:57.36 | | | |
| 7 | MFUNISELWA, Sonwabise, 528 | ATRA | 0:57.58 | | | |
| Item 25 11:55 Heat 1 of 2 Men U18 (Youth) 400m Hurdles | | | | | | 84cm |
| 1 | CUSTODIO, Luciano, 65 | BOLA | 0:54.44 | | | |
| 2 | DAVIES, Dylan, 696 | CGAI | 0:54.95 | | | |
| 3 | GELDENHUYS, Wilco, 429 | AMPU | 0:55.22 | | | |
| 4 | MONYAI, Lebone, 480 | ANWN | 0:55.49 | | | |
| 5 | WEYER, Jan-hendrik, 816 | LIMA | 0:55.54 | | | |
| 6 | MAKHUBELA, Julious, 526 | ATRA | 0:59.09 | | | |
| 0 | DOURIES, Jayden, 71 | BOLA | DNS | | | |
| 0 | RETIEF, Andre, 104 | BOLA | DNS | | | |
| Item 25 11:55 Heat 2 of 2 Men U18 (Youth) 400m Hurdles | | | | | | 84cm |
| 1 | ERASMUS, Andre, 325 | AGN | 0:54.79 | | | |
| 2 | RAMATHE, Kgotso, 556 | AVT | 0:54.81 | | | |
| 3 | MULLER, Gerhardt, 365 | AGN | 0:54.84 | | | |
| 4 | PETERSEN, Nelash, 883 | WPA | 0:57.40 | | | |
| 5 | VAN DER MERWE, Lian, 222 | AFS | 0:57.85 | | | |
| 6 | SMITH, Damian, 739 | EPA | 0:57.90 | | | |
| 0 | VENTER, Christiaan, 396 | AGN | DNS | | | |
| Item 26 12:10 Heat 1 of 2 Women U20 (Junior) 400m Hurdles | | | | | | 76.2cm |
| 1 | MORAKE, Gontse, 597 | CGA | 0:59.76 | | | |
| 2 | JOSEPH, Rogail, 838 | WPA | 1:01.33 | | | |
| 3 | VAN SCHALKWYK, Janke, 53 | BOLA | 1:01.98 | | | |
| 4 | KOTZE, Charmarie, 260 | AGN | 1:02.66 | | | |
| 5 | DU PREEZ, Alida, 796 | LIMA | 1:06.82 | | | |
| Item 26 12:10 Heat 2 of 2 Women U20 (Junior) 400m Hurdles | | | | | | 76.2cm |
| 1 | LOOTS, Marzaan, 266 | AGN | 1:01.32 | | | |
| 2 | HATTINGH, Carla, 583 | CGA | 1:01.43 | | | |
| 3 | SYLVESTER, Elitha, 852 | WPA | 1:02.92 | | | |
| 4 | MAHER, Tatum, 28 | BOLA | 1:04.05 | | | |
| Item 27 12:25 Heat 1 of 2 Women U18 (Youth) 400m Hurdles | | | | | | 76.2cm |
| 0 | MOOLMAN, Tanielle, 708 | EPA | NT | | | |
| 0 | VAN DER LINDE, Marga-rita, 854 | WPA | NT | | | |
| 0 | DU TOIT, Brenda, 820 | NWCA | NT | | | |
| 0 | ROUX, Chenelle, 420 | AMPU | NT | | | |
| 0 | BEZUIDENHOUT, Chazel, 235 | AGN | NT | | | |
| Item 27 12:25 Heat 2 of 2 Women U18 (Youth) 400m Hurdles | | | | | | 76.2cm |
| 0 | GEUSTYN, Rochelle, 13 | BOLA | NT | | | |
| 0 | HEERINK VAN BRED, Alex, 14 | BOLA | NT | | | |
| 0 | CLAASSEN, Sue-mari, 176 | AFS | NT | | | |
| 0 | REVELAS, Lia, 798 | LIMA | DNSA | | | |
| Item 29 14:00 Final Women U20 (Junior) Polevault | | | | | | |
| 1 | JANSE V RENSBURG, Nicole, 19 | BOLA | 3.70 | 9 | | G |
| 2 | MOOLMAN, Erica, 31 | BOLA | 3.60 | 7 | | S |
| 3 | VILJOEN, Anje, 56 | BOLA | 3.50 | 6 | | B |
| Item 30 14:00 Semi Final 1 of 2 Women U18 (Youth) 100m | | | | | | +1.3 |
| 1 | VAN STADEN, Miandi, 144 | ACNW | 11.92 | | | |
| 2 | EILERD, Charlize, 250 | AGN | 12.06 | | | |
| 3 | BROWN, Chinique, 794 | LIMA | 12.15 | | | |
| 4 | FOURIE, Annemé, 182 | AFS | 12.20 | | | |
| 5 | ISAACS, Catlin, 17 | BOLA | 12.28 | | | |
| 6 | MABUSA, Andile, 268 | AGN | 12.29 | | | |
| 7 | PIETERS, Neo-leigh, 418 | AMPU | 12.33 | | | |
| 8 | MOTAUNG, Seithati, 403 | AGNI | 12.73 | | | |
| Item 30 14:00 Semi Final 2 of 2 Women U18 (Youth) 100m | | | | | | +0.9 |
| 1 | MALINGA, Nosipho, 929 | AGN | 11.96 | | | |
| 2 | VAN WYK, Odette, 302 | AGN | 12.14 | | | |
| 3 | JONKER, Mariska, 259 | AGN | 12.27 | | | |
| 4 | NEL, Rhode, 415 | AMPU | 12.30 | | | |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|--|--------------------------------|------|-------------------|-------------|-------|---------|
| 4 | RAMUKHUBATHI,Rudzani, 283 | AGN | 12.30 | | | |
| 6 | DE WET,Simone, 577 | CGA | 12.59 | | | |
| 7 | JOSHUA,Melanie, 839 | WPA | 12.71 | | | |
| 8 | MAKOLA,Refilwe, 411 | AMPU | 12.74 | | | |
| Item 32 14:10 Semi Final 1 of 3 Men U18 (Youth) 100m | | | | +3.4 | | |
| 1 | POTGIETER,Eckhardt, 376 | AGN | 10.49 | | | |
| 2 | JOSIAS,Jesse, 874 | WPA | 10.65 | | | |
| 3 | MOLEYANE,Lucky, 212 | AFS | 10.65 | | | |
| 4 | MABUNDA,Mbhoni, 347 | AGN | 10.75 | | | |
| 5 | RICHARDSON,Benji, 456 | AMPU | 10.79 | | | |
| 6 | MENZIES,Keegan, 805 | LIMA | 10.98 | | | |
| 7 | PIETERSEN,Celino, 96 | BOLA | 11.04 | | | |
| 0 | NKAMBULE,Kwanele, 451 | AMPU | DNFA | | | |
| Item 32 14:10 Semi Final 2 of 3 Men U18 (Youth) 100m | | | | +2.1 | | |
| 1 | GALANT,Cohan, 504 | ASWD | 10.57 | | | |
| 2 | MVUYO,Moss, 662 | CGA | 10.70 | | | |
| 3 | GRAY,Samuel, 332 | AGN | 10.87 | | | |
| 4 | ZINN,Kyle, 893 | WPA | 10.89 | | | |
| 5 | MATAU,Dario, 477 | ANWN | 10.94 | | | |
| 6 | REBOTILE,Mohale, 675 | CGA | 10.96 | | | |
| 7 | NKOSI,Wandile, 787 | KZNA | 10.99 | | | |
| 8 | MONDLANE,Junior, 442 | AMPU | 11.01 | | | |
| Item 32 14:10 Semi Final 3 of 3 Men U18 (Youth) 100m | | | | +2.4 | | |
| 1 | HLOHLO,Thabang, 334 | AGN | 10.45 | | | |
| 2 | NDLOVU,Vuyu, 447 | AMPU | 10.77 | | | |
| 3 | TLHAPI,Olebogeng, 687 | CGA | 10.78 | | | |
| 4 | MOSTERT,Hugo, 91 | BOLA | 10.92 | | | |
| 5 | BURGER,Reece, 63 | BOLA | 10.92 | | | |
| 6 | JORDAAN,Dylan, 476 | ANWN | 11.04 | | | |
| 7 | MICHAELS,Caston, 513 | ASWD | 11.09 | | | |
| 8 | BARNARD,Monday, 723 | EPA | 11.33 | | | |
| Item 33 14:20 Semi Final 1 of 2 Women U20 (Junior) 100m | | | | +1.4 | | |
| 1 | VAN DER MERWE,Nicola, 471 | ANWN | 12.10 | | | |
| 2 | HANEKOM,Natalie, 254 | AGN | 12.20 | | | |
| 3 | PASHA,Remoneilwe, 280 | AGN | 12.20 | | | |
| 4 | MOFOMME,Michelle, 276 | AGN | 12.21 | | | |
| 5 | MURRAY,Toinette, 137 | ACNW | 12.33 | | | |
| 6 | JANSEN VAN RENSBURG,Shere, 544 | AVT | 12.42 | | | |
| 7 | MONGWE,Nikiwe, 596 | CGA | 12.55 | | | |
| 8 | VOSLOO,Leonette, 799 | LIMA | 12.58 | | | |
| Item 33 14:20 Semi Final 2 of 2 Women U20 (Junior) 100m | | | | -0.4 | | |
| 1 | XEYI,Rose, 309 | AGN | 11.80 | | | |
| 2 | VAN DER WALT,Zeney, 300 | AGN | 12.15 | | | |
| 3 | JOHNSON,Lara, 20 | BOLA | 12.35 | | | |
| 4 | WAIT,Saskia, 720 | EPA | 12.35 | | | |
| 5 | DE JAGER,Marcelle, 795 | LIMA | 12.36 | | | |
| 6 | LEGODI,Karabo, 264 | AGN | 12.42 | | | |
| 7 | KUBEKA,Phindile, 263 | AGN | 12.49 | | | |
| 8 | LUDICK,Gabriella, 26 | BOLA | 12.52 | | | |
| Item 34 14:30 Semi Final 1 of 3 Men U20 (Junior) 100m | | | | +0.3 | | |
| 1 | GAINES,Mark, 768 | KZNA | 10.68 | | | |
| 2 | DEAN,Tristan, 321 | AGN | 10.91 | | | |
| 3 | MOJE,Phemelo, 478 | ANWN | 10.94 | | | |
| 4 | BRUINJIES,Stuart, 62 | BOLA | 11.04 | | | |
| 5 | DE KLERK,Jonathan, 626 | CGA | 11.21 | | | |
| 6 | DOUWIE,Adricus, 473 | ANWN | 11.31 | | | |
| 7 | TOLBADI,Sanele, 688 | CGA | 11.59 | | | |
| 0 | MIKAAL,Mohamed, 356 | AGN | Disq: False Start | | | |
| Item 34 14:30 Semi Final 2 of 3 Men U20 (Junior) 100m | | | | +0.8 | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|---|--------------------------------|------|----------|-------------|-------|---------|
| 1 | GASA, Philelani, 203 | AFS | 10.66 | | | |
| 2 | VAN STADEN, Sherwin, 742 | EPA | 10.75 | | | |
| 3 | NGOVENI, Sammy, 369 | AGN | 10.92 | | | |
| 4 | HLONGWANE, Mosuwe, 205 | AFS | 11.00 | | | |
| 5 | MAKARINGE, Lunga, 439 | AMPU | 11.01 | | | |
| 6 | BULUMKO, Ntuthu, 726 | EPA | 11.07 | | | |
| 7 | VAN DER MERWE, Stefan, 172 | ACNW | 11.25 | | | |
| 0 | NEL, Kobus, 448 | AMPU | DNS | | | |
| Item 34 14:30 Semi Final 3 of 3 Men U20 (Junior) 100m | | | | +1.6 | | |
| 1 | MASWAGANYI, Phathutshedzo, 353 | AGN | 10.45 | | | |
| 2 | DAVIDS, Luke, 863 | WPA | 10.52 | | | |
| 3 | MIYA, Sifiso, 357 | AGN | 10.56 | | | |
| 4 | MEKHISE, Ditiro, 479 | ANWN | 10.96 | | | |
| 5 | VAN WYK, Edwin, 394 | AGN | 10.99 | | | |
| 6 | WALSH, Liam, 175 | ACNW | 11.09 | | | |
| 7 | MPANZA, Olwethu, 444 | AMPU | 11.15 | | | |
| 8 | CLOETE, Zandre, 801 | LIMA | 11.23 | | | |
| Item 35 14:45 Final Men U20 (Junior) 3000m SteepleChase | | | | | | |
| 1 | MOREMI, Olebogeng, 164 | ACNW | 09:12.59 | 9 | G | |
| 2 | FORESTER, Matthew, 327 | AGN | 09:12.96 | 7 | S | |
| 3 | MARIBE, Tshiamo, 778 | KZNA | 09:16.93 | 6 | B | |
| 4 | BALOYI, Ndzalo, 310 | AGN | 09:30.95 | 5 | | |
| 5 | STEWART, Oliver, 886 | WPA | 09:37.99 | 4 | | |
| 6 | MAZALENI, Siyabolelo, 649 | CGA | 09:43.00 | 3 | | |
| 7 | TSHABALALA, Nhlakanipho, 170 | ACNW | 09:44.70 | 2 | | |
| 8 | KOEKEMOER, Travis, 343 | AGN | 09:46.20 | 1 | | |
| 9 | SKITI, Louyiso, 108 | BOLA | 09:46.97 | 0 | | |
| 10 | MHKWANAZI, Banele, 654 | CGA | 09:51.19 | 0 | | |
| 11 | MOTLOUNG, Katleho, 659 | CGA | 09:52.88 | 0 | | |
| 12 | XIMBA, Lindokuhle, 792 | KZNA | 09:53.94 | 0 | | |
| 13 | NGAMTINI, Siyambonga, 523 | ATRA | 10:24.44 | 0 | | |
| 0 | SEOPASENGWE, Nicholas, 680 | CGA | DNS | 0 | | |
| 0 | MKHWANZI, Bongelani, 782 | KZNA | DNS | 0 | | |
| Item 36 15:05 Final Men U18 (Youth) 2000m SteepleChase | | | | | | |
| 1 | NTUNTWANA, Tshepo, 667 | CGA | 05:59.14 | 9 | G | |
| 2 | MOKHOTHU, Siyabonga, 360 | AGN | 06:02.89 | 7 | S | |
| 3 | MAZWI, Asanda, 650 | CGA | 06:10.27 | 6 | B | |
| 4 | SETSHOHO, Thato, 381 | AGN | 06:12.62 | 5 | | |
| 5 | MASHILO, Karabo, 779 | KZNA | 06:28.39 | 4 | | |
| 6 | MOUTON, Jean, 660 | CGA | 06:29.47 | 3 | | |
| 7 | MARAIS, Jannes, 86 | BOLA | 06:32.65 | 2 | | |
| 8 | SAULS, Romano, 107 | BOLA | 06:39.64 | 1 | | |
| 9 | MACI, Mbaso, 876 | WPA | 06:39.66 | 0 | | |
| 10 | DIEDERICKS, Nolan Johan, 70 | BOLA | 06:51.02 | 0 | | |
| 11 | CALITZ, Ruan, 152 | ACNW | 06:52.20 | 0 | | |
| 12 | MANQINDI, Ngcali, 643 | CGA | 06:58.31 | 0 | | |
| 0 | YEDWA, Thato, 400 | AGN | DNS | 0 | | |
| 0 | FUTHAMA, Tshepo, 329 | AGN | DNS | 0 | | |
| 0 | JANSEN, Renier, 505 | ASWD | DNS | 0 | | |
| Item 37 15:20 Final Women U18 (Youth) 2000m SteepleChase | | | | | | |
| 1 | BELL, Kristy, 234 | AGN | 06:47.17 | 9 | G | |
| 2 | AFRICA, Virgil-lee, 1 | BOLA | 07:05.61 | 7 | S | |
| 3 | KRUGER, Chanelle, 261 | AGN | 07:12.52 | 6 | B | |
| 4 | OOSTHUIZEN, Anri, 600 | CGA | 07:14.44 | 5 | | |
| 5 | CURLEWIS, Leshan, 245 | AGN | 07:21.00 | 4 | | |
| 6 | SNYMAN, Lienke, 192 | AFS | 07:23.33 | 3 | | |
| 7 | KRUGER, Izelle, 262 | AGN | 07:36.94 | 2 | | |
| 8 | ERASMUS, ChanÉ, 181 | AFS | 07:43.58 | 1 | | |
| 9 | DE BEER, Nerize, 247 | AGN | 07:46.86 | 0 | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|----------------------------|------|----------|--------|-------|---------|
| 10 | BEZUIDENHOUT, Macaela, 572 | CGA | 07:51.13 | 0 | | |
| 11 | KUMILE, Kenaleane, 587 | CGA | 08:04.67 | 0 | | |
| 12 | SCHMIDT, Kelly, 713 | EPA | 08:14.60 | 0 | | |
| 13 | MHLANGA, Karabo, 594 | CGA | 08:30.29 | 0 | | |
| 0 | VAN TONDER, Kay-leigh, 718 | EPA | DNS | 0 | | |
| Item 39 15:30 Round 1 of 2 Women U18 (Youth) HighJump | | | | | | |
| 1 | VISSER, Jeane, 147 | ACNW | 1.60 | | | |
| 2 | WHITTINGTON, Nicole, 619 | CGA | 1.60 | | | |
| 2 | BOTHA, Hannah, 8 | BOLA | 1.60 | | | |
| 4 | SWAYDE, Lessing, 612 | CGA | 1.60 | | | |
| 4 | VAN DEIJL, Liza, 853 | WPA | 1.60 | | | |
| 4 | MAKAMBA, Zihle, 270 | AGN | 1.60 | | | |
| 0 | OLIVIER, Carmien, 495 | ASWD | DNS | | | |
| 0 | WENTZEL, Samantha, 722 | EPA | NM | | | |
| Item 39 15:30 Round 2 of 2 Women U18 (Youth) HighJump | | | | | | |
| 1 | FOUCHE, Karmen, 128 | ACNW | 1.60 | | | |
| 2 | HORN, Micaela, 16 | BOLA | 1.60 | | | |
| 2 | COETZEE, Caelin, 242 | AGN | 1.60 | | | |
| 4 | EICH, Alara, 580 | CGA | 1.60 | | | |
| 5 | DU PLESSIS, Carla, 488 | ASWD | 1.55 | | | |
| 6 | PRETORUIS, Benitha, 35 | BOLA | 1.55 | | | |
| 6 | UMEH, Favour, 548 | AVT | 1.55 | | | |
| 0 | ERASMUS, Bianca, 540 | AVT | DNS | | | |
| Item 41 15:35 Final Women U20 (Junior) 3000m SteepleChase | | | | | | |
| 1 | MAKGOGA, Lethabo, 588 | CGA | 10:48.75 | 9 | | G |
| 2 | BOSMAN, Casey, 573 | CGA | 10:54.76 | 7 | | S |
| 3 | STICKELS, Isabel, 292 | AGN | 11:10.59 | 6 | | B |
| 4 | SWANEPOEL, Megan, 43 | BOLA | 11:39.81 | 5 | | |
| 5 | AFRICA, Virnita, 2 | BOLA | 12:15.09 | 4 | | |
| 6 | MAGIDIGIDI, Tandazwa, 519 | ATRA | 12:29.56 | 3 | | |
| 7 | SCHLEHMEYER, Caitelyn, 848 | WPA | 12:36.53 | 2 | | |
| 8 | LUND, Robin, 843 | WPA | 13:21.80 | 1 | | |
| 0 | SCHLEMEYER, Caitlin, 37 | BOLA | DNS | 0 | | |
| Item 43 16:00 Final Women U18 (Youth) 5km Walk | | | | | | |
| 1 | SWANEPOEL, Marissa, 294 | AGN | 26:45.88 | 9 | | G |
| 2 | NDLOVU, Olwethu, 277 | AGN | 28:00.55 | 7 | | S |
| 3 | KHUMALO, Candy-girl, 758 | KZNA | 29:12.74 | 6 | | B |
| 4 | RAMAKGOAKGOA, Katlego, 282 | AGN | 29:54.61 | 5 | | |
| 5 | KHOLA, Keitumetse, 586 | CGA | 30:23.64 | 4 | | |
| 6 | BESTER, Cara, 4 | BOLA | 30:26.59 | 3 | | |
| 7 | HEYMANS, Aluschka, 186 | AFS | 31:19.27 | 2 | | |
| 8 | DAMON, Carren, 896 | WPAI | 31:43.73 | 1 | | |
| 9 | PIETERSE, Leone, 34 | BOLA | 32:34.21 | 0 | | |
| 10 | GERTZE, Alvida, 832 | WPA | 33:29.65 | 0 | | |
| 11 | ANDREWS, Migshaan, 895 | WPAI | 36:59.42 | 0 | | |
| 0 | MATSHABA, Malebogo, 592 | CGA | Disq | 0 | | |
| Item 44 16:45 Final Men U20 (Junior) 400m Hurdles | | | | | | |
| 1 | SOKHWAKANA, Zazini, 387 | AGN | 0:50.72 | 9 | | G |
| 2 | DU PLESSIS, Gerdus, 324 | AGN | 0:52.19 | 7 | | S |
| 3 | PIETERSEN, Liam, 97 | BOLA | 0:52.23 | 6 | | B |
| 4 | MAYO, Adam, 355 | AGN | 0:53.44 | 5 | | |
| 5 | DU PREEZ, Marthinus, 154 | ACNW | 0:54.41 | 4 | | |
| 6 | LABUSHAGNE, Ruan, 82 | BOLA | 0:54.57 | 3 | | |
| 7 | NGOBENI, Khongelo, 368 | AGN | 0:54.64 | 2 | | |
| 8 | TANGO, Aiden, 887 | WPA | 0:54.69 | 1 | | |
| Item 45 16:55 Final Men U18 (Youth) 400m Hurdles | | | | | | |
| 1 | CUSTODIO, Luciano, 65 | BOLA | 0:52.84 | 9 | | G |
| 2 | DAVIES, Dylan, 696 | CGAI | 0:53.85 | 7 | | S |
| 3 | ERASMUS, Andre, 325 | AGN | 0:54.14 | 6 | | B |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|--------------------------------|------|-------------------|--------|-------|---------|
| 4 | RAMATHE, Kgotso, 556 | AVT | 0:54.54 | 5 | | |
| 5 | MULLER, Gerhardt, 365 | AGN | 0:55.37 | 4 | | |
| 6 | MONYAI, Lebone, 480 | ANWN | 0:55.95 | 3 | | |
| 7 | WEYER, Jan-hendrik, 816 | LIMA | 0:56.77 | 2 | | |
| 0 | GELDENHUYS, Wilco, 429 | AMPU | Disq: False Start | 0 | | |
| Item 46 17:05 Final Women U20 (Junior) 400m Hurdles | | | | | | 76.2cm |
| 1 | JOSEPH, Rogail, 838 | WPA | 0:57.73 | 9 | G | |
| 2 | LOOTS, Marzaan, 266 | AGN | 0:59.96 | 7 | S | |
| 3 | MORAKE, Gontse, 597 | CGA | 0:59.98 | 6 | B | |
| 4 | HATTINGH, Carla, 583 | CGA | 1:02.05 | 5 | | |
| 5 | VAN SCHALKWYK, Janke, 53 | BOLA | 1:02.28 | 4 | | |
| 6 | MAHER, Tatum, 28 | BOLA | 1:02.73 | 3 | | |
| 7 | KOTZE, Charmarie, 260 | AGN | 1:03.19 | 2 | | |
| 8 | SYLVESTER, Elitha, 852 | WPA | 1:03.68 | 1 | | |
| Item 47 17:15 Final Women U18 (Youth) 400m Hurdles | | | | | | 76.2cm |
| 1 | DU TOIT, Brenda, 820 | NWCA | 1:01.19 | 9 | G | |
| 2 | HEERINK VAN BREDA, Alex, 14 | BOLA | 1:01.32 | 7 | S | |
| 3 | VAN DER LINDE, Marga-rita, 854 | WPA | 1:01.72 | 6 | B | |
| 4 | ROUX, Chenelle, 420 | AMPU | 1:02.08 | 5 | | |
| 5 | BEZUIDENHOUT, Chazel, 235 | AGN | 1:02.64 | 4 | | |
| 6 | CLAASSEN, Sue-mari, 176 | AFS | 1:03.43 | 3 | | |
| 7 | GEUSTYN, Rochelle, 13 | BOLA | 1:06.38 | 2 | | |
| 8 | MOOLMAN, Tanielle, 708 | EPA | 1:09.90 | 1 | | |
| Item 48 17:25 Final Women U18 (Youth) 100m | | | | | | -1.1 |
| 2 | EILERD, Charlize, 250 | AGN | 12.22 | 7 | S | |
| 4 | MALINGA, Nosipho, 929 | AGN | 12.34 | 5 | | |
| 5 | VAN WYK, Odette, 302 | AGN | 12.36 | 4 | | |
| 7 | JONKER, Mariska, 259 | AGN | 12.49 | 2 | | |
| 8 | ISAACS, Catlin, 17 | BOLA | 12.53 | 1 | | |
| 1 | VAN STADEN, Miandi, 144 | ACNW | 11.98 | 9 | G | |
| 3 | FOURIE, Annemé, 182 | AFS | 12.29 | 6 | B | |
| 6 | BROWN, Chinique, 794 | LIMA | 12.47 | 3 | | |
| Item 49 17:30 Final Men U18 (Youth) 100m | | | | | | -2.3 |
| 1 | HLOHLO, Thabang, 334 | AGN | 10.65 | 9 | G | |
| 2 | POTGIETER, Eckhardt, 376 | AGN | 10.69 | 7 | S | |
| 3 | JOSIAS, Jesse, 874 | WPA | 10.72 | 6 | B | |
| 4 | GALANT, Cohan, 504 | ASWD | 10.90 | 5 | | |
| 5 | MABUNDA, Mbhoni, 347 | AGN | 10.92 | 4 | | |
| 6 | NDLOVU, Vuyu, 447 | AMPU | 11.02 | 3 | | |
| 7 | MOLEYANE, Lucky, 212 | AFS | 11.06 | 2 | | |
| 0 | MVUYO, Moss, 662 | CGA | Disq: False Start | 0 | | |
| Item 51 17:35 Final Women U20 (Junior) 100m | | | | | | -1.6 |
| 1 | XEYI, Rose, 309 | AGN | 11.91 | 9 | G | |
| 2 | PASHA, Remoneilwe, 280 | AGN | 12.17 | 7 | S | |
| 3 | VAN DER MERWE, Nicola, 471 | ANWN | 12.21 | 6 | B | |
| 4 | VAN DER WALT, Zeney, 300 | AGN | 12.28 | 5 | | |
| 5 | MOFOMME, Michelle, 276 | AGN | 12.39 | 4 | | |
| 6 | HANEKOM, Natalie, 254 | AGN | 12.44 | 3 | | |
| 7 | JOHNSON, Lara, 20 | BOLA | 12.48 | 2 | | |
| 8 | MURRAY, Toinette, 137 | ACNW | 12.49 | 1 | | |
| Item 52 17:40 Final Men U20 (Junior) 100m | | | | | | -1.6 |
| 1 | DAVIDS, Luke, 863 | WPA | 10.42 | 9 | G | |
| 2 | MASWAGANYI, Phathutshedzo, 353 | AGN | 10.53 | 7 | S | |
| 3 | MIYA, Sifiso, 357 | AGN | 10.60 | 6 | B | |
| 4 | GAINES, Mark, 768 | KZNA | 10.68 | 5 | | |
| 5 | NGOVENI, Sammy, 369 | AGN | 10.86 | 4 | | |
| 6 | GASA, Philelani, 203 | AFS | 10.92 | 3 | | |
| 8 | DEAN, Tristan, 321 | AGN | 11.03 | 1 | | |
| 7 | VAN STADEN, Sherwin, 742 | EPA | 11.00 | 2 | | |
| Item 53 17:50 Final Women U18 (Youth) 800m | | | | | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|---|--------------------------------|------|-----------------------------|--------|-------|---------|
| 1 | BOTHA, Kayla, 238 | AGN | 2:11.36 | 9 | G | |
| 2 | HOBLOSHE, Aviwe, 517 | ATRA | 2:11.66 | 7 | S | |
| 3 | WITJENBURG, Sandra, 620 | CGA | 2:11.76 | 6 | B | |
| 4 | VILJOEN, Anneken, 55 | BOLA | 2:12.11 | 5 | | |
| 5 | SWART, Charne, 295 | AGN | 2:13.62 | 4 | | |
| 6 | AUCAMP, Johnne, 232 | AGN | 2:13.94 | 3 | | |
| 7 | BOTHA, Shannon, 574 | CGA | 2:14.20 | 2 | | |
| 8 | SEHLABI, Hlokonelo, 286 | AGN | 2:14.60 | 1 | | |
| 9 | VISSER, Michelle, 306 | AGN | 2:14.82 | 0 | | |
| 10 | DU PLESSIS, Chanell, 249 | AGN | 2:15.49 | 0 | | |
| Item 54 18:00 Final Men U18 (Youth) 800m | | | | | | |
| 1 | DU PLESSIS, Edmund, 323 | AGN | 1:51.91 | 9 | G | |
| 2 | SOKHELA, Zola, 790 | KZNA | 1:52.36 | 7 | S | |
| 3 | MADONSELA, Karabo, 348 | AGN | 1:52.75 | 6 | B | |
| 4 | CHOBAN, Abednico, 315 | AGN | 1:53.17 | 5 | | |
| 5 | BLIGNAUT, Juvan, 312 | AGN | 1:54.20 | 4 | | |
| 6 | HADEBE, Khethelo, 771 | KZNA | 1:55.19 | 3 | | |
| 7 | MBOXWANA, Gift, 210 | AFS | 1:57.51 | 2 | | |
| 8 | DINGILE, Happy, 627 | CGA | 2:01.51 | 1 | | |
| 0 | DOMINGO, Keanu, 728 | EPA | DNS | 0 | | |
| 0 | RAUTENBACH, Aldo, 103 | BOLA | DNF | 0 | | |
| Item 55 18:10 Final Women U20 (Junior) 800m | | | | | | |
| 1 | BOON, Rhode, 125 | ACNW | 2:10.75 | 9 | G | |
| 2 | LOUW, Nicole, 24 | BOLA | 2:10.84 | 7 | S | |
| 3 | VAN DER MERWE, Jana, 298 | AGN | 2:10.85 | 6 | B | |
| 4 | DE WITT, Luzaan, 754 | KZNA | 2:12.14 | 5 | | |
| 5 | DUBE, Fina, 579 | CGA | 2:12.80 | 4 | | |
| 6 | JANSE VAN RENSBURG, Janie, 257 | AGN | 2:13.05 | 3 | | |
| 7 | DE BEER, Jeanne, 248 | AGN | 2:17.35 | 2 | | |
| 8 | COSSA, Thembi, 406 | AMPU | 2:25.16 | 1 | | |
| 9 | SENOSI, Keletso, 287 | AGN | 2:27.07 | 0 | | |
| 0 | MPHATI, Lilitha, 710 | EPA | DNF | 0 | | |
| Item 56 18:20 Final Men U20 (Junior) 800m | | | | | | |
| 1 | MWAGU, Tshogofatso, 366 | AGN | 1:49.87 | 9 | G | |
| 2 | SWART, Christopher, 389 | AGN | 1:50.05 | 7 | S | |
| 3 | NDIMANDE, Ntuthuko, 663 | CGA | 1:51.66 | 6 | B | |
| 4 | MOLOTSI, Omphile, 362 | AGN | 1:52.32 | 5 | | |
| 5 | MOLUTSI, Mohlouwa Koos, 784 | KZNA | 1:53.35 | 4 | | |
| 6 | NDLOVU, Nhloso, 214 | AFS | 1:53.73 | 3 | | |
| 7 | JONKER, Gert, 633 | CGA | 1:54.67 | 2 | | |
| 8 | SILWANE, Lucas, 683 | CGA | 2:03.34 | 1 | | |
| 0 | REITZMA, Reinard, 167 | ACNW | Disq: Pushing & Obstruction | | | |
| 0 | SELEPE, Thabang, 457 | AMPU | DNF | 0 | | |
| Item 57 07:00 Final Women U20 (Junior) 10km Walk | | | | | | |
| 1 | VAN RENSBURG, Nolene, 498 | ASWD | 0:54:49.89 | 9 | G | |
| 2 | ERASMUS, Meanri, 127 | ACNW | 0:55:14.08 | 7 | S | |
| 3 | VAN ZYL, Stephanie, 857 | WPA | 1:05:21.13 | 6 | B | |
| 4 | MAPHOSA, Elvirah, 590 | CGA | 1:06:39.71 | 5 | | |
| 0 | MEYER, Kristin, 30 | BOLA | Disq | 0 | | |
| Item 59 08:00 Round 1 of 1 Women U18 (Youth) Shotput 3kg | | | | | | |
| 1 | ROETS, Dane, 604 | CGA | 17.04 | | | |
| 2 | DE NECKER, Juanita, 538 | AVT | 15.31 | | | |
| 3 | DE KLERK, Miné, 178 | AFS | 14.69 | | | |
| 4 | VAN HEERDEN, Marzanne, 196 | AFS | 14.06 | | | |
| 5 | GRUNDLING, Alana, 701 | EPA | 13.55 | | | |
| 6 | GELDENHYS, Ruzel, 581 | CGA | 13.47 | | | |
| 6 | BAM, Buhle, 233 | AGN | 13.47 | | | |
| 8 | VAN DER LINDE, Rinelda, 922 | LIMA | 13.39 | | | |
| 9 | RITCHIE, Britnny, 285 | AGN | 13.33 | | | |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|-------|---------------------------------|------|-------|--------|-------|---------|
| 10 | GOUWS,Su-marie, 183 | AFS | 13.32 | | | |
| 11 | UMBERTI,Bodine, 297 | AGN | 13.05 | | | |
| 12 | MOSTERT,Desere, 467 | ANWN | 12.78 | | | |
| 13 | BROWN,Colleen, 698 | EPA | 12.72 | | | |
| 14 | DE NYSSCHEN,Heike, 179 | AFS | 12.59 | | | |
| 15 | NIEMANN,Danel, 797 | LIMA | 12.45 | | | |
| 16 | RAATHS,Marguerite, 468 | ANWN | 12.44 | | | |
| 17 | LOMBARD,Tiane, 706 | EPA | 12.08 | | | |
| 18 | VISAGIE,Saskia, 424 | AMPU | 11.87 | | | |
| 19 | VAN DER WESTHUIZEN,Jessica, 472 | ANWN | 11.66 | | | |
| 20 | WARNER,Monique, 721 | EPA | 11.06 | | | |
| 21 | GILBERT,Jemone, 129 | ACNW | 11.01 | | | |
| 22 | JORDAAN,Zoë, 837 | WPA | 10.99 | | | |
| 23 | KAMBIKAMBI,Karabo, 133 | ACNW | 10.06 | | | |
| 0 | VAN DYK,Ruandi, 143 | ACNW | DNS | | | |

Item 60 08:00 Round 1 of 1 Women U18 (Youth) LongJump

| | | | | | |
|----|------------------------|------|------|--|------|
| 1 | MASHABA,Nolwazi, 412 | AMPU | 5.77 | | +0.0 |
| 2 | NOLTE,Danielle, 278 | AGN | 5.63 | | +0.3 |
| 3 | FOUCHE,Karmen, 128 | ACNW | 5.53 | | -0.2 |
| 4 | SHABANGU,Banele, 288 | AGN | 5.41 | | +0.0 |
| 5 | GERBER,Joane, 253 | AGN | 5.38 | | +0.2 |
| 6 | MAKAMBA,Zihle, 270 | AGN | 5.36 | | +0.0 |
| 7 | GROENEWALD,Cora, 185 | AFS | 5.34 | | +0.3 |
| 8 | DU TOIT,Brenda, 820 | NWCA | 5.14 | | +0.3 |
| 9 | BOSHOF,Ané, 5 | BOLA | 5.10 | | +0.4 |
| 10 | RADEMAN,Inezka, 602 | CGA | 5.05 | | +0.4 |
| 11 | VAN GREUNEN,Marna, 613 | CGA | 5.04 | | +0.1 |
| 12 | SYLVESTER,Azrea, 46 | BOLA | 4.90 | | +0.3 |
| 13 | MALAN,Greta, 29 | BOLA | 4.79 | | +0.3 |
| 14 | MEYER,Snead, 593 | CGA | 4.68 | | +0.2 |
| 0 | DU PLESSIS,Carla, 488 | ASWD | NM | | |

Item 61 08:30 Final Men U20 (Junior) Discus

| | | | | | | |
|----|------------------------------|------|-------|---|--------|---|
| 1 | PRINSLOO,Francois, 101 | BOLA | 53.16 | 9 | 1.75kg | G |
| 2 | VISSER,Jan Johannes, 117 | BOLA | 50.71 | 7 | | S |
| 3 | VAN NIEKERK,Chris, 559 | AVT | 49.06 | 6 | | B |
| 4 | KRUGER,Hannes, 207 | AFS | 47.60 | 5 | | |
| 5 | BEAUZEC,Morne, 724 | EPA | 47.13 | 4 | | |
| 6 | VISSER,Hermanus, 828 | NWCA | 45.71 | 3 | | |
| 7 | LEKHULENI,Xolani, 433 | AMPU | 45.03 | 2 | | |
| 8 | LOMBARD,Aaron, 525 | ATRA | 43.50 | 1 | | |
| 9 | DE LACEY LACEY,Jonathan, 153 | ACNW | 43.45 | 0 | | |
| 10 | VAN NIEUWENHUIZEN,Nico, 225 | AFS | 42.19 | 0 | | |
| 11 | COETZER,Danie, 427 | AMPU | 41.92 | 0 | | |
| 0 | PENNELS,Corne, 670 | CGA | DNR | 0 | | |
| 0 | WILLIAMS,Ryan, 120 | BOLA | DNR | 0 | | |

Item 62 08:30 Heat 1 of 2 Women U18 (Youth) 400m

| | | | | | |
|---|------------------------|------|---------|--|--|
| 1 | NAUDE,Amy, 763 | KZNA | 0:57.70 | | |
| 2 | VAN HEERDEN,Lene, 614 | CGA | 0:57.80 | | |
| 3 | VAN GREUNEN,Marna, 613 | CGA | 0:57.96 | | |
| 4 | LUDICK,Tatum, 25 | BOLA | 0:57.99 | | |
| 5 | CLAASSEN,Sue-mari, 176 | AFS | 0:58.72 | | |
| 6 | HAYES,Heila, 821 | NWCA | 1:04.26 | | |

Item 62 08:30 Heat 2 of 2 Women U18 (Youth) 400m

| | | | | | |
|---|-------------------------|------|---------|--|--|
| 1 | STRIJDOM,Angelique, 293 | AGN | 0:57.43 | | |
| 2 | GROENEWALD,Tallita, 543 | AVT | 0:58.91 | | |
| 3 | ROUX,Chenelle, 420 | AMPU | 0:59.17 | | |
| 4 | MOOLMAN,Clarise, 709 | EPA | 0:59.18 | | |
| 5 | SEHOHLE,Zanele, 421 | AMPU | 0:59.53 | | |
| 6 | FERREIRA,Marizaan, 745 | GWA | 1:00.04 | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|--------------------------------|------|---------|--------|-------|---------|
| 7 | MOLABA, Oratile, 413 | AMPU | 1:00.77 | | | |
| Item 63 08:50 Heat 1 of 3 Men U18 (Youth) 400m | | | | | | |
| 1 | NKHAHLE, Rappie, 372 | AGN | 0:49.67 | | | |
| 2 | VIERRA, Luke, 744 | EPA | 0:50.92 | | | |
| 3 | LENTORO, Moshe, 434 | AMPU | 0:51.37 | | | |
| 4 | CALEB, Welkom, 898 | WPAI | 0:51.40 | | | |
| 5 | ISMAEL, Tauriq, 904 | WPAI | 0:53.07 | | | |
| 6 | LEHLOENYA, Phoka, 923 | ATRA | 0:54.70 | | | |
| 0 | MAHLANGU (T61), Nthando, 349 | AGN | DNS | | | |
| Item 63 08:50 Heat 2 of 3 Men U18 (Youth) 400m | | | | | | |
| 1 | PILLAY, Lyhte, 672 | CGA | 0:47.59 | | | |
| 2 | JUDS, Jack, 634 | CGA | 0:49.80 | | | |
| 3 | MADONSELA, Karabo, 348 | AGN | 0:49.83 | | | |
| 4 | ERASMUS, Andre, 325 | AGN | 0:50.12 | | | |
| 5 | SOCHOP, Keanan, 910 | WPAI | 0:51.45 | | | |
| 6 | STOPFORTH, Michael, 814 | LIMA | 0:52.00 | | | |
| 7 | FIKIZOLO, Lumko, 522 | ATRA | 0:55.31 | | | |
| 0 | DINGILE, Happy, 627 | CGA | DNS | | | |
| Item 63 08:50 Heat 3 of 3 Men U18 (Youth) 400m | | | | | | |
| 1 | SWART, Adrian John, 111 | BOLA | 0:49.05 | | | |
| 2 | NORTJIE, Antonie, 373 | AGN | 0:49.09 | | | |
| 3 | JORDAN, Ryan, 733 | EPA | 0:49.31 | | | |
| 4 | MABASO, Fanelesibonge, 775 | KZNA | 0:50.36 | | | |
| 5 | BOTHA, Shaheed, 198 | AFS | 0:50.94 | | | |
| 6 | MOTLOBA, Kamogelo, 481 | ANWN | 0:51.82 | | | |
| 7 | GEYSER, Emile, 75 | BOLA | 0:52.07 | | | |
| 8 | XHOTYENI, Mihlali, 534 | ATRA | 0:55.80 | | | |
| Item 64 09:00 Final Women U20 (Junior) Javelin 600g | | | | | | |
| 1 | COMRBINK, Savannah, 244 | AGN | 50.85 | 9 | G | |
| 2 | VAN SCHALKWYK, Jana, 52 | BOLA | 50.68 | 7 | S | |
| 3 | SNYMAN, Gestelle, 290 | AGN | 45.12 | 6 | B | |
| 4 | SMIT, Ansune, 42 | BOLA | 43.38 | 5 | | |
| 5 | JANSE VAN RENSBURG, Danae, 258 | AGN | 39.48 | 4 | | |
| Item 65 09:00 Final Men U18 (Youth) Polevault | | | | | | |
| 1 | RADEMEYER, Kyle, 102 | BOLA | 5.30 | 9 | G | SA |
| 2 | VAN HUYSTEEEN, Nikolai, 115 | BOLA | 5.00 | 7 | S | |
| 3 | PRETORIUS, Arend, 216 | AFS | 4.60 | 6 | B | |
| 4 | FOURIE, Sj, 202 | AFS | 4.25 | 5 | | |
| 0 | SCHOEMAN, Ayden, 738 | EPA | DNS | 0 | | |
| 0 | DU PLESSIS, Henrico, 200 | AFS | DNS | 0 | | |
| Item 66 09:10 Heat 1 of 3 Women U20 (Junior) 400m | | | | | | |
| 1 | VAN DER WALT, Zeney, 300 | AGN | 0:56.13 | | | |
| 2 | VERCUIEL, Juli, 54 | BOLA | 0:57.38 | | | |
| 3 | DUBE, Fina, 579 | CGA | 0:58.01 | | | |
| 4 | DE KLERK, Xante, 575 | CGA | 0:58.86 | | | |
| 5 | BOON, Rhode, 125 | ACNW | 0:59.50 | | | |
| Item 66 09:10 Heat 2 of 3 Women U20 (Junior) 400m | | | | | | |
| 1 | VILJOEN, Marli, 305 | AGN | 0:56.48 | | | |
| 2 | HATTINGH, Carla, 583 | CGA | 0:57.00 | | | |
| 3 | VAN SCHALKWYK, Janke, 53 | BOLA | 0:57.10 | | | |
| 4 | VAN NIEKERK, Sancha, 301 | AGN | 0:58.70 | | | |
| 0 | MARAIS, Charne, 136 | ACNW | DNS | | | |
| 0 | ANASTACIA, Adams, 894 | WPAI | DNS | | | |
| Item 66 09:10 Heat 3 of 3 Women U20 (Junior) 400m | | | | | | |
| 1 | AHRENS, Kirsten, 752 | KZNA | 0:56.02 | | | |
| 2 | VELDTMAN, Lethabo, 304 | AGN | 0:57.83 | | | |
| 3 | JACOBS, Chere, 702 | EPA | 0:59.29 | | | |
| 4 | FAULHA, Nicole, 755 | KZNA | 0:59.61 | | | |
| 5 | MARKUS, Clivia, 822 | NWCA | 1:04.51 | | | |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|--|-----------------------------|------|---------|--------------------|-------|---------|
| 6 | TITUS,Verenia, 715 | EPA | 1:07.86 | | | |
| Item 67 09:30 Heat 1 of 5 Men U20 (Junior) 400m | | | | | | |
| 1 | WEBER,Jayson, 891 | WPA | 0:48.15 | | | |
| 2 | MASEKO,Nhlanhla, 440 | AMPU | 0:48.20 | | | |
| 3 | MATALA,Frans, 648 | CGA | 0:48.62 | | | |
| 4 | SEGATHLE,Rorisang, 402 | AGNI | 0:49.21 | | | |
| 5 | SNYMAN,Nico, 813 | LIMA | 0:50.29 | | | |
| 6 | KERILENG,Gomolemo, 159 | ACNW | 0:52.09 | | | |
| Item 67 09:30 Heat 2 of 5 Men U20 (Junior) 400m | | | | | | |
| 1 | SOKHWAKANA,Zazini, 387 | AGN | 0:49.79 | | | |
| 2 | DANIELS,Gordon, 861 | WPA | 0:49.85 | | | |
| 3 | MOKGAHLANE,Keletso, 807 | LIMA | 0:50.09 | | | |
| 4 | MGOQI,Leonard, 529 | ATRA | 0:50.21 | | | |
| 5 | MACHETE,Katlego, 436 | AMPU | 0:50.78 | | | |
| 6 | DE KOKER,Dewald, 68 | BOLA | 0:51.16 | | | |
| Item 67 09:30 Heat 3 of 5 Men U20 (Junior) 400m | | | | | | |
| 1 | SEETE,David, 678 | CGA | 0:48.20 | | | |
| 2 | DE JONGH,Ruan, 319 | AGN | 0:48.36 | | | |
| 3 | VAN WYK,Romeo, 751 | GWA | 0:48.55 | | | |
| 4 | TAYLOR,Adrian, 112 | BOLA | 0:50.10 | | | |
| 5 | NHLAPO,Sibusiso, 370 | AGN | 0:50.32 | | | |
| 6 | HLONGWANE,Mosuwe, 205 | AFS | 0:50.55 | | | |
| 0 | MAHTATHI,Simbulele, 905 | WPAI | DNS | | | |
| Item 67 09:30 Heat 4 of 5 Men U20 (Junior) 400m | | | | | | |
| 1 | JONKER,Gert, 633 | CGA | 0:48.82 | | | |
| 2 | PRINSLOO,Jd, 673 | CGA | 0:49.00 | | | |
| 3 | GOUWS,Joshua, 331 | AGN | 0:49.07 | | | |
| 4 | STADLER,Johan, 168 | ACNW | 0:49.80 | | | |
| 5 | RAMOTHWALA,Kgotshatso, 812 | LIMA | 0:50.90 | | | |
| 6 | BANTWENI,Tshidiso, 148 | ACNW | 0:52.48 | | | |
| 7 | VALENTINE,Maliek, 912 | WPAI | 0:52.71 | | | |
| Item 67 09:30 Heat 5 of 5 Men U20 (Junior) 400m | | | | | | |
| 1 | PHASHA,Thato, 215 | AFS | 0:49.38 | | | |
| 2 | VAN WYK,Stephan, 515 | ASWD | 0:49.59 | | | |
| 3 | MKETO,Emihle, 567 | BORA | 0:50.00 | | | |
| 4 | KHOZA,Amos, 340 | AGN | 0:50.59 | | | |
| 5 | FOURIE,Stefan, 156 | ACNW | 0:51.40 | | | |
| 0 | VAN WYK,Carlin, 173 | ACNW | DNS | | | |
| 0 | TITUS,Elrich, 911 | WPAI | DNS | | | |
| Item 68 09:30 Round 1 of 1 Men U18 (Youth) LongJump | | | | | | |
| 1 | TITO,Jason, 114 | BOLA | 7.04 | | | +0.1 |
| 2 | RAMOKGOPA,Lethlogonolo, 377 | AGN | 7.01 | | | +1.6 |
| 3 | NESS,Liam, 664 | CGA | 6.89 | | | +0.0 |
| 3 | MUWAYI,Banele, 446 | AMPU | 6.89 | | | +0.6 |
| 5 | MOLOTO,Lesedi, 658 | CGA | 6.86 | | | +0.1 |
| 6 | NKUNA,Thapelo, 453 | AMPU | 6.84 | | | +0.5 |
| 7 | WYNGAARD,Abdud-daiyaan, 892 | WPA | 6.72 | | | +0.0 |
| 8 | SHOBA,Sanele, 383 | AGN | 6.69 | | | +2.0 |
| 9 | THAESA,Thebogo, 462 | AMPU | 6.68 | | | +0.4 |
| 10 | TEMBANI,Azola, 390 | AGN | 6.60 | | | +0.8 |
| 11 | MENZIES,Keegan, 805 | LIMA | 6.53 | | | +0.5 |
| 12 | ZEID,Gabriel, 692 | CGA | 6.52 | | | +0.0 |
| 13 | XULU,Siyabulela, 793 | KZNA | 6.48 | | | +0.9 |
| 14 | SELEBI,Michael, 928 | CGA | 6.43 | | | +0.3 |
| 15 | KAHLA,Buhlebenkos, 564 | BORA | 6.36 | | | +0.4 |
| 16 | VAN DEN HEEVER,Daniel, 484 | ANWN | 6.11 | | | +0.1 |
| 17 | ROACH,Aidan, 737 | EPA | 5.95 | | | +0.2 |
| 0 | MARAIS,Ethan, 877 | WPA | NM | | | |
| Item 69 09:55 Heat 1 of 3 Men U20 (Junior) 110m Hurdles | | | | +0.3 99.5cm | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|----------------------------------|------|-------|-------------------|-------|--------------------|
| 1 | SCHOEMAN, Michael, 379 | AGN | | 13.79 | | |
| 2 | VAN DER WALT, Stephanus, 391 | AGN | | 14.27 | | |
| 3 | JANSE VAN VUUREN, Dian, 336 | AGN | | 14.57 | | |
| 4 | VOSLOO, Wicus, 229 | AFS | | 14.80 | | |
| 5 | GRUNEWALD, Jarrod, 870 | WPA | | 15.39 | | |
| 6 | SIBEKO, Siyabonga, 458 | AMPU | | 15.40 | | |
| 7 | PIETERS, Juan-louw, 166 | ACNW | | 16.09 | | |
| Item 69 09:55 Heat 2 of 3 Men U20 (Junior) 110m Hurdles | | | | | | -0.2 99.5cm |
| 1 | DE LANGE, Ruan, 320 | AGN | | 14.32 | | |
| 2 | JOHNSON, Jordan, 632 | CGA | | 14.47 | | |
| 3 | VENTER, Jerry, 174 | ACNW | | 14.54 | | |
| 4 | VAN WYK, Edwin, 394 | AGN | | 14.77 | | |
| 5 | RYAN, Ashton, 884 | WPA | | 15.03 | | |
| 6 | LARUFFA, Ryan, 509 | ASWD | | 16.54 | | |
| 0 | RELEBOHILEE, Molete, 217 | AFS | | DNS | | |
| Item 69 09:55 Heat 3 of 3 Men U20 (Junior) 110m Hurdles | | | | | | +0.2 99.5cm |
| 1 | OCTOBER, Jason Matthew, 92 | BOLA | | 14.34 | | |
| 2 | WILLIAMS, Rozario, 691 | CGA | | 14.41 | | |
| 3 | MACKENZIE, Ronaldo, 85 | BOLA | | 14.84 | | |
| 4 | DIWAN, Brits, 628 | CGA | | 14.99 | | |
| 5 | FERNANDEZ, Arenzo, 865 | WPA | | 15.21 | | |
| 6 | VAN STER, Hubeid, 913 | WPAI | | 15.81 | | |
| 7 | LOSPER, Damian, 435 | AMPU | | 17.77 | | |
| Item 70 10:00 Final Women U18 (Youth) Discus | | | | | | 1kg |
| 1 | ROETS, Dane, 604 | CGA | 46.18 | 9 | | G |
| 2 | DE NECKER, Juanita, 538 | AVT | 44.05 | 7 | | S |
| 3 | UMBERTI, Bodine, 297 | AGN | 43.18 | 6 | | B |
| 4 | DE KLERK, Miné, 178 | AFS | 41.80 | 5 | | |
| 5 | RAATHS, Marguerite, 468 | ANWN | 41.31 | 4 | | |
| 6 | JANSE VAN RENSBURG, Belinda, 256 | AGN | 41.28 | 3 | | |
| 7 | PONT, Illandre, 281 | AGN | 40.68 | 2 | | |
| 8 | MOSTERT, Desere, 467 | ANWN | 39.96 | 1 | | |
| 9 | VON WIELLIGH, Inge, 57 | BOLA | 38.07 | 0 | | |
| 10 | SCHULENBURG, Elcheri, 470 | ANWN | 37.81 | 0 | | |
| 11 | GELDENHYS, Ruzel, 581 | CGA | 35.43 | 0 | | |
| 12 | VISSER, Sanmarie, 824 | NWCA | 34.59 | 0 | | |
| Item 71 10:00 Final Men U18 (Youth) HighJump | | | | | | |
| 1 | NZOME, Tanaka, 374 | AGN | 2.05 | 9 | | G |
| 2 | WENHOLD, Edric, 560 | AVT | 2.05 | 7 | | S |
| 3 | VENTER, Nathan, 466 | AMPU | 2.00 | 6 | | B |
| 4 | OLWAGE, Karel, 554 | AVT | 2.00 | 5 | | |
| 5 | MONTSUMI, Reece, 880 | WPA | 1.95 | 4 | | |
| 6 | MUKIAPINI, Gratias, 881 | WPA | 1.90 | 3 | | |
| 7 | STRYDOM, Victor, 684 | CGA | 1.85 | 2 | | |
| 8 | LOUWRENS, Justin, 638 | CGA | 1.85 | 1 | | |
| 8 | SIFUNDA, Bandile, 459 | AMPU | 1.85 | 1 | | |
| 8 | RULSE, Khalim, 378 | AGN | 1.85 | 1 | | |
| 11 | VAN ROOYEN, Anre, 741 | EPA | 1.80 | 0 | | |
| 11 | SELEBI, Michael, 928 | CGA | 1.80 | 0 | | |
| Item 72 10:10 Heat 1 of 3 Men U18 (Youth) 110m Hurdles | | | | | | +1.7 91.4cm |
| 1 | STRAUSS, Reynardt, 388 | AGN | | 13.71 | | |
| 2 | BARNARD, Mondray, 723 | EPA | | 14.28 | | |
| 3 | NKWASHU, Wyne, 806 | LIMA | | 14.66 | | |
| 4 | POTGIETER, Leon, 810 | LIMA | | 14.91 | | |
| 0 | JACOBS, Denmar, 77 | BOLA | | Disq: False Start | | |
| 0 | WEYER, Jan-hendrik, 816 | LIMA | | DNS | | |
| 0 | MAHLANGU, Samukelo, 438 | AMPU | | DNS | | |
| 0 | BOTHA, Adam, 231 | AFSI | | DNS | | |
| Item 72 10:10 Heat 2 of 3 Men U18 (Youth) 110m Hurdles | | | | | | +0.2 91.4cm |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|--------------------------------|------|----------|--------|-------------|---------------|
| 1 | COETZEE, Dylan, 316 | AGN | 13.89 | | | |
| 2 | KEYSER, Emel, 160 | ACNW | 14.23 | | | |
| 3 | GROBLER, Gerhard, 551 | AVT | 14.56 | | | |
| 4 | VAN DER MERWE, Lian, 222 | AFS | 14.71 | | | |
| 5 | RAMASHILABELE, Tsholofelo, 455 | AMPU | 14.91 | | | |
| 6 | NEVHTALU, Rofhiwa, 808 | LIMA | 15.10 | | | |
| 7 | KUBHEKA, Sphiwe, 432 | AMPU | 15.69 | | | |
| Item 72 10:10 Heat 3 of 3 Men U18 (Youth) 110m Hurdles | | | | | -0.6 | 91.4cm |
| 1 | BANGUE, Jorim, 311 | AGN | 14.23 | | | |
| 2 | SWART, Nardus, 169 | ACNW | 14.47 | | | |
| 3 | CAMERON, Simon, 825 | NWCA | 14.61 | | | |
| 4 | HLENGINE, Lungile, 631 | CGA | 14.69 | | | |
| 5 | MAGUTLE, Thabiso, 437 | AMPU | 14.86 | | | |
| 6 | MONYAI, Lebone, 480 | ANWN | 15.18 | | | |
| 7 | PETERSEN, Nelash, 883 | WPA | 15.26 | | | |
| Item 73 10:25 Heat 1 of 2 Women U20 (Junior) 100m Hurdles | | | | | +0.0 | 84cm |
| 1 | VAN DER MERWE, Antoinette, 299 | AGN | 13.81 | | | |
| 2 | OLCKERS, Charne-lee, 279 | AGN | 14.95 | | | |
| 3 | STEYN, Jessica, 547 | AVT | 15.48 | | | |
| 4 | DU PREEZ, Annika, 925 | AGNI | 15.56 | | | |
| 5 | VAN NIEKERK, Angelique, 616 | CGA | 15.78 | | | |
| 6 | KRUGER, Zeanne, 22 | BOLA | 15.92 | | | |
| Item 73 10:25 Heat 2 of 2 Women U20 (Junior) 100m Hurdles | | | | | +1.1 | 84cm |
| 1 | JOSEPH, Rogail, 838 | WPA | 14.20 | | | |
| 2 | SYLVESTER, Elitha, 852 | WPA | 14.66 | | | |
| 3 | LAZARUS, Gabrielle, 924 | WPA | 14.87 | | | |
| 4 | MAHER, Tatum, 28 | BOLA | 15.30 | | | |
| 0 | VAN JAARSVELD, Liane, 615 | CGA | DNS | | | |
| Item 74 10:40 Heat 1 of 3 Women U18 (Youth) 100m Hurdles | | | | | +1.1 | 76.2cm |
| 1 | VAN DEN BERGH, Kayla, 140 | ACNW | 13.72 | | | |
| 2 | COMPAAAN, Mila, 243 | AGN | 14.09 | | | |
| 3 | VAN ZYL, Diana, 617 | CGA | 14.17 | | | |
| 4 | VENTER, Ane, 146 | ACNW | 14.54 | | | |
| 5 | MLANGENI, Langelihle, 546 | AVT | 15.93 | | | |
| 0 | GROENEWALD, Sane, 184 | AFS | DNS | | | |
| Item 74 10:40 Heat 2 of 3 Women U18 (Youth) 100m Hurdles | | | | | +1.0 | 76.2cm |
| 1 | FOURIE, Marione, 541 | AVT | 13.76 | | | |
| 2 | DE WET, Simone, 577 | CGA | 13.86 | | | |
| 3 | BEZUIDENHOUT, Chazel, 235 | AGN | 14.46 | | | |
| 4 | REVELAS, Lia, 798 | LIMA | 15.15 | | | |
| 5 | NAIDU, Lebara, 846 | WPA | 15.58 | | | |
| 6 | KELSEY, Nicole, 705 | EPA | 17.45 | | | |
| Item 74 10:40 Heat 3 of 3 Women U18 (Youth) 100m Hurdles | | | | | -0.8 | 76.2cm |
| 1 | STARBUCK, Megan, 608 | CGA | 14.10 | | | |
| 2 | EILERD, Charlize, 250 | AGN | 14.26 | | | |
| 3 | VAN DER LINDE, Marga-rita, 854 | WPA | 14.29 | | | |
| 4 | DU TOIT, Brenda, 820 | NWCA | 14.52 | | | |
| 5 | PIETERS, Neo-leigh, 418 | AMPU | 14.87 | | | |
| 0 | STRYDOM, Ane, 139 | ACNW | DNS | | | |
| Item 75 11:00 Final Women U18 (Youth) 3000m | | | | | | |
| 1 | GAIT-SMITH, Gabrielle, 252 | AGN | 09:40.80 | 9 | G | |
| 2 | JORDAAN, Alme, 21 | BOLA | 09:48.67 | 7 | S | |
| 3 | MESHAM, Alexa, 845 | WPA | 09:50.34 | 6 | B | |
| 4 | DIXON, Chante, 578 | CGA | 10:04.06 | 5 | | |
| 5 | PARKES, Michelle, 417 | AMPU | 10:07.27 | 4 | | |
| 6 | MABUSA, Nonhlanhla, 269 | AGN | 10:23.74 | 3 | | |
| 7 | PETRO, Stephany, 496 | ASWD | 10:35.40 | 2 | | |
| 8 | KOLELA, Berdien, 492 | ASWD | 10:37.88 | 1 | | |
| 9 | DE MEYER, Chane, 576 | CGA | 10:44.30 | 0 | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|---|------------------------------|------|----------|--------|-------------|---------|
| 10 | MENZIWA, Emihle, 917 | ATRA | 11:10.85 | 0 | | |
| 11 | KUMILE, Kenaleane, 587 | CGA | 11:14.81 | 0 | | |
| 12 | BANISI, Nandi, 915 | ATRA | 11:32.98 | 0 | | |
| 13 | KEKELANA, Nosive, 518 | ATRA | 11:36.07 | 0 | | |
| 14 | MOFI, Vuyiswa, 521 | ATRA | 11:50.11 | 0 | | |
| 0 | MASIMINI, Simamkele, 916 | ATRA | DNS | 0 | | |
| 0 | MJWARA, Slindile, 762 | KZNA | DNS | 0 | | |
| 0 | MADLALA, Smangaliso, 759 | KZNA | DNS | 0 | | |
| Item 76 11:00 Final Men U20 (Junior) Javelin | | | | | 800g | |
| 1 | DEYSEL, Deveoux, 322 | AGN | 68.86 | 9 | G | |
| 2 | ESTERHUIZEN, Jano, 474 | ANWN | 67.53 | 7 | S | |
| 3 | JOUBERT, Matthew, 772 | KZNA | 65.96 | 6 | B | |
| 4 | SMIT, Juan, 109 | BOLA | 60.88 | 5 | | |
| 5 | KLEINHANS, Jacques, 341 | AGN | 60.57 | 4 | | |
| 6 | SMIT, Ruan, 386 | AGN | 58.27 | 3 | | |
| 0 | VAN DER BANK, Aubrey, 464 | AMPU | DNR | 0 | | |
| Item 78 11:00 Round 1 of 1 Women U20 (Junior) LongJump | | | | | | |
| 1 | VAN WYK, Karissa, 423 | AMPU | 5.72 | | | +2.3 |
| 2 | LAZARUS, Gabrielle, 924 | WPA | 5.69 | | | +2.1 |
| 3 | DE JAGER, Marcelle, 795 | LIMA | 5.52 | | | +1.2 |
| 4 | BASSON, Mieke, 3 | BOLA | 5.48 | | | -1.0 |
| 4 | XEYI, Rose, 309 | AGN | 5.48 | | | +0.3 |
| 6 | SOLARIN, Esther, 291 | AGN | 5.47 | | | +0.1 |
| 7 | BOTHA, Kyra, 239 | AGN | 5.36 | | | +0.6 |
| 8 | DUNCAN, Lene, 831 | WPA | 5.35 | | | +0.3 |
| 8 | DONOUGH, Ameerah, 897 | WPAI | 5.35 | | | +1.3 |
| 10 | LOUWRENS, Suneel, 135 | ACNW | 5.33 | | | +0.5 |
| 11 | MAKONI, Bethal, 271 | AGN | 5.31 | | | +0.0 |
| 12 | RABE, Madri, 601 | CGA | 5.20 | | | +0.6 |
| 13 | STEYN, Jessica, 547 | AVT | 5.12 | | | +0.3 |
| 14 | JACOBS, Liane, 18 | BOLA | 5.09 | | | +1.4 |
| 15 | KRUGER, Zeanne, 22 | BOLA | 5.07 | | | +0.5 |
| 16 | VAN NIEKERK, Angelique, 616 | CGA | 5.06 | | | +1.4 |
| 0 | VAN DER MERWE, Marrelie, 716 | EPA | DNS | | | |
| Item 79 11:20 Final Men U18 (Youth) 3000m | | | | | | |
| 1 | VAN NIEKERK, Wian, 392 | AGN | 08:27.58 | 9 | G | |
| 2 | BOWER, Jason, 549 | AVT | 08:28.98 | 7 | S | |
| 3 | MASONDO, Sanele, 780 | KZNA | 08:31.75 | 6 | B | |
| 4 | NTUNTWANA, Tshepo, 667 | CGA | 08:34.70 | 5 | | |
| 5 | MAJA, Kabelo, 351 | AGN | 08:36.09 | 4 | | |
| 6 | VISSER, Melvin, 516 | ASWD | 08:38.48 | 3 | | |
| 7 | MONYEBODI, Kgadi, 363 | AGN | 08:38.67 | 2 | | |
| 8 | THOMBELA, Simphiwe, 686 | CGA | 08:51.63 | 1 | | |
| 9 | MAYEPHU, Bongo, 354 | AGN | 08:51.96 | 0 | | |
| 10 | AYYOUNB, Elyas, 858 | WPA | 08:52.00 | 0 | | |
| 11 | JOOSTE, Sherwin, 873 | WPA | 08:53.76 | 0 | | |
| 12 | NTOLOANE, Fusi, 666 | CGA | 08:56.35 | 0 | | |
| 13 | GORDON, Tyrone, 869 | WPA | 09:11.16 | 0 | | |
| 14 | KHUMALO, Sbonelo, 774 | KZNA | 09:17.83 | 0 | | |
| 15 | MAZWI, Inako, 918 | ATRA | 09:33.30 | 0 | | |
| 16 | NGOZI, Athabile, 532 | ATRA | 09:37.39 | 0 | | |
| 17 | LAMINI, Gilermo, 508 | ASWD | 09:39.59 | 0 | | |
| 0 | NYAWO, Philana, 735 | EPA | DNS | 0 | | |
| 0 | MACI, Mbaso, 876 | WPA | DNF | 0 | | |
| Item 80 11:30 Round 1 of 1 Women U18 (Youth) Hammer | | | | | 3kg | |
| 1 | MAKHETHE, Phthisang, 187 | AFS | 60.67 | | | |
| 2 | PRETORIUS, Elaine, 191 | AFS | 55.04 | | | |
| 3 | COETZER, Dane, 699 | EPA | 52.00 | | | |
| 4 | VAN HEERDEN, Marzanne, 196 | AFS | 51.18 | | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|------------------------------|------|----------|--------|-------|---------|
| 5 | ELS, ChamÉl, 180 | AFS | 50.16 | | | |
| 6 | BRUWER, Karla, 9 | BOLA | 45.92 | | | |
| 7 | HOFFMAN, Melissa, 835 | WPA | 45.22 | | | |
| 8 | BOTHA, Claudine, 536 | AVT | 44.26 | | | |
| 9 | SWART, Anél, 45 | BOLA | 44.24 | | | |
| 10 | HUMPHRIES, Racheal, 584 | CGA | 44.06 | | | |
| 11 | GOUWS, Su-marie, 183 | AFS | 43.64 | | | |
| 12 | JORDAAN, Ancois, 490 | ASWD | 41.30 | | | |
| 13 | BOTHA, Jonell, 485 | ASWD | 39.32 | | | |
| 14 | DEYZEL, Carike, 539 | AVT | 39.15 | | | |
| 15 | ESTERHUYSEN, Chandre, 251 | AGN | 37.58 | | | |
| 16 | GILBERT, Jemone, 129 | ACNW | 35.07 | | | |
| 17 | COETZEE, Hester, 819 | NWCA | 30.97 | | | |
| 0 | VAN VREDEN, Carina, 197 | AFS | DNS | | | |
| 0 | BOTHA, Marli, 7 | BOLA | NM | | | |
| 0 | PRINS, Anja, 36 | BOLA | NM | | | |
| Item 81 11:40 Final Women U20 (Junior) 3000m | | | | | | |
| 1 | OELOFSE, Vicky, 188 | AFS | 09:51.69 | 9 | G | |
| 2 | ROELFSE, Lyndi, 603 | CGA | 09:56.50 | 7 | S | |
| 3 | BOSMAN, Casey, 573 | CGA | 09:57.11 | 6 | B | |
| 4 | SHANGE, Yandiswa, 39 | BOLA | 10:01.67 | 5 | | |
| 5 | NKUNA, Welma, 599 | CGA | 10:28.87 | 4 | | |
| 6 | SWANEPOEL, Megan, 43 | BOLA | 10:59.63 | 3 | | |
| 7 | GIBBS, Kia, 833 | WPA | 11:03.83 | 2 | | |
| 8 | LYONS, Mya, 27 | BOLA | 11:48.88 | 1 | | |
| 0 | LUND, Robin, 843 | WPA | DNS | 0 | | |
| Item 82 12:00 Heat 1 of 3 Women U18 (Youth) 200m +1.9 | | | | | | |
| 1 | VAN DER WESTHUIZEN, Elke, 51 | BOLA | 24.66 | | | |
| 2 | STARBUCK, Megan, 608 | CGA | 25.22 | | | |
| 3 | VAN HEERDEN, Lene, 614 | CGA | 25.35 | | | |
| 4 | COMPAAAN, Mila, 243 | AGN | 25.64 | | | |
| 5 | ISAACS, Catlin, 17 | BOLA | 25.96 | | | |
| 6 | DU PLESSIS, Stefani, 830 | WPA | 26.16 | | | |
| Item 82 12:00 Heat 2 of 3 Women U18 (Youth) 200m +0.6 | | | | | | |
| 1 | VAN STADEN, Miandi, 144 | ACNW | 24.81 | | | |
| 2 | VAN WYK, Odette, 302 | AGN | 25.35 | | | |
| 3 | SHABANGU, Banele, 288 | AGN | 25.61 | | | |
| 4 | MAKOLA, Refilwe, 411 | AMPU | 26.20 | | | |
| 5 | CRONJE, Tashlene, 230 | AFSI | 26.42 | | | |
| 0 | NEL, Rhode, 415 | AMPU | DNS | | | |
| Item 82 12:00 Heat 3 of 3 Women U18 (Youth) 200m -0.7 | | | | | | |
| 1 | BROWN, Chinique, 794 | LIMA | 24.79 | | | |
| 2 | FOURIE, Annemé, 182 | AFS | 25.02 | | | |
| 3 | BLIGNAUT, Janie, 237 | AGN | 25.33 | | | |
| 4 | VLOK, Kyla, 307 | AGN | 25.88 | | | |
| 5 | BOTHA, Jane, 535 | AVT | 26.05 | | | |
| 6 | FOUCHE, Jinesse, 746 | GWA | 26.46 | | | |
| 7 | MLANGENI, Langelihle, 546 | AVT | 27.15 | | | |
| Item 83 12:20 Heat 1 of 4 Men U18 (Youth) 200m +2.8 | | | | | | |
| 1 | DAMBILE, Sinesipho, 318 | AGN | 21.04 | | | |
| 2 | BURGER, Reece, 63 | BOLA | 22.30 | | | |
| 3 | NKOSI, Garshwin, 452 | AMPU | 22.39 | | | |
| 4 | JACOBS, Zandre, 78 | BOLA | 22.43 | | | |
| 5 | TLHAPI, Olebogeng, 687 | CGA | 22.61 | | | |
| 6 | MOTSWAISO, Orapeleng, 482 | ANWN | 22.95 | | | |
| 7 | DAVIDS, Ebrahim, 862 | WPA | 23.32 | | | |
| Item 83 12:20 Heat 2 of 4 Men U18 (Youth) 200m +0.0 | | | | | | |
| 1 | JOHNSON, Elviano, 337 | AGN | 21.28 | | | |
| 2 | JOSIAS, Jesse, 874 | WPA | 22.15 | | | |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|--|--------------------------------|------|-------|-------------|-------|---------|
| 3 | MABUNDA,Mbhoni, 347 | AGN | 22.28 | | | |
| 4 | POTGIETER,Louwrens, 454 | AMPU | 22.78 | | | |
| 5 | BUKHALI,Sandile, 622 | CGA | 23.12 | | | |
| 6 | XHOTYENI,Mihlali, 534 | ATRA | 23.46 | | | |
| 7 | FIKIZOLO,Lumko, 522 | ATRA | 23.67 | | | |
| Item 83 12:20 Heat 3 of 4 Men U18 (Youth) 200m | | | | +1.4 | | |
| 1 | POTGIETER,Eckhardt, 376 | AGN | 21.25 | | | |
| 2 | MVUYO,Moss, 662 | CGA | 22.08 | | | |
| 3 | MOSTERT,Hugo, 91 | BOLA | 22.24 | | | |
| 4 | MATAU,Dario, 477 | ANWN | 22.25 | | | |
| 5 | GRAY,Samuel, 332 | AGN | 22.31 | | | |
| 6 | CHAKAIPA,Tamuka, 624 | CGA | 23.57 | | | |
| 0 | GALANT,Cohan, 504 | ASWD | DNS | | | |
| Item 83 12:20 Heat 4 of 4 Men U18 (Youth) 200m | | | | +0.1 | | |
| 1 | CLOETE,Keenan, 930 | AFS | 21.43 | | | |
| 2 | SWART,Adrian John, 111 | BOLA | 21.46 | | | |
| 3 | ZINN,Kyle, 893 | WPA | 21.83 | | | |
| 4 | NDLOVU,Vuyu, 447 | AMPU | 22.19 | | | |
| 5 | JORDAAN,Dylan, 476 | ANWN | 22.25 | | | |
| 6 | NKAMBULE,Kwanele, 451 | AMPU | 22.27 | | | |
| 7 | FORTUIN,Matheus, 503 | ASWD | 22.34 | | | |
| Item 84 12:40 Heat 1 of 3 Women U20 (Junior) 200m | | | | +3.8 | | |
| 1 | BURGESS,Suzie, 241 | AGN | 24.88 | | | |
| 2 | HANEKOM,Natalie, 254 | AGN | 24.90 | | | |
| 3 | JOHNSON,Lara, 20 | BOLA | 25.05 | | | |
| 4 | JANSEN VAN RENSBURG,Shere, 544 | AVT | 25.17 | | | |
| 5 | VOSLOO,Leonette, 799 | LIMA | 25.37 | | | |
| 6 | MOLOI,Segopotso, 595 | CGA | 25.72 | | | |
| 6 | NGEMA,Snethemba, 764 | KZNA | 25.72 | | | |
| Item 84 12:40 Heat 2 of 3 Women U20 (Junior) 200m | | | | +2.0 | | |
| 1 | MOFOMME,Michelle, 276 | AGN | 24.73 | | | |
| 2 | WAIT,Saskia, 720 | EPA | 24.94 | | | |
| 3 | MONGWE,Nikiwe, 596 | CGA | 25.08 | | | |
| 4 | LUDICK,Gabriella, 26 | BOLA | 25.43 | | | |
| 5 | VAN HEERDEN,Courtney, 856 | WPA | 25.73 | | | |
| 6 | DE KLERK,Xante, 575 | CGA | 26.32 | | | |
| 0 | MURRAY,Toinette, 137 | ACNW | DNS | | | |
| Item 84 12:40 Heat 3 of 3 Women U20 (Junior) 200m | | | | +2.0 | | |
| 1 | VAN DER MERWE,Antoinette, 299 | AGN | 23.94 | | | |
| 2 | VAN DER MERWE,Nicola, 471 | ANWN | 24.35 | | | |
| 3 | BOMPASS,Jessica, 753 | KZNA | 24.40 | | | |
| 4 | VREY,Jenni, 618 | CGA | 25.91 | | | |
| 5 | JOSIAS,Cadi, 491 | ASWD | 26.55 | | | |
| 0 | KLAAS,Zinam, 841 | WPA | DNS | | | |
| Item 85 13:00 Heat 1 of 4 Men U20 (Junior) 200m | | | | +2.0 | | |
| 1 | DAVIDS,Luke, 863 | WPA | 21.59 | | | |
| 2 | VON STADE,Zander, 398 | AGN | 21.64 | | | |
| 3 | MOJE,Phemelo, 478 | ANWN | 21.82 | | | |
| 4 | MEKHISE,Ditiro, 479 | ANWN | 21.83 | | | |
| 5 | HLONGWANE,Mosuwe, 205 | AFS | 21.91 | | | |
| 6 | BULUMKO,Ntuthu, 726 | EPA | 22.23 | | | |
| 7 | JACOBS,Altus, 475 | ANWN | 23.68 | | | |
| 0 | VAN DER MERWE,Stefan, 172 | ACNW | DNS | | | |
| Item 85 13:00 Heat 2 of 4 Men U20 (Junior) 200m | | | | +0.2 | | |
| 1 | WEBER,Jayson, 891 | WPA | 21.84 | | | |
| 2 | MGOQI,Leonard, 529 | ATRA | 21.92 | | | |
| 3 | JOUBERT,Matthew, 338 | AGN | 22.14 | | | |
| 4 | MOKGAHLANE,Keletso, 807 | LIMA | 22.47 | | | |
| 5 | MORNE,Hattingh, 785 | KZNA | 22.51 | | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|---|-----------------------------------|------|------------------------------------|-------------|-------------|---------|
| 6 | HARMSE, Harmse, 802 | LIMA | 22.81 | | | |
| 7 | SNYMAN, Nico, 813 | LIMA | 22.82 | | | |
| Item 85 13:00 Heat 3 of 4 Men U20 (Junior) 200m | | | | +3.2 | | |
| 1 | WALSH, Liam, 175 | ACNW | 22.26 | | | |
| 2 | VAN WYK, Romeo, 751 | GWA | 22.29 | | | |
| 3 | MANGOALE, Kabelo, 644 | CGA | 22.33 | | | |
| 4 | CLOETE, Zandre, 801 | LIMA | 22.73 | | | |
| 0 | MATALA, Frans, 648 | CGA | Disq: False Start | | | |
| 0 | PHASHA, Thato, 215 | AFS | Disq: False Start | | | |
| 0 | MPINGA, Nkosana, 445 | AMPU | DNS | | | |
| Item 85 13:00 Heat 4 of 4 Men U20 (Junior) 200m | | | | -0.1 | | |
| 1 | MASWAGANYI, Phathutshedzo, 353 | AGN | 21.66 | | | |
| 2 | MOHOERE, Gratitude, 211 | AFS | 21.85 | | | |
| 3 | GASA, Philelani, 203 | AFS | 22.17 | | | |
| 4 | DU PREEZ, Marthinus, 154 | ACNW | 22.34 | | | |
| 5 | MACHETE, Katlego, 436 | AMPU | 22.65 | | | |
| 6 | SIZANI, Aluncedo, 571 | BORA | 22.67 | | | |
| 7 | BALOYI, Ndzalama, 800 | LIMA | 23.76 | | | |
| Item 86 15:00 Final Women U18 (Youth) Javelin | | | | | 500g | |
| 1 | DE NYSSCHEN, Heike, 179 | AFS | 51.33 | 9 | | G |
| 2 | VAN ZYL, Chene, 303 | AGN | 49.73 | 7 | | S |
| 3 | VAN DER MERWE, Hane, 49 | BOLA | 47.76 | 6 | | B |
| 4 | LINDEQUE, Nicole, 410 | AMPU | 41.30 | 5 | | |
| 5 | JANSE VAN RENSBURG, Nicolien, 409 | AMPU | 39.47 | 4 | | |
| 6 | MULDER, Chandie, 598 | CGA | 39.33 | 3 | | |
| 7 | HEUER, Anouk, 15 | BOLA | 38.47 | 2 | | |
| 8 | VAN DER WESTHUIZEN, Jessica, 472 | ANWN | 38.44 | 1 | | |
| 9 | SCHONKEN, Nikki, 38 | BOLA | 38.03 | 0 | | |
| 10 | WESSEL, Gailin, 308 | AGN | 37.74 | 0 | | |
| 11 | GRUNDLING, Alana, 701 | EPA | 36.67 | 0 | | |
| 12 | JONCK, Demi, 703 | EPA | 36.25 | 0 | | |
| 13 | GELDENHYS, Ruzel, 581 | CGA | 33.61 | 0 | | |
| Item 87 15:00 Round 1 of 1 Men U20 (Junior) LongJump | | | | | | |
| 1 | GAINES, Mark, 768 | KZNA | 7.13 | | | +0.7 |
| 2 | HANI, Nikithemba, 563 | BORA | 7.09 | | | -0.6 |
| 3 | MASWAGANYI, Phathutshedzo, 353 | AGN | 7.08 | | | +2.6 |
| 3 | GEBENGANA, Lumka, 157 | ACNW | 7.08 | | | +1.0 |
| 5 | MIYA, Sifiso, 357 | AGN | 7.05 | | | +0.2 |
| 6 | GAUCHE, Luke, 330 | AGN | 6.96 | | | -0.1 |
| 7 | RYAN, Ashton, 884 | WPA | 6.88 | | | -0.8 |
| 8 | DIWAN, Brits, 628 | CGA | 6.87 | | | +0.8 |
| 9 | LE ROUX, Christie, 345 | AGN | 6.82 | | | +1.4 |
| 10 | TOLBADI, Sanele, 688 | CGA | 6.71 | | | +0.6 |
| 11 | KOK, Jordan, 161 | ACNW | 6.67 | | | -0.6 |
| 12 | NJABULO, Temilton, 450 | AMPU | 6.62 | | | +0.5 |
| 13 | SHABANGU, Matome, 382 | AGN | 6.59 | | | +0.0 |
| 14 | KUBAYI, Sibusiso, 431 | AMPU | 6.54 | | | +1.8 |
| 15 | MOSS, Siyamthanda, 530 | ATRA | 6.48 | | | +0.8 |
| 16 | PARKER, Tashriq, 908 | WPAI | 6.48 | | | -0.2 |
| 17 | DAVIDS, Carvin, 428 | AMPU | 6.40 | | | -0.5 |
| 18 | WALSH, Liam, 175 | ACNW | 6.33 | | | -0.2 |
| 19 | MABASO, Mlungisi, 776 | KZNA | 5.85 | | | +1.7 |
| 20 | MDLELA, Oageng, 653 | CGA | 5.56 | | | -0.1 |
| 0 | SATEKGE, Karabo, 676 | CGA | Disq: Refused Instruction from ITO | | | |
| Item 88 15:00 Final Women U18 (Youth) HighJump | | | | | | |
| 1 | VISSER, Jeane, 147 | ACNW | 1.78 | 9 | | G |
| 2 | FOUCHE, Karmen, 128 | ACNW | 1.75 | 7 | | S |
| 3 | EICH, Alara, 580 | CGA | 1.63 | 6 | | B |
| 3 | WHITTINGTON, Nicole, 619 | CGA | 1.63 | 6 | | B |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|----------------------------------|------|-------|--------|--------------|---------|
| 5 | BOTHA, Hannah, 8 | BOLA | 1.63 | 4 | | |
| 6 | COETZEE, Caelin, 242 | AGN | 1.63 | 3 | | |
| 7 | SWAYDE, Lessing, 612 | CGA | 1.60 | 2 | | |
| 8 | MAKAMBA, Zihle, 270 | AGN | 1.60 | 1 | | |
| 9 | HORN, Micaela, 16 | BOLA | 1.60 | 0 | | |
| 10 | PRETORUIS, Benitha, 35 | BOLA | 1.55 | 0 | | |
| 11 | UMEH, Favour, 548 | AVT | 1.55 | 0 | | |
| 0 | DU PLESSIS, Carla, 488 | ASWD | DNR | 0 | | |
| 0 | VAN DEIJL, Liza, 853 | WPA | NM | 0 | | |
| Item 89 15:00 Final Men U18 (Youth) Discus | | | | | 1.5kg | |
| 1 | SWANEPOEL, Wynand, 220 | AFS | 61.77 | 9 | G | |
| 2 | OOSTHUIZEN, Juan, 669 | CGA | 58.82 | 7 | S | |
| 3 | KOTZEE, Markus, 344 | AGN | 55.05 | 6 | B | |
| 4 | MARAI, Dian, 209 | AFS | 54.16 | 5 | | |
| 5 | KRUGER, Douw, 430 | AMPU | 51.82 | 4 | | |
| 6 | KLEINHANS, Phillip, 507 | ASWD | 51.09 | 3 | | |
| 7 | NELSON, Niel, 882 | WPA | 50.73 | 2 | | |
| 8 | VAN ZYL, Tian, 395 | AGN | 48.85 | 1 | | |
| 9 | COERTZEN, Willem, 550 | AVT | 45.43 | 0 | | |
| 10 | VENTER, Nicko, 690 | CGA | 44.66 | 0 | | |
| 11 | HATTINGH, Jan-adriaan, 158 | ACNW | 44.37 | 0 | | |
| 12 | JOUBERT, Francois, 875 | WPA | 43.21 | 0 | | |
| 13 | SPAMER, Francois, 740 | EPA | 39.99 | 0 | | |
| 14 | MOKOENA, Azania, 361 | AGN | 36.25 | 0 | | |
| Item 97 16:30 Final Women U18 (Youth) Triple Jump | | | | | | |
| 1 | MASHABA, Nolwazi, 412 | AMPU | 12.69 | 9 | G | +3.0 |
| 2 | NOLTE, Danielle, 278 | AGN | 11.90 | 7 | S | +1.0 |
| 3 | VENTER, Ane, 146 | ACNW | 11.81 | 6 | B | +0.7 |
| 4 | GERBARDT, Shikira, 542 | AVT | 11.37 | 5 | | +0.0 |
| 5 | SENNE, Oreneile, 605 | CGA | 10.60 | 4 | | +1.0 |
| 6 | JAMES, Nakai, 914 | AMPU | 10.58 | 3 | | +0.5 |
| 7 | SWART, Jessica, 611 | CGA | 10.51 | 2 | | +0.5 |
| 8 | NORTJE, Kristen, 416 | AMPU | 10.36 | 1 | | +0.2 |
| 9 | SMITH, Dominique, 422 | AMPU | 10.24 | 0 | | +1.0 |
| 10 | WILSENACH, Lydia, 425 | AMPU | 10.19 | 0 | | +0.1 |
| 11 | LOUW, Lenice, 23 | BOLA | 10.17 | 0 | | +2.3 |
| 11 | MAAKE, Tshegofatso, 267 | AGN | 10.17 | 0 | | +0.4 |
| 0 | SOLAAN, Bonique, 714 | EPA | DNS | 0 | | |
| Item 99 17:00 Final Women U20 (Junior) Discus | | | | | 1kg | |
| 1 | UYS, Collette, 193 | AFS | 45.97 | 9 | G | |
| 2 | COETZEE, Cara, 11 | BOLA | 45.29 | 7 | S | |
| 3 | CHANNON, Georgia, 10 | BOLA | 43.27 | 6 | B | |
| 4 | STRYDOM, Meike, 610 | CGA | 42.57 | 5 | | |
| 5 | THERON, Nicola, 296 | AGN | 41.56 | 4 | | |
| 6 | VAN VUUREN, Ilke, 719 | EPA | 40.54 | 3 | | |
| 7 | BLIGNAUT, Lize, 124 | ACNW | 40.45 | 2 | | |
| 8 | HARRIS, Kayla, 756 | KZNA | 38.31 | 1 | | |
| 9 | VAN DER WESTHUIZEN, Claudia, 855 | WPA | 37.64 | 0 | | |
| 10 | CHURCH, Caitlin, 537 | AVT | 34.17 | 0 | | |
| 0 | JACOBS, Saffron, 131 | ACNW | NM | 0 | | |
| Item 100 17:00 Final Men U18 (Youth) Javelin | | | | | 700g | |
| 1 | BOTHA, Regardt, 314 | AGN | 69.02 | 9 | G | |
| 2 | VAN DER LINDEN, Armant, 689 | CGA | 68.60 | 7 | S | |
| 3 | HUMAN, Ruan, 335 | AGN | 67.81 | 6 | B | |
| 4 | VAN DER MERWE, Zander, 465 | AMPU | 62.11 | 5 | | |
| 5 | MOUTON, Conrad, 364 | AGN | 60.86 | 4 | | |
| 6 | LIEBENBERG, Willie, 84 | BOLA | 59.65 | 3 | | |
| 7 | VLOK, Riaan, 227 | AFS | 58.18 | 2 | | |
| 8 | VOLJERS, Steyn, 397 | AGN | 57.74 | 1 | | |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|-------|-----------------------|------|-------|--------|-------|---------|
| 9 | DU TOIT,Jan, 201 | AFS | 57.14 | 0 | | |
| 10 | SWANEPOEL,Armand, 461 | AMPU | 54.95 | 0 | | |
| 0 | VAN DER MERWE,Jw, 223 | AFS | DNS | 0 | | |
| 0 | DODO,Testimony, 767 | KZNA | DNS | 0 | | |

Item 101 17:00 Semi Final 1 of 3 Men U20 (Junior) 400m

| | | | | | |
|---|----------------------|------|---------|--|--|
| 1 | WEBER,Jayson, 891 | WPA | 0:47.63 | | |
| 2 | MATALA,Frans, 648 | CGA | 0:47.79 | | |
| 3 | PRINSLOO,Jd, 673 | CGA | 0:48.75 | | |
| 4 | PHASHA,Thato, 215 | AFS | 0:49.00 | | |
| 5 | MKETO,Emihle, 567 | BORA | 0:49.30 | | |
| 6 | DANIELS,Gordon, 861 | WPA | 0:50.11 | | |
| 7 | MACHETE,Katlego, 436 | AMPU | 0:50.46 | | |
| 8 | SNYMAN,Nico, 813 | LIMA | 0:50.57 | | |

Item 101 17:00 Semi Final 2 of 3 Men U20 (Junior) 400m

| | | | | | |
|---|-------------------------|------|-------------------|--|--|
| 1 | SEETE,David, 678 | CGA | 0:47.37 | | |
| 2 | SOKHWAKANA,Zazini, 387 | AGN | 0:47.98 | | |
| 3 | VAN WYK,Romeo, 751 | GWA | 0:48.03 | | |
| 4 | GOUWS,Joshua, 331 | AGN | 0:48.40 | | |
| 5 | STADLER,Johan, 168 | ACNW | 0:49.20 | | |
| 6 | MOKGAHLANE,Keletso, 807 | LIMA | 0:50.13 | | |
| 7 | KHOZA,Amos, 340 | AGN | 0:50.21 | | |
| 0 | HLONGWANE,Mosuwe, 205 | AFS | Disq: False Start | | |

Item 101 17:00 Semi Final 3 of 3 Men U20 (Junior) 400m

| | | | | | |
|---|------------------------|------|---------|--|--|
| 1 | DE JONGH,Ruan, 319 | AGN | 0:47.59 | | |
| 2 | MASEKO,Nhlanhla, 440 | AMPU | 0:47.86 | | |
| 3 | JONKER,Gert, 633 | CGA | 0:48.39 | | |
| 4 | VAN WYK,Stephan, 515 | ASWD | 0:49.06 | | |
| 5 | SEGATHLE,Rorisang, 402 | AGNI | 0:49.07 | | |
| 6 | MGOQI,Leonard, 529 | ATRA | 0:49.75 | | |
| 7 | TAYLOR,Adrian, 112 | BOLA | 0:50.03 | | |
| 8 | NHLAPO,Sibusiso, 370 | AGN | 0:50.06 | | |

Item 102 17:15 Final Men U20 (Junior) 5000m

| | | | | | |
|----|---------------------------------|------|----------|---|---|
| 1 | VAN NIEKERK,Rikus, 393 | AGN | 14:50.59 | 9 | G |
| 2 | NOSE,Cwenga, 533 | ATRA | 14:51.34 | 7 | S |
| 3 | NTOE,Phemelo, 665 | CGA | 14:53.73 | 6 | B |
| 4 | MARIBE,Tshiamo, 778 | KZNA | 14:57.84 | 5 | |
| 5 | BEUKES,Caleb, 621 | CGA | 15:03.92 | 4 | |
| 6 | FLINK,Carlo, 867 | WPA | 15:11.96 | 3 | |
| 7 | ROOI,Reagen, 106 | BOLA | 15:15.94 | 2 | |
| 8 | BULWANE,Moses, 151 | ACNW | 15:20.82 | 1 | |
| 9 | NGAMTINI,Siyambonga, 523 | ATRA | 15:32.85 | 0 | |
| 10 | NAZO,Avela, 531 | ATRA | 15:38.15 | 0 | |
| 11 | KAPTEIN,Waldo, 506 | ASWD | 15:40.83 | 0 | |
| 12 | DA SILVA AZEVEDO,Alexandro, 900 | WPAI | 15:52.67 | 0 | |
| 13 | MTSHWENI,Sikhanyiso, 661 | CGA | 15:56.82 | 0 | |
| 14 | NONGCANTSI,Kwazi, 920 | ATRA | 16:02.70 | 0 | |
| 15 | RAMOLAMU,Mokheseng, 921 | ATRA | 16:11.87 | 0 | |
| 16 | SIKOSANA,Tumelo, 385 | AGN | 16:16.00 | 0 | |
| 17 | MASHEGO,Success, 647 | CGA | 16:22.93 | 0 | |
| 0 | MOTLOUNG,Katleho, 659 | CGA | DNS | 0 | |
| 0 | METU,Busisani, 907 | WPAI | DNS | 0 | |
| 0 | HENDRICKS,Deanlee, 76 | BOLA | DNS | 0 | |
| 0 | MICHEALS,Lance, 89 | BOLA | DNS | 0 | |
| 0 | MALEPE,Evans, 642 | CGA | DNF | 0 | |

Item 103 17:45 Final Women U20 (Junior) TripleJump

| | | | | | |
|---|----------------------|------|-------|---|--------|
| 1 | MORAKE,Gontse, 597 | CGA | 12.92 | 9 | G -0.6 |
| 2 | LOUWRENS,Suneel, 135 | ACNW | 12.10 | 7 | S +0.0 |
| 3 | KETCH,Leandre, 840 | WPA | 11.99 | 6 | B +0.3 |
| 4 | LESO,Elisette, 265 | AGN | 11.99 | 5 | +0.4 |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|---|--------------------------------|------|------------|--------|-------------|---------------|
| 5 | VAN NIEKERK, Angelique, 616 | CGA | 11.90 | 4 | -0.1 | |
| 6 | VAN WYK, Karissa, 423 | AMPU | 11.83 | 3 | +0.1 | |
| 7 | DONOUGH, Ameerah, 897 | WPAI | 11.25 | 2 | -0.1 | |
| 0 | JACOBS, Liane, 18 | BOLA | DNS | 0 | | |
| 0 | MONROE, Robyn-lee, 707 | EPA | NM | 0 | | |
| 0 | RABE, Madri, 601 | CGA | NM | 0 | | |
| 0 | BALOI, Sesana, 405 | AMPU | NM | 0 | | |
| 0 | BEZUIDENHOUT, Bianca, 236 | AGN | NM | 0 | | |
| Item 104 17:45 Final Men U20 (Junior) 110m Hurdles | | | | | +0.4 | 99.5cm |
| 1 | SCHOEMAN, Michael, 379 | AGN | 13.54 | 9 | G | |
| 2 | OCTOBER, Jason Matthew, 92 | BOLA | 14.13 | 7 | S | |
| 5 | VAN DER WALT, Stephanus, 391 | AGN | 14.58 | 4 | | |
| 6 | JOHNSON, Jordan, 632 | CGA | 14.81 | 3 | | |
| 7 | JANSE VAN VUUREN, Dian, 336 | AGN | 14.86 | 2 | | |
| 8 | DE LANGE, Ruan, 320 | AGN | 22.35 | 1 | | |
| 3 | VENTER, Jerry, 174 | ACNW | 14.14 | 6 | B | |
| 4 | WILLIAMS, Rozario, 691 | CGA | 14.19 | 5 | | |
| Item 105 17:55 Final Men U18 (Youth) 110m Hurdles | | | | | +0.1 | 91.4cm |
| 1 | STRAUSS, Reynardt, 388 | AGN | 13.58 | 9 | G | |
| 2 | COETZEE, Dylan, 316 | AGN | 13.72 | 7 | S | |
| 3 | BANGUE, Jorim, 311 | AGN | 13.83 | 6 | B | |
| 4 | KEYSER, Emel, 160 | ACNW | 14.21 | 5 | | |
| 5 | SWART, Nardus, 169 | ACNW | 14.40 | 4 | | |
| 6 | GROBLER, Gerhard, 551 | AVT | 14.44 | 3 | | |
| 7 | BARNARD, Mondray, 723 | EPA | 15.60 | 2 | | |
| 8 | CAMERON, Simon, 825 | NWCA | 20.06 | 1 | | |
| Item 106 18:05 Final Women U20 (Junior) 100m Hurdles | | | | | -1.5 | 84cm |
| 1 | VAN DER MERWE, Antoinette, 299 | AGN | 13.91 | 9 | G | |
| 2 | JOSEPH, Rogail, 838 | WPA | 14.07 | 7 | S | |
| 3 | SYLVESTER, Elitha, 852 | WPA | 14.83 | 6 | B | |
| 4 | LAZARUS, Gabrielle, 924 | WPA | 15.03 | 5 | | |
| 5 | MAHER, Tatum, 28 | BOLA | 15.34 | 4 | | |
| 6 | OLCKERS, Charne-lee, 279 | AGN | 15.36 | 3 | | |
| 7 | STEYN, Jessica, 547 | AVT | 15.93 | 2 | | |
| 8 | DU PREEZ, Annika, 925 | AGNI | 15.94 | 1 | | |
| Item 107 18:15 Final Women U18 (Youth) 100m Hurdles | | | | | -1.4 | 76.2cm |
| 1 | VAN DEN BERGH, Kayla, 140 | ACNW | 13.56 | 9 | G | |
| 2 | FOURIE, Marione, 541 | AVT | 13.91 | 7 | S | |
| 3 | DE WET, Simone, 577 | CGA | 13.97 | 6 | B | |
| 4 | STARBUCK, Megan, 608 | CGA | 13.99 | 5 | | |
| 5 | EILERD, Charlize, 250 | AGN | 14.22 | 4 | | |
| 6 | COMPAAN, Mila, 243 | AGN | 14.25 | 3 | | |
| 7 | VAN DER LINDE, Marga-rita, 854 | WPA | 14.40 | 2 | | |
| 8 | VAN ZYL, Diana, 617 | CGA | 14.51 | 1 | | |
| Item 108 07:00 Final Men U20 (Junior) 10km Walk | | | | | | |
| 1 | FARMER, Antonio, 155 | ACNW | 0:47:40.17 | 9 | G | |
| 2 | MERKUUR, Wentsley, 878 | WPA | 0:47:51.33 | 7 | S | |
| 3 | LUVLO, Siyabonga, 682 | CGA | 0:49:36.24 | 6 | B | |
| 4 | NHLAPO, Vincent, 371 | AGN | 0:55:20.98 | 5 | | |
| 5 | MBULANA, Lebogang, 651 | CGA | 0:56:52.02 | 4 | | |
| 0 | KLINK, Tariq, 81 | BOLA | Disq | 0 | | |
| 0 | HEYMANS, Jacques, 333 | AGN | Disq | 0 | | |
| 0 | GUMEDE, Lucky Sandile, 770 | KZNA | Disq | 0 | | |
| 0 | NTOMBELA, Sphiwe, 788 | KZNA | Disq | 0 | | |
| Item 109 08:00 Final Men U18 (Youth) Hammer | | | | | | 5kg |
| 1 | FABE, Graydon, 864 | WPA | 64.04 | 9 | G | |
| 2 | VAN DER MERWE, Carel, 888 | WPA | 63.81 | 7 | S | |
| 3 | DE WIT, Joruhan, 69 | BOLA | 62.22 | 6 | B | |
| 4 | ERKSINE, Tiaan, 730 | EPA | 58.45 | 5 | | |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|---|-------------------------------|------|-------|--------|-------|---------|
| 5 | JULIES,Nicholas, 206 | AFS | 53.72 | 4 | | |
| 6 | MELLETT,Marnitz, 512 | ASWD | 50.97 | 3 | | |
| 7 | RICHTER,Barry, 218 | AFS | 49.37 | 2 | | |
| 8 | PITOUT,Saul, 98 | BOLA | 49.19 | 1 | | |
| 9 | VENTER,Nicko, 690 | CGA | 37.24 | 0 | | |
| 0 | VORSTMAN,Pieter-juan, 228 | AFS | DNR | 0 | | |
| Item 110 08:00 Final Women U20 (Junior) Shotput | | | | | | 4kg |
| 1 | STRYDOM,Meike, 610 | CGA | 15.29 | 9 | G | |
| 2 | JANSE VAN RENSBURG,Danae, 258 | AGN | 13.08 | 7 | S | |
| 3 | THERON,Nicola, 296 | AGN | 12.76 | 6 | B | |
| 4 | UYS,Collette, 193 | AFS | 12.18 | 5 | | |
| 5 | BOTHA,Elme, 486 | ASWD | 11.99 | 4 | | |
| 6 | HARRIS,Kayla, 756 | KZNA | 11.61 | 3 | | |
| 7 | BOSHOFF,Skye, 6 | BOLA | 11.30 | 2 | | |
| 8 | CHURCH,Caitlin, 537 | AVT | 11.16 | 1 | | |
| Item 112 08:30 Final Men U18 (Youth) TripleJump | | | | | | |
| 1 | OLIVIER,WelrÉ, 553 | AVT | 15.09 | 9 | G | +1.9 |
| 2 | PIETERSE,Eric, 555 | AVT | 14.40 | 7 | S | +0.5 |
| 3 | ZEID,Gabriel, 692 | CGA | 14.26 | 6 | B | +0.2 |
| 4 | MARAIS,Ethan, 877 | WPA | 14.24 | 5 | | +1.2 |
| 5 | SHOBA,Sanele, 383 | AGN | 14.12 | 4 | | +1.0 |
| 6 | TEMBANI,Azola, 390 | AGN | 14.04 | 3 | | +0.0 |
| 7 | MAY,Francesco, 927 | BOLA | 13.75 | 2 | | -0.2 |
| 8 | CHARLIES,Elgin, 64 | BOLA | 13.73 | 1 | | +0.3 |
| 9 | MONDLANE,Junior, 442 | AMPU | 13.42 | 0 | | -0.4 |
| 10 | SELEBI,Michael, 928 | CGA | 13.26 | 0 | | -0.4 |
| 10 | NKUNA,Thapelo, 453 | AMPU | 13.26 | 0 | | -1.6 |
| 12 | RANTAO,Oratile, 674 | CGA | 12.91 | 0 | | -0.4 |
| Item 113 08:45 Semi Final 1 of 2 Men U18 (Youth) 200m | | | | | | -1.0 |
| 1 | DAMBILE,Sinesipho, 318 | AGN | 21.07 | | | |
| 2 | JOHNSON,Elviano, 337 | AGN | 22.15 | | | |
| 3 | MVUYO,Moss, 662 | CGA | 22.21 | | | |
| 4 | MABUNDA,Mbhoni, 347 | AGN | 22.22 | | | |
| 5 | ZINN,Kyle, 893 | WPA | 22.29 | | | |
| 6 | BURGER,Reece, 63 | BOLA | 22.63 | | | |
| 7 | NDLOVU,Vuyu, 447 | AMPU | 22.73 | | | |
| 8 | JORDAAN,Dylan, 476 | ANWN | 22.86 | | | |
| Item 113 08:45 Semi Final 2 of 2 Men U18 (Youth) 200m | | | | | | -0.8 |
| 1 | POTGIETER,Eckhardt, 376 | AGN | 21.54 | | | |
| 2 | CLOETE,Keenan, 930 | AFS | 21.57 | | | |
| 3 | JOSIAS,Jesse, 874 | WPA | 22.05 | | | |
| 4 | NKOSI,Garshwin, 452 | AMPU | 22.34 | | | |
| 5 | MOSTERT,Hugo, 91 | BOLA | 22.39 | | | |
| 6 | NKAMBULE,Kwanele, 451 | AMPU | 22.65 | | | |
| 7 | MATAU,Dario, 477 | ANWN | 22.89 | | | |
| 8 | SWART,Adrian John, 111 | BOLA | 23.20 | | | |
| Item 115 09:15 Semi Final 1 of 2 Men U20 (Junior) 200m | | | | | | +0.7 |
| 1 | DAVIDS,Luke, 863 | WPA | 21.05 | | | |
| 2 | MOHOERE,Gratitude, 211 | AFS | 21.78 | | | |
| 3 | WEBER,Jayson, 891 | WPA | 21.88 | | | |
| 4 | GASA,Philelani, 203 | AFS | 21.89 | | | |
| 5 | MEKHISE,Ditiro, 479 | ANWN | 22.03 | | | |
| 6 | MOJE,Phemelo, 478 | ANWN | 22.10 | | | |
| 7 | BULUMKO,Ntuthu, 726 | EPA | 22.64 | | | |
| 0 | VAN WYK,Romeo, 751 | GWA | DNS | | | |
| Item 115 09:15 Semi Final 2 of 2 Men U20 (Junior) 200m | | | | | | -0.8 |
| 1 | MASWAGANYI,Phathutshedzo, 353 | AGN | 21.70 | | | |
| 2 | VON STADE,Zander, 398 | AGN | 21.90 | | | |
| 3 | MGOQI,Leonard, 529 | ATRA | 22.11 | | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|---|----------------------------|------|----------|--------|-------|---------|
| 4 | HLONGWANE, Mosuwe, 205 | AFS | 22.16 | | | |
| 4 | JOUBERT, Matthew, 338 | AGN | 22.16 | | | |
| 6 | WALSH, Liam, 175 | ACNW | 22.56 | | | |
| 7 | MANGOALE, Kabelo, 644 | CGA | 22.71 | | | |
| 8 | DU PREEZ, Marthinus, 154 | ACNW | 22.84 | | | |
| Item 116 09:30 Final Men U20 (Junior) Polevault | | | | | | |
| 1 | VAN WYK, Valco, 116 | BOLA | 5.20 | 9 | G | |
| 0 | VAN DER SCHYF, Claude, 514 | ASWD | NM | 0 | | |
| Item 118 09:50 Heat 1 of 2 Men U18 (Youth) 1500m | | | | | | |
| 1 | SOKHELA, Zola, 790 | KZNA | 04:00.85 | | | |
| 2 | CHOPA, Abednico, 315 | AGN | 04:01.14 | | | |
| 3 | BOWER, Jason, 549 | AVT | 04:01.90 | | | |
| 4 | SWANEPOEL, Rynard, 685 | CGA | 04:01.91 | | | |
| 5 | ZWANE, Banele, 693 | CGA | 04:02.79 | | | |
| 6 | KHOZA, Siphesihle, 339 | AGN | 04:03.82 | | | |
| 7 | DE BRUIN, Juandre, 625 | CGA | 04:05.87 | | | |
| 8 | SELEMELA, Oratile, 483 | ANWN | 04:06.45 | | | |
| 9 | NTOLOANE, Fusi, 666 | CGA | 04:11.02 | | | |
| 10 | VERWEY, Valentino, 743 | EPA | 04:13.75 | | | |
| Item 118 09:50 Heat 2 of 2 Men U18 (Youth) 1500m | | | | | | |
| 1 | MASONDO, Sanele, 780 | KZNA | 04:00.83 | | | |
| 2 | VAN NIEKERK, Wian, 392 | AGN | 04:06.78 | | | |
| 3 | KHUMALO, Sbonelo, 774 | KZNA | 04:06.94 | | | |
| 4 | BLIGNAUT, Juvan, 312 | AGN | 04:06.95 | | | |
| 5 | VISSER, Melvin, 516 | ASWD | 04:07.22 | | | |
| 6 | MAZWI, Asanda, 650 | CGA | 04:09.80 | | | |
| 7 | MAYEPHU, Bongo, 354 | AGN | 04:12.23 | | | |
| 8 | MASHABA, Mzwakhe, 646 | CGA | 04:13.65 | | | |
| 9 | BLAAUW, Rochen, 859 | WPA | 04:13.92 | | | |
| 10 | MAZWI, Inako, 918 | ATRA | 04:16.91 | | | |
| Item 119 10:00 Final Women U20 (Junior) HighJump | | | | | | |
| 1 | SNYMAN, Kristi, 850 | WPA | 1.78 | 9 | G | |
| 2 | MINNAAR, Jeanne, 275 | AGN | 1.70 | 7 | S | |
| 3 | NGOZO, Michelle, 138 | ACNW | 1.70 | 6 | B | |
| 4 | SLOT, Fleur, 41 | BOLA | 1.65 | 5 | | |
| 5 | HUMAN, Nica, 130 | ACNW | 1.60 | 4 | | |
| 6 | KETCH, Leandre, 840 | WPA | 1.60 | 3 | | |
| 7 | VAN DER MERWE, Arné, 194 | AFS | 1.60 | 2 | | |
| 0 | BRITS, Carmen, 240 | AGN | DNR | 0 | | |
| Item 120 10:00 Final Women U18 (Youth) Hammer | | | | | | |
| | | | | | 3kg | |
| 1 | MAKHETHE, Phthisang, 187 | AFS | 65.07 | 9 | G | |
| 2 | COETZER, Dane, 699 | EPA | 57.71 | 7 | S | |
| 3 | PRETORIUS, Elaine, 191 | AFS | 52.25 | 6 | B | |
| 4 | VAN HEERDEN, Marzanne, 196 | AFS | 52.21 | 5 | | |
| 5 | ELS, ChamÉl, 180 | AFS | 49.32 | 4 | | |
| 6 | BRUWER, Karla, 9 | BOLA | 46.48 | 3 | | |
| 7 | BOTHA, Jonell, 485 | ASWD | 46.29 | 2 | | |
| 8 | BOTHA, Claudine, 536 | AVT | 45.50 | 1 | | |
| 9 | PRINS, Anja, 36 | BOLA | 45.45 | 0 | | |
| 10 | HUMPHRIES, Racheal, 584 | CGA | 45.43 | 0 | | |
| 11 | GOUWS, Su-marie, 183 | AFS | 44.81 | 0 | | |
| 12 | HOFFMAN, Melissa, 835 | WPA | 44.54 | 0 | | |
| 13 | SWART, Anél, 45 | BOLA | 42.67 | 0 | | |
| 14 | JORDAAN, Ancois, 490 | ASWD | 41.19 | 0 | | |
| Item 121 10:00 Final Men U20 (Junior) Shotput | | | | | | |
| | | | | | 6kg | |
| 1 | VAN NIEKERK, Chris, 559 | AVT | 17.72 | 9 | G | |
| 2 | KRUGER, Hannes, 207 | AFS | 17.39 | 7 | S | |
| 3 | COETZEE, Michael, 317 | AGN | 16.16 | 6 | B | |
| 4 | TERBLANCHE, Tony, 558 | AVT | 15.71 | 5 | | |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|--|------------------------------|------|----------|--------|-------|---------|
| 5 | DE LACEY LACEY,Jonathan, 153 | ACNW | 15.70 | 4 | | |
| 6 | LOMBARD,Aaron, 525 | ATRA | 15.55 | 3 | | |
| 7 | PRINSLOO,Francois, 101 | BOLA | 14.84 | 2 | | |
| 8 | COETZER,Danie, 427 | AMPU | 13.71 | 1 | | |
| 9 | VISSER,Jan Johannes, 117 | BOLA | 13.54 | 0 | | |
| 10 | BEAUZEC,Morne, 724 | EPA | 13.45 | 0 | | |
| 0 | TILL,Edwin, 463 | AMPU | DNR | 0 | | |
| Item 122 10:00 Final Men U20 (Junior) TripleJump | | | | | | |
| 1 | FARO,Tristan, 74 | BOLA | 15.28 | 9 | G | +1.0 |
| 2 | MIYA,Sifiso, 357 | AGN | 15.19 | 7 | S | +0.6 |
| 3 | MASEEMA,Tebogo, 645 | CGA | 15.06 | 6 | B | -0.2 |
| 4 | MAILULA,Thabo, 350 | AGN | 14.47 | 5 | | +0.5 |
| 5 | FISCHER,Jesse, 866 | WPA | 14.25 | 4 | | +0.0 |
| 6 | DAVIDS,Lleyton, 66 | BOLA | 14.24 | 3 | | +0.4 |
| 7 | BULUMKO,Ntuthu, 726 | EPA | 14.09 | 2 | | -0.9 |
| 8 | PIETERSE,Rynan, 671 | CGA | 13.82 | 1 | | +0.5 |
| 9 | MDLELA,Oageng, 653 | CGA | 13.59 | 0 | | -1.8 |
| 10 | NGWASHENG,Sammy, 809 | LIMA | 13.41 | 0 | | +1.3 |
| 0 | MOJAKI,Ipeleng, 359 | AGN | NM | 0 | | |
| Item 124 10:30 Heat 1 of 2 Men U20 (Junior) 1500m | | | | | | |
| 1 | FORESTER,Matthew, 327 | AGN | 04:01.15 | | | |
| 2 | MOLOTSI,Omphile, 362 | AGN | 04:01.21 | | | |
| 3 | SILWANE,Lucas, 683 | CGA | 04:01.24 | | | |
| 4 | VAN NIEKERK,Rikus, 393 | AGN | 04:01.25 | | | |
| 5 | FORTUIN,Ruschin, 868 | WPA | 04:01.30 | | | |
| 6 | MADITO,Amogelang, 641 | CGA | 04:04.83 | | | |
| 7 | KHUMALO,Bhekizulu, 635 | CGA | 04:05.04 | | | |
| 8 | MOREMI,Olebogeng, 164 | ACNW | 04:08.95 | | | |
| 9 | RAMOLAMU,Mokheseng, 921 | ATRA | 04:09.89 | | | |
| 10 | NAZO,Avela, 531 | ATRA | 04:09.94 | | | |
| 11 | KAPTEIN,Waldo, 506 | ASWD | 04:10.39 | | | |
| 0 | MAZALENI,Siyabolelo, 649 | CGA | DNS | | | |
| Item 124 10:30 Heat 2 of 2 Men U20 (Junior) 1500m | | | | | | |
| 1 | MUNNIK,Luan, 165 | ACNW | 03:57.41 | | | |
| 2 | SWART,Christopher, 389 | AGN | 03:58.39 | | | |
| 3 | MOLUTSI,Mohlouwa Koos, 784 | KZNA | 03:58.47 | | | |
| 4 | NDIMANDE,Ntuthuko, 663 | CGA | 03:58.50 | | | |
| 5 | MILLARD,Stephen, 879 | WPA | 03:58.64 | | | |
| 6 | NDLOVU,Nhloso, 214 | AFS | 03:58.79 | | | |
| 7 | SIKOSANA,Tumelo, 385 | AGN | 04:00.93 | | | |
| 8 | STEWART,Oliver, 886 | WPA | 04:02.68 | | | |
| 9 | MDALA,Thapelo, 527 | ATRA | 04:04.92 | | | |
| 10 | DE SCALLY,Nicholas, 766 | KZNA | 04:05.76 | | | |
| 11 | NONGCANTSI,Kwazi, 920 | ATRA | 04:07.98 | | | |
| 12 | NHUVANGA,Rivaldo, 449 | AMPU | 04:08.57 | | | |
| 13 | NTOE,Phemelo, 665 | CGA | 04:09.88 | | | |
| 0 | ENGELBRECHT,Marig, 629 | CGA | DNS | | | |
| Item 125 10:30 Final Women U20 (Junior) LongJump | | | | | | |
| 1 | DE JAGER,Marcelle, 795 | LIMA | 5.90 | 9 | G | -1.3 |
| 2 | VAN WYK,Karissa, 423 | AMPU | 5.83 | 7 | S | +1.6 |
| 3 | BASSON,Mieke, 3 | BOLA | 5.66 | 6 | B | +1.2 |
| 4 | SOLARIN,Esther, 291 | AGN | 5.56 | 5 | | -0.6 |
| 5 | LAZARUS,Gabrielle, 924 | WPA | 5.54 | 4 | | +0.2 |
| 6 | MAKONI,Bethal, 271 | AGN | 5.51 | 3 | | +0.2 |
| 7 | BOTHA,Kyra, 239 | AGN | 5.50 | 2 | | +0.0 |
| 8 | DUNCAN,Lene, 831 | WPA | 5.34 | 1 | | +0.7 |
| 9 | XEYI,Rose, 309 | AGN | 5.14 | 0 | | -0.7 |
| 10 | RABE,Madri, 601 | CGA | 5.13 | 0 | | -0.3 |
| 11 | DONOUGH,Ameerah, 897 | WPAI | 5.05 | 0 | | +0.3 |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|--------------------------|------|---------|--------|-------|---------|
| 0 | LOUWRENS, Suneel, 135 | ACNW | NM | 0 | | |
| Item 126 10:50 Final Women U18 (Youth) 400m | | | | | | |
| 1 | NAUDE, Amy, 763 | KZNA | 0:55.14 | 9 | G | |
| 2 | VAN HEERDEN, Lene, 614 | CGA | 0:56.17 | 7 | S | |
| 3 | STRIJDOM, Angelique, 293 | AGN | 0:56.81 | 6 | B | |
| 4 | CLAASSEN, Sue-mari, 176 | AFS | 0:57.77 | 5 | | |
| 5 | VAN GREUNEN, Marna, 613 | CGA | 0:58.32 | 4 | | |
| 6 | LUDICK, Tatum, 25 | BOLA | 0:58.56 | 3 | | |
| 7 | GROENEWALD, Tallita, 543 | AVT | 0:58.82 | 2 | | |
| 8 | ROUX, Chenelle, 420 | AMPU | 0:59.12 | 1 | | |
| Item 127 11:00 Final Men U18 (Youth) 400m | | | | | | |
| 1 | PILLAY, Lyhte, 672 | CGA | 0:46.52 | 9 | G | |
| 2 | NORTJIE, Antonie, 373 | AGN | 0:47.05 | 7 | S | |
| 3 | SWART, Adrian John, 111 | BOLA | 0:47.23 | 6 | B | |
| 4 | NKHAHLE, Rappie, 372 | AGN | 0:48.30 | 5 | | |
| 5 | JORDAN, Ryan, 733 | EPA | 0:48.40 | 4 | | |
| 6 | MADONSELA, Karabo, 348 | AGN | 0:48.59 | 3 | | |
| 7 | JUDS, Jack, 634 | CGA | 0:49.63 | 2 | | |
| 8 | VIERRA, Luke, 744 | EPA | 0:50.63 | 1 | | |
| Item 128 11:10 Final Women U20 (Junior) 400m | | | | | | |
| 1 | VAN DER WALT, Zeney, 300 | AGN | 0:53.74 | 9 | G | |
| 2 | VILJOEN, Marli, 305 | AGN | 0:54.89 | 7 | S | |
| 3 | AHRENS, Kirsten, 752 | KZNA | 0:55.15 | 6 | B | |
| 4 | HATTINGH, Carla, 583 | CGA | 0:56.01 | 5 | | |
| 5 | VELDTMAN, Lethabo, 304 | AGN | 0:56.95 | 4 | | |
| 6 | VAN SCHALKWYK, Janke, 53 | BOLA | 0:57.11 | 3 | | |
| 7 | DUBE, Fina, 579 | CGA | 0:57.46 | 2 | | |
| 0 | VERCUIEL, Juli, 54 | BOLA | DNF | 0 | | |
| Item 129 11:20 Final Men U20 (Junior) 400m | | | | | | |
| 1 | MATALA, Frans, 648 | CGA | 0:47.06 | 9 | G | |
| 2 | MASEKO, Nhlanhla, 440 | AMPU | 0:47.10 | 7 | S | |
| 3 | SEETE, David, 678 | CGA | 0:47.27 | 6 | B | |
| 4 | SOKHWAKANA, Zazini, 387 | AGN | 0:47.40 | 5 | | |
| 5 | DE JONGH, Ruan, 319 | AGN | 0:47.59 | 4 | | |
| 6 | WEBER, Jayson, 891 | WPA | 0:47.67 | 3 | | |
| 7 | VAN WYK, Romeo, 751 | GWA | 0:47.88 | 2 | | |
| 8 | JONKER, Gert, 633 | CGA | 0:48.36 | 1 | | |
| Item 130 15:00 Final Men U20 (Junior) HighJump | | | | | | |
| 1 | POOLE, Breyton, 100 | BOLA | 2.16 | 9 | G | |
| 2 | SHABANGU, Matome, 382 | AGN | 2.07 | 7 | S | |
| 3 | GAYISA, Maswangayi, 630 | CGA | 2.07 | 6 | B | |
| 4 | METTLER, Wilbur, 441 | AMPU | 2.04 | 5 | | |
| 5 | MORGAN, Blake, 501 | ASWD | 1.98 | 4 | | |
| 6 | MOGODIRI, Omphile, 655 | CGA | 1.98 | 3 | | |
| 7 | MAKHUMELA, Thabelo, 208 | AFS | 1.95 | 2 | | |
| 8 | FOURIE, Enrique, 328 | AGN | 1.95 | 1 | | |
| 9 | PLAAITJIES, Cullen, 99 | BOLA | 1.85 | 0 | | |
| 10 | LOTTERING, Mauritz, 637 | CGA | 1.85 | 0 | | |
| 11 | CROUS, Jason, 727 | EPA | 1.85 | 0 | | |
| 0 | MASHISHI, Katlego, 352 | AGN | NM | 0 | | |
| Item 131 15:00 Final Women U18 (Youth) LongJump | | | | | | |
| 1 | MASHABA, Nolwazi, 412 | AMPU | 6.03 | 9 | G | +2.6 |
| 2 | GERBER, Joane, 253 | AGN | 5.92 | 7 | S | +2.9 |
| 3 | FOUCHE, Karmen, 128 | ACNW | 5.85 | 6 | B | +2.1 |
| 4 | NOLTE, Danielle, 278 | AGN | 5.80 | 5 | | +0.1 |
| 5 | GROENEWALD, Cora, 185 | AFS | 5.54 | 4 | | +3.5 |
| 6 | DU TOIT, Brenda, 820 | NWCA | 5.46 | 3 | | +2.8 |
| 7 | MAKAMBA, Zihle, 270 | AGN | 5.43 | 2 | | +1.7 |
| 8 | RADEMAN, Inezka, 602 | CGA | 5.37 | 1 | | +0.3 |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|---|------------------------------|-------|-------|--------|-------|-------------|
| 9 | SYLVESTER, Azrea, 46 | BOLA | 5.29 | 0 | | +3.1 |
| 10 | VAN GREUNEN, Marna, 613 | CGA | 5.13 | 0 | | +2.3 |
| 11 | BOSHOFF, Ané, 5 | BOLA | 5.00 | 0 | | +2.1 |
| 12 | SHABANGU, Banele, 288 | AGN | 4.74 | 0 | | +3.6 |
| Item 132 15:00 Final Women U20 (Junior) Hammer | | | | | | 4kg |
| 1 | VAN DER WALT, Tharina, 195 | AFS | 50.13 | 9 | G | |
| 2 | SMIT, Kayla, 849 | WPA | 49.10 | 7 | S | |
| 3 | BOSHOFF, Skye, 6 | BOLA | 47.93 | 6 | B | |
| 4 | BOTHA, Elme, 486 | ASWD | 46.04 | 5 | | |
| 5 | OELOFSE, Tiane, 711 | EPA | 41.52 | 4 | | |
| 6 | KAPP, Kaylin, 704 | EPA | 41.13 | 3 | | |
| 7 | MCMORRAN, Lauren, 844 | WPA | 40.72 | 2 | | |
| 8 | BOTHA, Jana, 926 | ASWDI | 34.59 | 1 | | |
| 9 | SCHREUDER, Ilse, 823 | NWCA | 32.91 | 0 | | |
| 10 | OLIVIER, Jana, 712 | EPA | 32.73 | 0 | | |
| Item 133 15:00 Final Men U18 (Youth) Shotput | | | | | | 5kg |
| 1 | KRUGER, Douw, 430 | AMPU | 19.99 | 9 | G | |
| 2 | KOTZEE, Markus, 344 | AGN | 18.94 | 7 | S | |
| 3 | SWANEPOEL, Wynand, 220 | AFS | 18.17 | 6 | B | |
| 4 | OOSTHUIZEN, Juan, 669 | CGA | 17.81 | 5 | | |
| 5 | COERTZEN, Willem, 550 | AVT | 17.57 | 4 | | |
| 6 | VAN ZYL, Tian, 395 | AGN | 17.40 | 3 | | |
| 7 | KLEINHANS, Phillip, 507 | ASWD | 17.35 | 2 | | |
| 8 | SPAMER, Francois, 740 | EPA | 17.08 | 1 | | |
| 9 | LE ROUX, Coetzee, 83 | BOLA | 16.51 | 0 | | |
| 10 | JOUBERT, Francois, 875 | WPA | 15.94 | 0 | | |
| 11 | VENTER, Nicko, 690 | CGA | 15.49 | 0 | | |
| 12 | HATTINGH, Jan-adriaan, 158 | ACNW | 15.44 | 0 | | |
| 13 | NELSON, Niel, 882 | WPA | 14.77 | 0 | | |
| Item 134 15:00 Final Men U18 (Youth) LongJump | | | | | | |
| 1 | TITO, Jason, 114 | BOLA | 7.23 | 9 | G | -2.0 |
| 2 | RAMOKGOPA, Lethlogonolo, 377 | AGN | 7.08 | 7 | S | -1.7 |
| 3 | THAESA, Thebogo, 462 | AMPU | 6.99 | 6 | B | -0.7 |
| 4 | NKUNA, Thapelo, 453 | AMPU | 6.81 | 5 | | -2.6 |
| 5 | MUWAYI, Banele, 446 | AMPU | 6.63 | 4 | | -1.9 |
| 6 | WYNGAARD, Abdud-daiyaan, 892 | WPA | 6.60 | 3 | | -1.4 |
| 7 | MOLOTO, Lesedi, 658 | CGA | 6.58 | 2 | | -2.4 |
| 8 | NESS, Liam, 664 | CGA | 6.54 | 1 | | -1.8 |
| 9 | ZEID, Gabriel, 692 | CGA | 6.42 | 0 | | -1.9 |
| 10 | MENZIES, Keegan, 805 | LIMA | 6.32 | 0 | | +1.8 |
| 11 | SHOBA, Sanele, 383 | AGN | 6.20 | 0 | | -1.8 |
| 12 | TEMBANI, Azola, 390 | AGN | 6.17 | 0 | | -0.1 |
| Item 135 15:00 Final Women U18 (Youth) 200m | | | | | | -0.4 |
| 1 | VAN STADEN, Miandi, 144 | ACNW | 24.45 | 9 | G | |
| 2 | VAN DER WESTHUIZEN, Elke, 51 | BOLA | 24.82 | 7 | S | |
| 3 | STARBUCK, Megan, 608 | CGA | 24.88 | 6 | B | |
| 4 | BROWN, Chinique, 794 | LIMA | 24.92 | 5 | | |
| 5 | FOURIE, Annemé, 182 | AFS | 25.04 | 4 | | |
| 6 | VAN HEERDEN, Lene, 614 | CGA | 25.37 | 3 | | |
| 7 | BLIGNAUT, Janie, 237 | AGN | 25.38 | 2 | | |
| 8 | VAN WYK, Odette, 302 | AGN | 25.42 | 1 | | |
| Item 136 15:10 Final Men U18 (Youth) 200m | | | | | | -2.2 |
| 1 | DAMBILE, Sinesipho, 318 | AGN | 20.68 | 9 | G | |
| 2 | JOHNSON, Elviano, 337 | AGN | 21.49 | 7 | S | |
| 3 | JOSIAS, Jesse, 874 | WPA | 21.57 | 6 | B | |
| 4 | POTGIETER, Eckhardt, 376 | AGN | 21.58 | 5 | | |
| 5 | CLOETE, Keenan, 930 | AFS | 21.67 | 4 | | |
| 6 | ZINN, Kyle, 893 | WPA | 22.13 | 3 | | |
| 7 | MABUNDA, Mbhoni, 347 | AGN | 22.14 | 2 | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|--|--------------------------------|------|----------|-------------|-------|---------|
| 8 | MVUYO, Moss, 662 | CGA | 22.42 | 1 | | |
| Item 137 15:20 Final Women U20 (Junior) 200m | | | | -2.8 | | |
| 1 | VAN DER MERWE, Antoinette, 299 | AGN | 24.39 | 9 | G | |
| 2 | VAN DER MERWE, Nicola, 471 | ANWN | 24.95 | 7 | S | |
| 3 | BOMPASS, Jessica, 753 | KZNA | 24.99 | 6 | B | |
| 4 | MOFOMME, Michelle, 276 | AGN | 25.02 | 5 | | |
| 5 | HANEKOM, Natalie, 254 | AGN | 25.36 | 4 | | |
| 6 | BURGESS, Suzie, 241 | AGN | 25.39 | 3 | | |
| 7 | WAIT, Saskia, 720 | EPA | 25.40 | 2 | | |
| 8 | JOHNSON, Lara, 20 | BOLA | 25.62 | 1 | | |
| Item 138 15:30 Final Men U20 (Junior) 200m | | | | -2.2 | | |
| 1 | MASWAGANYI, Phathutshedzo, 353 | AGN | 21.09 | 9 | G | |
| 2 | DAVIDS, Luke, 863 | WPA | 21.35 | 7 | S | |
| 3 | MOHOERE, Gratitude, 211 | AFS | 21.85 | 6 | B | |
| 4 | VON STADE, Zander, 398 | AGN | 22.23 | 5 | | |
| 5 | GASA, Philelani, 203 | AFS | 22.29 | 4 | | |
| 6 | MEKHISE, Ditiro, 479 | ANWN | 22.36 | 3 | | |
| 7 | MGOQI, Leonard, 529 | ATRA | 22.45 | 2 | | |
| 0 | WEBER, Jayson, 891 | WPA | DNS | 0 | | |
| Item 139 15:40 Final Women U18 (Youth) 1500m | | | | | | |
| 1 | GAIT-SMITH, Gabrielle, 252 | AGN | 04:30.78 | 9 | G | |
| 2 | MABUSA, Nonhlanhla, 269 | AGN | 04:31.47 | 7 | S | |
| 3 | VILJOEN, Anneken, 55 | BOLA | 04:32.41 | 6 | B | |
| 4 | MESHAM, Alexa, 845 | WPA | 04:32.81 | 5 | | |
| 5 | JORDAAN, Alme, 21 | BOLA | 04:33.36 | 4 | | |
| 6 | DIXON, Chante, 578 | CGA | 04:39.55 | 3 | | |
| 7 | PARKES, Michelle, 417 | AMPU | 04:42.45 | 2 | | |
| 8 | VAN DER WESTHUIZEN, Cimon, 50 | BOLA | 04:43.20 | 1 | | |
| 9 | HOBLOSHE, Aviwe, 517 | ATRA | 04:45.62 | 0 | | |
| 10 | BOTHA, Shannon, 574 | CGA | 04:48.23 | 0 | | |
| 11 | COPELAND, Sarah, 694 | CGAI | 04:51.87 | 0 | | |
| 12 | JOOSTE, Tamica, 836 | WPA | 05:04.51 | 0 | | |
| 13 | MANYONI, Bongekile, 760 | KZNA | 05:10.06 | 0 | | |
| 14 | KEKELANA, Nosive, 518 | ATRA | 05:13.88 | 0 | | |
| 15 | MENZIWA, Emihle, 917 | ATRA | 05:29.15 | 0 | | |
| Item 140 15:50 Final Men U18 (Youth) 1500m | | | | | | |
| 1 | SWANEPOEL, Rynard, 685 | CGA | 03:55.55 | 9 | G | |
| 2 | SOKHELA, Zola, 790 | KZNA | 03:56.15 | 7 | S | |
| 3 | MASONDO, Sanele, 780 | KZNA | 03:56.36 | 6 | B | |
| 4 | BLIGNAUT, Juvan, 312 | AGN | 03:56.67 | 5 | | |
| 5 | CHOBAN, Abednico, 315 | AGN | 03:56.97 | 4 | | |
| 6 | VAN NIEKERK, Wian, 392 | AGN | 03:57.44 | 3 | | |
| 7 | KHOZA, Siphesihle, 339 | AGN | 04:00.39 | 2 | | |
| 8 | BOWER, Jason, 549 | AVT | 04:03.09 | 1 | | |
| 9 | KHUMALO, Sbonelo, 774 | KZNA | 04:07.40 | 0 | | |
| 10 | SELEMELA, Oratile, 483 | ANWN | 04:08.98 | 0 | | |
| 11 | DE BRUIN, Juandre, 625 | CGA | 04:09.37 | 0 | | |
| 12 | ZWANE, Banele, 693 | CGA | 04:17.89 | 0 | | |
| Item 141 16:00 Final Women U20 (Junior) 1500m | | | | | | |
| 1 | LOUW, Nicole, 24 | BOLA | 04:30.79 | 9 | G | |
| 2 | SHANGE, Yandiswa, 39 | BOLA | 04:32.09 | 7 | S | |
| 3 | ROELFSE, Lyndi, 603 | CGA | 04:32.31 | 6 | B | |
| 4 | OELOFSE, Vicky, 188 | AFS | 04:34.86 | 5 | | |
| 5 | SENOSI, Keletso, 287 | AGN | 04:51.59 | 4 | | |
| 6 | NQAMASHE, Athemba, 847 | WPA | 04:56.44 | 3 | | |
| 7 | COSSA, Thembi, 406 | AMPU | 05:04.81 | 2 | | |
| 0 | MASHAMAITE, Dipuo, 591 | CGA | DNS | 0 | | |
| 0 | MOTAU, Wendy, 414 | AMPU | DNS | 0 | | |
| Item 142 16:10 Final Men U20 (Junior) 1500m | | | | | | |

| Place | Athlete, Birthdate | Team | Perf | Points | Medal | Records |
|-------|-----------------------------|------|----------|--------|-------|---------|
| 1 | MUNNIK, Luan, 165 | ACNW | 03:57.00 | 9 | G | |
| 2 | SWART, Christopher, 389 | AGN | 03:57.42 | 7 | S | |
| 3 | NDIMANDE, Ntuthuko, 663 | CGA | 03:57.99 | 6 | B | |
| 4 | FORESTER, Matthew, 327 | AGN | 03:58.15 | 5 | | |
| 5 | MOLUTSI, Mhloouwa Koos, 784 | KZNA | 03:58.29 | 4 | | |
| 6 | MOLOTSI, Omphile, 362 | AGN | 03:59.89 | 3 | | |
| 7 | FORTUIN, Ruschin, 868 | WPA | 04:00.62 | 2 | | |
| 8 | NDLOVU, Nhloso, 214 | AFS | 04:01.25 | 1 | | |
| 9 | SIKOSANA, Tumelo, 385 | AGN | 04:01.47 | 0 | | |
| 10 | SILWANE, Lucas, 683 | CGA | 04:01.54 | 0 | | |
| 11 | MILLARD, Stephen, 879 | WPA | 04:02.23 | 0 | | |
| 12 | VAN NIEKERK, Rikus, 393 | AGN | 04:04.48 | 0 | | |

Item 143 16:20 Final Women U18 (Youth) 4X100m Relay

| | | | | | |
|---|---|------|---------|---|---|
| 1 | RELAY TEAM, ACNW, VENTER, Ane / VAN DEN BERGH, Kayla / FOUCHE, Karmen / VAN STADEN, Miandi | ACNW | 0:48.43 | 9 | G |
| 2 | RELAY TEAM, AGN A, JONKER, Mariska / EILERD, Charize / VAN WYK, Odette / MALINGA, Nosipho / BEZUIDENHOUT, Chazel / BOTHA, Kayla / SWART, Charne / STRIJDOM, Angelique | AGN | 0:48.43 | 7 | S |
| 3 | RELAY TEAM, BOLA, HEERINK VAN BREDA, Alex / VILJOEN, Anneken / LUDICK, Tatum / VAN DER WESTHUIZEN, Eike / HEERINK VAN BREDA, Alex / ISAACS, Catlin / WILLIAMS, Merlyn-lee / VAN DER WE | BOLA | 0:48.55 | 6 | B |
| 4 | RELAY TEAM, AGN B, BLIGNAUT, Janie / MABUSA, Nonhlanhla / SHABANGU, Banele / RAMUKHUBATHI, Rudzani | AGN | 0:48.94 | 5 | |
| 5 | RELAY TEAM, CGA, DE WET, Simone / STARBUCK, Megan / VAN ZYL, Diana / STOLZ, Jenna | CGA | 0:48.98 | 4 | |
| 6 | RELAY TEAM, AMPU, PIETERS, Neo-leigh / NEL, Rhode / MAKOLA, Refilwe / MASHABA, Nolwazi | AMPU | 0:49.47 | 3 | |
| 7 | RELAY TEAM, AVT, FOURIE, Marione / MLANGENI, Langelihle / GROENEWALD, Tallita / BOTHA, Jane | AVT | 0:50.27 | 2 | |
| 8 | RELAY TEAM, WPA, VAN DER LINDE, Marga-rita / JOSHUA, Melanie / DU PLESSIS, Stefani / HILL, Lawon | WPA | 0:51.00 | 1 | |

Item 144 16:30 Final Results Men U18 (Youth) 4X100m Relay

| | | | | | |
|---|---|------|---------|---|---|
| 1 | RELAY TEAM, AGN A, HLOHLO, Thabang / POTGIETER, Eckhardt / JOHNSON, Elviano / DAMBILE, Sinesipho / MADONSELA, Karabo / DU PLESSIS, Edmund / NKHAHLE, Rappie / NORTJIE, Antonie | AGN | 0:41.38 | 9 | G |
| 2 | RELAY TEAM, WPA, ZINN, Kyle / DAVIDS, Ebrahim / JOSIAS, Jesse / WYNGAARD, Abdud-daiyaan | WPA | 0:42.18 | 7 | S |
| 3 | RELAY TEAM, BOLA, DOURIES, Jayden / GEYSER, Emile / CUSTODIO, Luciano / SWART, Adrian John / BURGER, Reece / JACOBS, Zandre / PIETERSEN, Celino / MOSTERT, Hugo | BOLA | 0:42.40 | 6 | B |
| 4 | RELAY TEAM, CGA, MVUYO, Moss / REBOTILE, Mohale / CHAKAIPA, Tamuka / TLHAPI, Olebogeng / JUDS, Jack / LEDUMA, Kagiso / ZEID, Gabriel / PILLAY, Lyhte | CGA | 0:42.52 | 5 | |
| 5 | RELAY TEAM, AMPU, MONDLANE, Junior / NDLOVU, Vuyi / NKAMBULE, Kwanele / RICHARDSON, Benji | AMPU | 0:42.54 | 4 | |
| 6 | RELAY TEAM, ANWN, MONYAI, Lebone / MATAU, Dario / MOTSWAISO, Orapeleng / JORDAAN, Dylan | ANWN | 0:43.65 | 3 | |
| 7 | RELAY TEAM, AGN B, STRAUSS, Reynardt / MABUNDA, Mbhoni / RAMOKGOPA, Lethlogonolo / GRAY, Samuel / MULLER, Gerhardt / CHOBA, Abednico / SHOBA, Sanele / ERASMUS, Andre | AGN | 0:44.35 | 2 | |
| 8 | RELAY TEAM, LIMA, VOSLOO, Jacobus / POTGIETER, Leon / STOPFORTH, Michael / MENZIES, Keegan | LIMA | 0:44.40 | 1 | |
| 9 | RELAY TEAM, AFS, BOTHA, Shaheed / CLOETE, Keenan / MBOXWANA, Gift / MOLEYANE, Lucky | AFS | 0:46.26 | 0 | |

Item 144 16:30 Final 1 of 2 Men U18 (Youth) 4X100m Relay

| | | | | | |
|---|---|------|---------|--|--|
| 1 | RELAY TEAM, AGN A, HLOHLO, Thabang / POTGIETER, Eckhardt / JOHNSON, Elviano / DAMBILE, Sinesipho / MADONSELA, Karabo / DU PLESSIS, Edmund / NKHAHLE, Rappie / NORTJIE, Antonie | AGN | 0:41.38 | | |
| 2 | RELAY TEAM, WPA, ZINN, Kyle / DAVIDS, Ebrahim / JOSIAS, Jesse / WYNGAARD, Abdud-daiyaan | WPA | 0:42.18 | | |
| 3 | RELAY TEAM, CGA, MVUYO, Moss / REBOTILE, Mohale / CHAKAIPA, Tamuka / TLHAPI, Olebogeng / JUDS, Jack / LEDUMA, Kagiso / ZEID, Gabriel / PILLAY, Lyhte | CGA | 0:42.52 | | |
| 4 | RELAY TEAM, ANWN, MONYAI, Lebone / MATAU, Dario / MOTSWAISO, Orapeleng / JORDAAN, Dylan | ANWN | 0:43.65 | | |
| 5 | RELAY TEAM, AFS, BOTHA, Shaheed / CLOETE, Keenan / MBOXWANA, Gift / MOLEYANE, Lucky | AFS | 0:46.26 | | |

Item 144 16:30 Final 2 of 2 Men U18 (Youth) 4X100m Relay

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|-------|--|------|---------|--------|-------|---------|
| 1 | RELAY TEAM,BOLA, | BOLA | 0:42.40 | | | |
| | DOURIES, Jayden / GEYSER, Emile / CUSTODIO, Luciano / SWART, Adrian John / BURGER, Reece / JACOBS, Zandre / PIETERSEN, Celino / MOSTERT, Hugo | | | | | |
| 2 | RELAY TEAM,AMPU, | AMPU | 0:42.54 | | | |
| | MONDLANE, Junior / NDLOVU, Vuyu / NKAMBULE, Kwanele / RICHARDSON, Benji | | | | | |
| 3 | RELAY TEAM,AGN B, | AGN | 0:44.35 | | | |
| | STRAUSS, Reynardt / MABUNDA, Mbhoni / RAMOKGOPA, Lethlogonolo / GRAY, Samuel / MULLER, Gerhardt / CHOBA, Abednico / SHOBA, Sanele / ERASMUS, Andre | | | | | |
| 4 | RELAY TEAM,LIMA, | LIMA | 0:44.40 | | | |
| | VOSLOO, Jacobus / POTGIETER, Leon / STOPFORTH, Michael / MENZIES, Keegan | | | | | |

Item 145 16:40 Final Women U20 (Junior) 4X100m Relay

| | | | | | | |
|---|--|------|---------|---|---|--|
| 1 | RELAY TEAM,AGN A, | AGN | 0:47.77 | 9 | G | |
| | VILJOEN, Marli / LOOTS, Marzaan / VELDTMAN, Lethabo / VAN DER WALT, Zeney / PASHA, Remoneilwe / VAN DER MERWE, Antoinette / MOFOMME, Michelle / XEYI, Rose | | | | | |
| 2 | RELAY TEAM,BOLA, | BOLA | 0:48.46 | 7 | S | |
| | VAN SCHALKWYK, Janke / MAHER, Tatum / LOUW, Nicole / VERCUIEL, Juli / JACOBS, Liane / BASSON, Mieke / LUDICK, Gabriella / JOHNSON, Lara | | | | | |
| 3 | RELAY TEAM,WPA, | WPA | 0:48.49 | 6 | B | |
| | LAZARUS, Gabrielle / JOSEPH, Rogail / KETCH, Leandre / VAN HEERDEN, Courtney | | | | | |
| 4 | RELAY TEAM,AGN B, | AGN | 0:48.88 | 5 | | |
| | VAN NIEKERK, Sancha / SENOSI, Keletso / BURGESS, Suzie / HANEKOM, Natalie / LEGODI, Karabo / HANEKOM, Natalie / OLCKERS, Charne-lee / KUBEKA, Phindile | | | | | |
| 5 | RELAY TEAM,CGA, | CGA | 0:49.46 | 4 | | |
| | MOLOI, Segopotso / MONGWE, Nikiwe / VAN JAARVELD, Liane / KGADIMA, Prudence / DE KLERK, Xante / MORAKE, Gontse / DUBE, Fina / HATTINGH, Carla | | | | | |
| 0 | RELAY TEAM,KZNA, | KZNA | DNS | 0 | | |
| | FAULHA, Nicole / AHRENS, Kirsten / NGEMA, Snethemba / BOMPASS, Jessica | | | | | |

Item 146 16:45 Final Women U18 (Youth) Shotput

| | | | | | 3kg | |
|----|----------------------------|------|-------|---|-----|----|
| 1 | ROETS,Dane, 604 | CGA | 17.69 | 9 | G | SA |
| 2 | DE KLERK,Miné, 178 | AFS | 17.05 | 7 | S | |
| 3 | DE NECKER,Juanita, 538 | AVT | 16.10 | 6 | B | |
| 4 | UMBERTI,Bodine, 297 | AGN | 14.75 | 5 | | |
| 5 | RITCHIE,Britnny, 285 | AGN | 14.50 | 4 | | |
| 6 | VAN HEERDEN,Marzanne, 196 | AFS | 14.38 | 3 | | |
| 7 | GRUNDLING,Alana, 701 | EPA | 13.95 | 2 | | |
| 8 | VAN DER LINDE,Rinelda, 922 | LIMA | 13.76 | 1 | | |
| 9 | BAM,Buhle, 233 | AGN | 13.56 | 0 | | |
| 10 | GELDENHYS,Ruzel, 581 | CGA | 13.54 | 0 | | |
| 11 | GOUWS,Su-marie, 183 | AFS | 13.50 | 0 | | |
| 12 | MOSTERT,Desere, 467 | ANWN | 12.63 | 0 | | |

Item 147 16:45 Final Men U20 (Junior) Hammer

| | | | | | 6kg | |
|----|---------------------------------|------|-------|---|-----|--|
| 1 | KOBOKOANE,Botshello Cedric, 342 | AGN | 65.07 | 9 | G | |
| 2 | BOTHMA,Damien Mornay, 61 | BOLA | 64.62 | 7 | S | |
| 3 | HAVINGA,James, 204 | AFS | 63.14 | 6 | B | |
| 4 | LE ROUX,Christiaan, 748 | GWA | 60.03 | 5 | | |
| 5 | BEER,Ruwaldo, 725 | EPA | 57.55 | 4 | | |
| 6 | DU PLESSIS,Paul, 729 | EPA | 57.53 | 3 | | |
| 7 | VAN DER WALT,Jt, 224 | AFS | 54.04 | 2 | | |
| 8 | VISSER,Hermanus, 828 | NWCA | 50.61 | 1 | | |
| 9 | OLIVIER,Jaunu, 95 | BOLA | 49.67 | 0 | | |
| 10 | NORTJE,Ivan, 734 | EPA | 47.11 | 0 | | |
| 11 | VAN NIEUWENHUIZEN,Nico, 225 | AFS | 41.31 | 0 | | |
| 0 | VAN RENSBURG,Gilbert, 226 | AFS | DNS | 0 | | |

Item 148 16:45 Final Men U20 (Junior) LongJump

| | | | | | | |
|----|-------------------------------|------|------|---|---|------|
| 1 | GAINES,Mark, 768 | KZNA | 7.38 | 9 | G | +2.0 |
| 2 | GAUCHE,Luke, 330 | AGN | 7.33 | 7 | S | +2.1 |
| 3 | MASWAGANYI,Phathutshedzo, 353 | AGN | 7.28 | 6 | B | +2.1 |
| 4 | GEBENGANA,Lumka, 157 | ACNW | 7.14 | 5 | | +1.6 |
| 5 | HANI,Nikithemba, 563 | BORA | 7.05 | 4 | | +1.3 |
| 6 | DIWAN,Brits, 628 | CGA | 7.04 | 3 | | +3.1 |
| 7 | NJABULO,Temilton, 450 | AMPU | 6.96 | 2 | | +3.2 |
| 8 | KOK,Jordan, 161 | ACNW | 6.83 | 1 | | +2.9 |
| 9 | MIYA,Sifiso, 357 | AGN | 6.79 | 0 | | +2.1 |
| 10 | SATEKGE,Karabo, 676 | CGA | 6.69 | 0 | | +3.0 |
| 11 | TOLBADI,Sanele, 688 | CGA | 6.49 | 0 | | +2.6 |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|-------|-----------------------|------|------|--------|-------|---------|
| 12 | RYAN,Ashton, 884 | WPA | 6.38 | 0 | | +1.6 |
| 0 | LE ROUX,Christie, 345 | AGN | DNS | 0 | | |

Item 149 16:50 Final Men U20 (Junior) 4X100m Relay

| | | | | | | |
|---|-------------------|------|---------|---|---|--|
| 1 | RELAY TEAM,AGN A, | AGN | 0:41.87 | 9 | G | |
| GOUWS, Joshua / NHLAPO, Sibusiso / DE JONGH, Ruan / SOKHWAKANA, Zazini / NGOVENI, Sammy / MIYA, Sifiso / MIKAAL, Mohamed / MASWAGANYI, Phathutshedzo | | | | | | |
| 2 | RELAY TEAM,AGN B, | AGN | 0:41.94 | 7 | S | |
| MWAGU, Tshegofatso / MAYO, Adam / KHOZA, Amos / DU PLESSIS, Gerdus / VAN WYK, Edwin / DEAN, Tristan / VON STADE, Zander / SCHOEMAN, Michael | | | | | | |
| 3 | RELAY TEAM,BOLA, | BOLA | 0:42.14 | 6 | B | |
| PIETERSEN, Liam / DE KOKER, Dewald / LABUSHAGNE, Ruan / TAYLOR, Adrian / OCTOBER, Jason Matthew / BRUINJIES, Stuart / VAN WYK, Valco / FARO, Tristan | | | | | | |
| 4 | RELAY TEAM,WPA, | WPA | 0:42.45 | 5 | | |
| FERNANDEZ, Arenzo / RYAN, Ashton / DAVIDS, Luke / FISCHER, Jesse | | | | | | |
| 5 | RELAY TEAM,AFS, | AFS | 0:42.55 | 4 | | |
| HLONGWANE, Mosuwe / MOHOERE, Gratitude / PHASHA, Thato / GASA, Philelani | | | | | | |
| 6 | RELAY TEAM,CGA, | CGA | 0:43.68 | 3 | | |
| BUKHALI, Sandile / DE KLERK, Jonathan / JOHNSON, Jordan / MANGOALE, Kabelo / JONKER, Gert / MATALA, Frans / PRINSLOO, Jd / SEETE, David | | | | | | |
| 7 | RELAY TEAM,LIMA, | LIMA | 0:43.95 | 2 | | |
| SNYMAN, Nico / WILLEMSE, Tewis / RAMOTHWALA, Kgotshatso / MOKGAHLANE, Keletso / BALOYI, Ndzalama / HARMSE, Harmse / NGWASHENG, Sammy / CLOETE, Zandre | | | | | | |

Item 150 17:00 Final Women U20 (Junior) 5000m

| | | | | | | |
|----|------------------------|------|----------|---|---|--|
| 1 | NKUNA,Welma, 599 | CGA | 17:47.52 | 9 | G | |
| 2 | MASHAMAITE,Dipuo, 591 | CGA | 17:50.77 | 7 | S | |
| 3 | SISANDA,Dumisa, 289 | AGN | 18:01.71 | 6 | B | |
| 4 | MAKGOGA,Lethabo, 588 | CGA | 18:20.93 | 5 | | |
| 5 | CURLEWIS,Leshan, 245 | AGN | 18:25.02 | 4 | | |
| 6 | RAYNERS,Amber, 284 | AGN | 18:41.95 | 3 | | |
| 7 | GIBBS,Kia, 833 | WPA | 19:21.16 | 2 | | |
| 8 | GUTWANA,Nosisi, 919 | ATRA | 19:55.17 | 1 | | |
| 9 | SITHOLE,Diana, 606 | CGA | 21:10.79 | 0 | | |
| 10 | GROBLER,Natfileen, 407 | AMPU | 21:31.34 | 0 | | |
| 0 | SKYLER,Mia, 40 | BOLA | DNS | 0 | | |
| 0 | VAN ASWEGEN,Maja, 48 | BOLA | DNS | 0 | | |
| 0 | JILEKA,Aphelele, 757 | KZNA | DNS | 0 | | |
| 0 | MANAGALA,Katlego, 589 | CGA | DNF | 0 | | |
| 0 | ZULU,Sbongakonke, 765 | KZNA | DNF | 0 | | |

Item 151 17:30 Final Women U18 (Youth) 4X400m Relay

| | | | | | | |
|--|-------------------|------|----------|---|---|--|
| 1 | RELAY TEAM,BOLA, | BOLA | 03:49.32 | 9 | G | |
| HEERINK VAN BREDA, Alex / VILJOEN, Anneken / LUDICK, Tatum / VAN DER WESTHUIZEN, Elke / HEERINK VAN BREDA, Alex / ISAACS, Catlin / WILLIAMS, Merlyn-lee / VAN DER WE | | | | | | |
| 2 | RELAY TEAM,AGN A, | AGN | 03:51.88 | 7 | S | |
| JONKER, Mariska / EILERD, Charlize / VAN WYK, Odette / MALINGA, Nosipho / BEZUIDENHOUT, Chazel / BOTHA, Kayla / SWART, Charne / STRIJDOM, Angelique | | | | | | |
| 3 | RELAY TEAM,CGA, | CGA | 04:04.43 | 6 | B | |
| DE WET, Simone / STARBUCK, Megan / VAN ZYL, Diana / STOLZ, Jenna | | | | | | |

Item 152 17:45 Final Men U18 (Youth) 4X400m Relay

| | | | | | | |
|---|-------------------|------|----------|---|---|--|
| 1 | RELAY TEAM,AGN A, | AGN | 03:14.25 | 9 | G | |
| HLOHLO, Thabang / POTGIETER, Eckhardt / JOHNSON, Elviano / DAMBILE, Sinesipho / MADONSELA, Karabo / DU PLESSIS, Edmund / NKHAHLE, Rappie / NORTJIE, Antonie | | | | | | |
| 2 | RELAY TEAM,BOLA, | BOLA | 03:14.83 | 7 | S | |
| DOURIES, Jayden / GEYSER, Emile / CUSTODIO, Luciano / SWART, Adrian John / BURGER, Reece / JACOBS, Zandre / PIETERSEN, Celino / MOSTERT, Hugo | | | | | | |
| 3 | RELAY TEAM,CGA, | CGA | 03:19.67 | 6 | B | |
| MVUYO, Moss / REBOTILE, Mohale / CHAKAIPA, Tamuka / TLHAPI, Olebogeng / JUDDS, Jack / LEDUMA, Kagiso / ZEID, Gabriel / PILLAY, Lyhte | | | | | | |
| 4 | RELAY TEAM,EPA, | EPA | 03:23.10 | 5 | | |
| VIERRA, Luke / VERWEY, Valentino / SMITH, Damian / JORDAN, Ryan | | | | | | |
| 0 | RELAY TEAM,AGN B, | AGN | DNS | 0 | | |
| STRAUSS, Reynardt / MABUNDA, Mbhoni / RAMOKGOPA, Lethlogonolo / GRAY, Samuel / MULLER, Gerhardt / CHOBA, Abednico / SHOBA, Sanele / ERASMUS, Andre | | | | | | |

Item 153 18:00 Final Women U20 (Junior) 4X400m Relay

| | | | | | | |
|--|-------------------|------|----------|---|---|--|
| 1 | RELAY TEAM,AGN A, | AGN | 03:45.87 | 9 | G | |
| VILJOEN, Marli / LOOTS, Marzaan / VELDTMAN, Lethabo / VAN DER WALT, Zeney / PASHA, Remoneilwe / VAN DER MERWE, Antoinette / MOFOMME, Michelle / XEYI, Rose | | | | | | |
| 2 | RELAY TEAM,CGA, | CGA | 03:49.35 | 7 | S | |
| MOLOI, Segopotso / MONGWE, Nikiwe / VAN JAARVELD, Liane / KGADIMA, Prudence / DE KLERK, Xante / MORAKE, Gontse / DUBE, Fina / HATTINGH, Carla | | | | | | |
| 3 | RELAY TEAM,BOLA, | BOLA | 03:52.13 | 6 | B | |
| VAN SCHALKWYK, Janke / MAHER, Tatum / LOUW, Nicole / VERCUIEL, Juli / JACOBS, Liane / BASSON, Mieke / LUDICK, Gabriella / JOHNSON, Lara | | | | | | |

| Place | Athlete,Birthdate | Team | Perf | Points | Medal | Records |
|---|-------------------|------|----------|--------|-------|---------|
| 4 | RELAY TEAM,AGN B, | AGN | 03:54.97 | 5 | | |
| VAN NIEKERK, Sancha / SENOSI, Keletso / BURGESS, Suzie / HANEKOM, Natalie / LEGODI, Karabo / HANEKOM, Natalie / OLCCKERS, Charne-lee / KUBEKA, Phindile | | | | | | |

Item 154 18:15 Final Men U20 (Junior) 4X400m Relay

| | | | | | | |
|---|-------------------|------|----------|---|---|--|
| 1 | RELAY TEAM,CGA, | CGA | 03:14.07 | 9 | G | |
| BUKHALI, Sandile / DE KLERK, Jonathan / JOHNSON, Jordan / MANGOALE, Kabelo / JONKER, Gert / MATALA, Frans / PRINSLOO, Jd / SEETE, David | | | | | | |
| 2 | RELAY TEAM,AGN A, | AGN | 03:17.00 | 7 | S | |
| GOUWS, Joshua / NHLAPO, Sibusiso / DE JONGH, Ruan / SOKHWAKANA, Zazini / NGOVENI, Sammy / MIYA, Sifiso / MIKAAL, Mohamed / MASWAGANYI, Phathutshedzo | | | | | | |
| 3 | RELAY TEAM,BOLA, | BOLA | 03:20.95 | 6 | B | |
| PIETERSEN, Liam / DE KOKER, Dewald / LABUSHAGNE, Ruan / TAYLOR, Adrian / OCTOBER, Jason Matthew / BRUINTJIES, Stuart / VAN WYK, Valco / FARO, Tristan | | | | | | |
| 4 | RELAY TEAM,LIMA, | LIMA | 03:23.33 | 5 | | |
| SNYMAN, Nico / WILLEMSE, Tewis / RAMOTHWALA, Kgotshatso / MOKGAHLANE, Keletso / BALOYI, Ndzalama / HARMSE, Harmse / NGWASHENG, Sammy / CLOETE, Zandre | | | | | | |
| 5 | RELAY TEAM,ACNW, | ACNW | 03:26.36 | 4 | | |
| BANTWENI, Tshidiso / KERILENG, Gomolemo / FOURIE, Stefan / VAN WYK, Carlin | | | | | | |
| 0 | RELAY TEAM,AMPU, | AMPU | DNS | 0 | | |
| MACHETE, Katlego / SELEPE, Thabang / MASEKO, Nhlanhla / SIBEKO, Siyabonga | | | | | | |
| 0 | RELAY TEAM,AGN B, | AGN | DNS | 0 | | |
| MWAGU, Tshegofatso / MAYO, Adam / KHOZA, Amos / DU PLESSIS, Gerdus / VAN WYK, Edwin / DEAN, Tristan / VON STADE, Zander / SCHOEMAN, Michael | | | | | | |