



**ATHLETICS SOUTH AFRICA
NATIONAL PRIMARY SCHOOLS
TRACK & FIELD CHAMPIONSHIPS**

19 – 21 MARCH 2020

**UMSUNDUZI MUNICIPALITY
ATHLETICS STADIUM;
PIETERMARITZBURG**

TEAM MANUAL

ASA NATIONAL PRIMARY SCHOOLS TRACK & FIELD CHAMPIONSHIPS

1. Date and Venue

Date: Friday, 20 March – Saturday, 21 March 2020

Venue: Umsunduzi Municipality Athletics Stadium,
Pietermaritzburg

2. The Stadium

- 2.1 The ground is 400m tartan track with eight lanes.
- 2.2 Its class 1 IAAF (World Athletics) certified stadium.
- 2.3 Hosted the CAA Invitation Championships 2 years ago
- 2.2 It has got the following field events:
 - 2 Shot Put Pits
 - 2 Javelin Areas
 - 2 Long Jump Areas
 - 2 High Jump Areas
 - 1 Discus Throw Areas

3. Entries

- 3.1 No entries will be taken on the day of the competition. It's a pre-entry event.
- 3.2 Once the team has been confirmed no more changes will be entertained.
- 3.3 Team Managers to check their entries before the Technical Meeting.
- 3.4 No changes will be done after the Technical Meeting.
- 3.5 Track events take precedence over field events.
- 3.6 All competitors must be Bona Fide School Students, with a minimum age of 10 years and maximum of 13 years in the year of competition.
- 3.7 An athlete may participate in a maximum of 3 (three) events plus one relay.
- 3.8 Athletes will not be allowed to compete in two different age groups during the same meeting
- 3.9 The closing date for entries is Monday, 09 March 2020.

NB: All Provinces must honour the closing date for entries. Late entries, will be penalized with R500.00 per day or part of it. The Penalty will have to be paid before participation is allowed!!

4. Entrance fees for spectators

- Adults - R 50.00 per person
- Learners (non-participants, under 12yrs) - R20.00 per learner
- Vehicles' - R 30.00 per vehicle
- Participating Learners - No Fee

NB: The teams will be given free tickets which will cover the whole contingents according to their entries.

5. Age Groups

- 5.1. The following age groups will participate at the ASA Primary Schools Track and Field Championships:

| CATEGORY | AGE GROUP | YEAR OF BIRTH FOR THE SPECIFIC AGE GROUP |
|----------------|-----------|--|
| Primary Youth | 13 | Born in 2007 (13 years and younger on 31 Dec 2020) |
| Primary Youth | 12 | Born in 2008 (12 years and younger on 31 Dec 2020) |
| Sub Prim Youth | 11 | Born in 2009 (11 years and younger on 31 Dec 2020) |
| Sub Prim Youth | 10 | Born in 2010 (10 years and younger on 31 Dec 2020) |

5.2 ACTIVITY PROGRAMME

| DATE | TIME | ACTIVITY | RESPONSIBILITY |
|----------------|---------------|---|---|
| Mon, 02 March. | 24:00 | Submission of Technical Officials | Provinces |
| Mon, 09 March | 24:00 | Submission of Entries by 09 Provinces | Provinces |
| | 24:00 | Placed Technical Officials send back to Provinces | LOC |
| Thur. 12 March | 24:00 | Send back entries to Provinces for confirmation | LOC Provinces |
| Mon. 16 March | 24:00 | Provinces to receive FINAL start lists | LOC Provinces |
| Thu, 19 March | 08:00 – 15:00 | Arrivals of Teams, Registration and scrutinization of documents | Team Managers LOC |
| | 16:00 – 17:00 | Team Managers and Competition Management Meeting | Team Managers Competition Management LOC |
| | 17:00 – 18:00 | Technical Officials Meeting | LOC |
| Fri, 20 March | 09:00 – 18:45 | Day 1 of the Competition | 9 Provinces Technical Officials LOC Competition Management |
| Sat, 21 March | 08:00 – 16:00 | Day 2 of the Competition | 9 Provinces Technical Officials LOC Technical Management |

6. Final Time Table

6.1 The FINAL official programme will be provided at the Technical Meeting (Team Managers' meeting) on Thursday, 19 March 2020 at 17:00

7. Relays

- 7.1 Team Managers to confirm the names of their relay teams 3 hours before the start of the relay events
- 7.2 Names to be submitted to Competition Secretary.

8. Heats and Qualifications

8.1 For some of the track events there will be heats and finals.

- If there are 3 heats, the first 2 athletes in each heat plus 2 fastest times will go through the final
- If there are 2 heats, the first 3 athletes in each heat plus 2 fastest times will go through the final

8.2 For Long Jump event, any athlete that will reach the qualifying distance will go through to the final. If there are not more than 12 athletes that will reach the qualifying standards, the first 12 athletes with best distances will go through to the final. If there are less than 15 athletes, that event will be a final

9 Publication of Results

9.1 The results of each event will be displayed on a notice board at the venue.

- Boys = Blue
- Girls = Pink
- Start Lists = White
- Revised start lists = Green

9.2 The set of the competition results will be e-mail to all Provinces. Please provide the e-mail address. No copies of set of competition results will be made on the day. (No e-mail address, No results)

10 Equipment and Implements

10.1 The organising committee will provide all equipment and implements.

10.2 Those athletes who want to use their Implements for the throws must hand them in for ASIZING purposes at least 2 hours before their event at the assizing room.

10.3 The Implement will be returned to the athlete at the finish of the competition.

11. Athletes Control Centre

11.1 The Call Room for the athletes will be situated at the warm-up area. All athletes must report to the call-room.

11.2 When the control has been completed an official will accompany the athletes to the final Control Point and Starting Area.

11.3 Athletes call out times will be as follows:

| Event | Call Room | Entry on the field |
|--------------|-------------------------------------|--------------------------------------|
| Field events | 40-minutes before the starting time | 20-minutes before the starting time. |
| Track Events | 40-minutes before the starting time | 10-minutes before the starting time |
| Hurdles | 35-minutes before the starting time | 15-minutes before the starting time |

12 Technical Information Centre

12.1 The TIC will be located at Umsunduzi Municipality Athletics Stadium on the pavilion stands.

13 Protests

- 13.1 Protests shall be made in accordance with Rule 146. During the course of an event an athlete or his team official may lodge a verbal protest to the appropriate Referee.
- 13.2 An appeal must also be made in writing on the protest form, which can be obtained from the Technical Information Centre.
- 13.3 The protest must be submitted in duplicate to the TIC accompanied by a deposit of **R500-00** not later than 30 minutes after the official announcement of the result.

14 Medical

- 14.1 First aid will be provided at the ground for minor accidents.
- 14.2 Teams will need to provide their own medical staff as well.
- 14.3 If an athlete is referred to the hospital that must be done with immediate effect and the Province of athlete concern will be liable for the cost.
- 14.4 Athletes to bring along their medical aids card and the particulars of the main member.

15. Security

- 15.1 There will be security in and around the stadium including the accommodation venues.
- 15.2 Let us try and respect the instructions from security at all times.
- 15.3 They are there to make our lives easy, so let's treat them with respect.

16. Doping control

- 16.1 ASA reserves the right to test the athletes.
- 16.2 Participating learners must declare their medication to their Team Managers. Team Managers must accompany the participating learner to the test room should SAIDS identify the participating learner to be tested

17. Custody of clothing

- 17.1 Team Managers to take care of the clothing of their teams.
- 17.2 Basket carries will be provided at the start as well as at the finish.
- 17.2 Technical Officials are not allowed to look after athlete's clothing.

18 Victory Ceremony

- 18.1 Championships medals will be awarded to the first three (3) athletes in each final event
- 18.2 A Trophy will be awarded to the Best Performer in every section as indicated – Track Girls, Track Boys, Field Girls and Field Boys.
- 18.3 All Team Managers must, however, verify their athletes who finish among the top three (three) in a final event, before the medals are awarded.
- 18.4 Any Team Manager failing to comply with this arrangement will forfeit the athlete's medal.

- 18.5 Athletes to wear their Provincial Colours when receiving the medals, preferable tracksuits or may running attire
- 18.6 Athletes may not remove their medal from the neck until the Medal Ceremony is finish and left the arena
- 18.7 Athletes must assemble at medal holding tent at least 30 minutes before the time of presentations as scheduled.
- 18.8 Athletes who will fail to report at assembly medal tent we forfeit their medal
- 18.9 Please see the time slots for the Medal Presentation on the competition programme.

19 Seating arrangements

- 19.1 Teams will be allocated seats in the pavilion, please make sure athletes are together at all times.
- 19.2 The seating plan will be given to the Team Managers during the Technical Meeting (Team Managers Meeting) on Thursday, 19 March 2020

20 Opening Ceremonies

- 20.1 Opening ceremony will be held at Umsunduzi Municipality Athletics Stadium.
- 20.2 Final details of the Opening Ceremony will be given to Team Managers during the Technical Meeting on Thursday 19 March 2020

21. Assistance to Athletes

- 21.1 In all races of more than one lap intermediate times will be display to athletes on scoreboard located at the finish line.
- 21.2 Water will ONLY be provided at the finish for races more than one lap.

22. Technical Data

- 22.1 Photo Finish timing, Video recording of finishing and Running Hand timing (back up) will be used.
- 22.2 Two race number per athlete will be issued.
During the competition, athletes must always wear the numbers in front (on the chest) and at the back except for High Jump where athletes can wear only one number in front (on the chest) or at the back and for Long Jump in front, in their original shape and size properly secured on the four corners.

Please note IAAF Rule 143.7-9. *Any athlete who does not respect these rules will not be allowed to compete.*

23. Technical Manager's Office

- 23.1 The office of the Technical Manager will be located at Umsunduzi Municipality Athletics Stadium.

24. Identification of Officials

- 24.1 During the competition, the officials will be recognisable by means of different coloured shirts:

- Meeting Manager and staff.....Green
- Referees.....Blue
- Starters.....Red
- Technical Manager and staff.....Yellow
- Judges.....White

25. General

- 25.1 The competition will be conducted under ASA Rules (See ASA Technical Regulations 2019 FOREWORD).
- 25.2 Athletes are not permitted to take any cassette recorders, radios etc., into the competition area.
- 25.3 A competitor shall be excluded from further participation in cases where a final confirmation was given at the Technical Meeting, which the athlete would start in an event but then failed to participate in any event, unless a valid reason is supplied.
- FAILURE TO PARTICIPATE ALSO MEANS FAILURE TO COMPETE HONESTLY WITH *BONA FIDE* EFFORT, AND IN THE PROPER SPIRIT OF THE EVENT.**
- 25.4 No littering within the grounds will be allowed.
- 25.5 Respect officials - poor behaviour etc. can result in suspension.
- 25.6 No alcohol or glass bottles will be allowed at the stadium.
- 25.7 Team Managers and Coaches are responsible for the good conduct and behaviour of their own athletes. Disciplinary action will be taken against any defaulting Province.
- 25.8 Athletes will not be allowed to compete in any event if in the opinion of the officials, he/she is not suitably attired.
- 25.9 No person, except technical officials, will be allowed within the arena. The same apply to athletes who are not participating.
- 25.10 Only Team Managers may enter the competition area to launch a protest.
- 25.11 Athletes must leave the arena immediately after they have completed their event.
- 25.12 Track athletes must remain in their lanes after completing their event. Track judges will take them to the recording table.
- 25.13 The start of the 800m and 1200m event will be run in lanes until the athlete reaches the break-in-line.
- 25.14 **STARTING RULE (Rule 162.7)**
- (a) Only one false start per race shall be allowed without disqualification of the athlete(s) making the false start. Any athlete(s) making a further false start shall be disqualified from the race” (**This rule will only apply to Primary Schools Competition ONLY**)
 - (b) All athletes taking part in the Sprints, Hurdles and Relays must use starting blocks. Starting Blocks will be provided at the start.
 - (c) ONLY starting blocks that will be provided by the organisers may be used

25.15 VERIFICATION OF BIRTH

- (a) **Passport** or Copy thereof certified by a Commissioner of Oaths **OR Birth Certificate** with a recent photo attached thereto, stamped in full at the back of the photo.
- (b) **Certified copies must not be more than three (3) months old**
- (c) After the photo has been attached to the Certificate, an official stamp should also appear halfway on the photo and halfway on the certificate to now form a unit.
- (d) The General Manager of each Province must have a list of all athletes with the relevant information stating the date of birth of each athlete. The list must be verified and duly approved and signed-off by the District Structure.
- (e) **Any Team Manager failing to comply with this arrangement will forfeit the athlete's medal. Districts will be held responsible if an athlete is entered in the wrong age division.**

26. Accommodation, Catering and Transport.

- 26.1 Each athletics Province must organise their own transport, accommodation and catering.
- 26.2 Approach your Provincial Department of Basic Education or and Department of Sport & Recreation for assistance.
- 26.3 Each Province to submit their accommodation and transport plan to the LOC by Monday, 9 March 2020

NB: Districts must please verify the QUALITY of accommodation with the LOC before making any bookings for accommodation.

27 TECHNICAL OFFICIALS

- 27.1 Each Province to submit 6 Technical Officials for the purpose of officiating.
- 27.2 The number of Technical Officials will be 100.
- 27.3 The rest of the Technical Officials (52) will come from the host Province .
- 27.4 The names of Technical Officials should be filled in on the accompanying form and send back by the specific date **(Monday 02 March 2020).to Mr Celi MAKHOB**

28. ENQUIRES

Direct enquires to the following:

| Portfolio | Name and Surname | Cell Phone | E-mail Address |
|---------------------|------------------|--------------|-------------------------|
| Chairperson | Mangethe ZWANE | 083 447 1700 | sasakzngs14@gmail.com |
| Entries | Clyde KINLOCH | 082 572 3408 | clyde.kinloch@gmail.com |
| Technical Officials | Celi MAKHOB | 073 175 8725 | celi@lantic.net |
| KZNA | Dess GOVENDOR | 083 785 4333 | dees@kznathletics.co.za |

FIRST DAY OF COMPETITION - FRIDAY, 22 MARCH 2019

| | | | | | | |
|----|-------|-----------|---------------------|-------|--------------|---------------|
| 1 | 09:00 | Girls 11 | 1200m | Heats | | Final 106 |
| 2 | 09:00 | Boys 13 | Long Jump (A Pit) | | Final | |
| 3 | 09:00 | Girls 13 | Long Jump (B Pit) | | Final | |
| 4 | 09:00 | Boys 12 | High Jump (A Mat) | | Final | |
| 5 | 09:00 | Girls 12 | High Jump (B Mat) | | Final | |
| 6 | 09:00 | Girls 11 | Shot Put (A Circle) | | Final | |
| 7 | 09:05 | Girls 13L | 1200m | | Final | |
| 8 | 09:15 | Girls 10 | 80m | Heats | | Semi-final 37 |
| 9 | 09:25 | Boys 10 | 80m | Heats | | Semi-final 38 |
| 10 | 09:35 | Girls 11 | 80m | Heats | | Semi-final 39 |
| 11 | 09:45 | Boys 11 | 80m | Heats | | Semi-final 40 |
| 12 | 09:55 | Girls 12 | 150m | Heats | | Semi-final 41 |
| 13 | 10:05 | Boys 12 | 150m | Heats | | Semi-final 42 |
| 14 | 10:15 | Girls 13L | 200m | Heats | | Final 60 |
| 15 | 10:25 | Girls 13 | 200m | Heats | | Semi-final 43 |
| 16 | 10:35 | Boys 13L | 200m | Heats | | Final 62 |
| 17 | 10:45 | Boys 13 | 200m | Heats | | Semi-final 44 |
| 18 | 10:55 | Girls 13 | 800m | Heats | | Final 76 |
| 19 | 11:05 | Boys 13 | 800m | Heats | | Final 77 |
| 20 | 11:10 | Girls 13 | Shot Put (B Circle) | | Final | |
| 21 | 11:10 | Boys 12 | Discus Throw | | Final | |
| 22 | 11:10 | Girls 12 | Javelin | | Final | |
| 23 | 11:15 | Girls 10 | 70m Hurdles | Heats | | Final 68 |
| 24 | 11:25 | Boys 10 | 70m Hurdles | Heats | | Final 69 |
| 25 | 11:35 | Girls 11 | 70m Hurdles | Heats | | Final 70 |
| 26 | 11:45 | Boys 11 | 70m Hurdles | Heats | | Final 71 |
| 27 | 11:45 | Girls 13L | Shot Put (A Circle) | | Final | |
| 28 | 11:45 | Boys 11 | Long Jump (B Pit) | | Final | |
| 29 | 11:45 | Girls 11 | Long Jump (A Pit) | | Final | |
| 30 | 11:45 | Boys 10 | High Jump (A Mat) | | Final | |
| 31 | 11:45 | Girls 10 | High Jump (B Mat) | | Final | |
| 32 | 11:55 | Girls 12 | 75m Hurdles | Heats | | Final 72 |
| 33 | 12:05 | Boys 12 | 75m Hurdles | Heats | | Final 73 |

| | | | | | | |
|----|--------------|-----------|---------------------------------|--|--------------|-----------|
| 34 | 12:15 | Girls 13 | 75m Hurdles | Heats | | Final 74 |
| 35 | 12:25 | Boys 13 | 80m Hurdles | Heats | | Final 75 |
| | 12:30 | | Medal Presentation | ITEMS: 2, 3, 4, 5, 6, 7 | | |
| 36 | 12:35 | Boys 11 | 1200m | Heats | | Final 107 |
| 37 | 12:45 | Girls 10 | 80m | Semi-finals | | Final 54 |
| 38 | 12:50 | Boys 10 | 80m | Semi-finals | | Final 55 |
| 39 | 12:55 | Girls 11 | 80m | Semi-finals | | Final 56 |
| 40 | 13:00 | Boys 11 | 80m | Semi-finals | | Final 57 |
| 41 | 13:10 | Girls 12 | 150m | Semi-finals | | Final 58 |
| 42 | 13:15 | Boys 12 | 150m | Semi-finals | | Final 59 |
| 43 | 13:20 | Girls 13 | 200m | Semi-finals | | Final 61 |
| 44 | 13:25 | Boys 13 | 200m | Semi-finals | | Final 63 |
| | | | LUNCH: 13:30 - 14:00 | | | |
| 45 | 14:00 | Boys 13 | Shot Put (A Circle) | | Final | |
| 46 | 14:00 | Boys 11 | Shot Put (B Circle) | | Final | |
| 47 | 14:00 | Boys 12 | Javelin | | Final | |
| 48 | 14:00 | Girls 12 | Discus Throw | | Final | |
| 49 | 14:00 | Girls 11 | High Jump (B Mat) | | Final | |
| 50 | 14:00 | Girls 13L | High Jump (A Mat) | | Final | |
| 51 | 14:00 | Boys 13L | Long Jump (B Pit) | | Final | |
| 52 | 14:00 | Girls 12 | 1200m | Heats | | Final 134 |
| 53 | 14:10 | Boys 12 | 1200m | Heats | | Final 135 |
| 54 | 14:20 | Girls 10 | 80m | | Final | |
| 55 | 14:25 | Boys 10 | 80m | | Final | |
| 56 | 14:30 | Girls 11 | 80m | | Final | |
| 57 | 14:35 | Boys 11 | 80m | | Final | |
| 58 | 14:45 | Girls 12 | 150m | | Final | |
| 59 | 14:50 | Boys 12 | 150m | | Final | |
| 60 | 15:00 | Girls 13L | 200m | | Final | |
| 61 | 15:05 | Girls 13 | 200m | | Final | |
| 62 | 15:10 | Boys 13L | 200m | | Final | |
| 63 | 15:15 | Boys 13 | 200m | | Final | |
| | 15:20 | | Medal Presentation | ITEMS: 20, 21, 22, 27, 28, 29, 30, 31 | | |
| 64 | 15:25 | Girls 13 | 1500m Walk | | Final | |
| 65 | 15:35 | Boys 13L | 1500m | | Final | |
| 66 | 15:45 | Girls 10 | 1200m | Heats | | Final 136 |
| 67 | 15:55 | Boys 10 | 1200m | Heats | | Final 137 |
| 68 | 16:05 | Girls 10 | 70m Hurdles | | Final | |
| 69 | 16:10 | Boys 10 | 70m Hurdles | | Final | |
| 70 | 16:15 | Girls 11 | 70m Hurdles | | Final | |

| | | | | | | | |
|----|--------------|-----------|---------------------------|--|--------------|--|-----------|
| 71 | 16:20 | Boys 11 | 70m Hurdles | | Final | | |
| 72 | 16:30 | Girls 12 | 75m Hurdles | | Final | | |
| 73 | 16:35 | Boys 12 | 75m Hurdles | | Final | | |
| 74 | 16:40 | Girls 13 | 75m Hurdles | | Final | | |
| 75 | 16:50 | Boys 13 | 80m Hurdles | | Final | | |
| | 17:00 | | Medal Presentation | ITEMS: 45,46,47,48,49,50,50,51,54,55,56,57,58 59,60,61,62,63,64,65. | | | |
| 76 | 17:00 | Girls 13 | 800m | | Final | | |
| 77 | 17:05 | Boys 13 | 800m | | Final | | |
| 78 | 17:15 | Girls 10 | 4x100m Relay | Heats | | | Final 153 |
| 79 | 17:25 | Boys 10 | 4x100m Relay | Heats | | | Final 154 |
| 80 | 17:35 | Girls 11 | 4x100m Relay | Heats | | | Final 155 |
| 81 | 17:45 | Boys 11 | 4x100m Relay | Heats | | | Final 156 |
| 82 | 17:55 | Girls 12 | 4x100m Relay | Heats | | | Final 157 |
| 83 | 18:05 | Boys 12 | 4x100m Relay | Heats | | | Final 158 |
| 84 | 18:15 | Girls 13L | 4x100m Relay | Heats | | | Final 159 |
| 85 | 18:25 | Girls 13 | 4x100m Relay | Heats | | | Final 160 |
| 86 | 18:35 | Boys 13L | 4x100m Relay | Heats | | | Final 161 |
| 87 | 18:45 | Boys 13 | 4x100m Relay | Heats | | | Final 162 |

SECOND DAY OF COMPETITION
SATURDAY, 24 MARCH 2019

| | | | | | | | |
|-----|--------------|-----------|---------------------------|---|--------------|--|----------------|
| 88 | 08:00 | Boys 13 | High Jump (A Mat) | | Final | | |
| 89 | 08:00 | Girls 13 | High Jump (B Mat) | | Final | | |
| 90 | 08:00 | Boys 12 | Long Jump (A Pit) | | Final | | |
| 91 | 08:00 | Girls 12 | Long Jump (B Pit) | | Final | | |
| 92 | 08:00 | Girls 10 | Shot Put (A Circle) | | Final | | |
| 93 | 08:00 | Boys 13L | Shot Put (B Circle) | | Final | | |
| 94 | 08:00 | Girls 13 | 1500m | Heats | | | Final 151 |
| 95 | 08:10 | Boys 13 | 1500m | Heats | | | Final 152 |
| 96 | 08:20 | Girls 10 | 100m | Heats | | | Semi-final 118 |
| 97 | 08:30 | Boys 10 | 100m | Heats | | | Semi-final 119 |
| 98 | 08:40 | Girls 11 | 100m | Heats | | | Semi-final 120 |
| 99 | 08:50 | Boys 11 | 100m | Heats | | | Semi-final 121 |
| 100 | 09:00 | Girls 12 | 100m | Heats | | | Semi-final 122 |
| 101 | 09:10 | Boys 12 | 100m | Heats | | | Semi-final 123 |
| 102 | 09:20 | Girls 13L | 100m | Heats | | | Final 147 |
| 103 | 09:25 | Girls 13 | 100m | Heats | | | Semi-final 124 |
| 104 | 09:30 | Boys 13L | 100m | Heats | | | Final 148 |
| 105 | 09:35 | Boys 13 | 100m | Heats | | | Semi-final 125 |
| | 09:40 | | Medal Presentation | ITEMS: 64,65,68,69,70, 71,72, 73, 74,75, | | | |

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|-----|--------------|-----------|---------------------------------|--|--------------|--------------|
| | | | | | | 76,77 |
| 106 | 09:45 | Girls 11 | 1200m | | Final | |
| 107 | 09:50 | Boys 11 | 1200m | | Final | |
| 108 | 10:00 | Girls 12 | 150m Hurdles | Heats | | Final 130 |
| 109 | 10:00 | Boys 12 | Shot Put (B Circle) | | Final | |
| 110 | 10:00 | Boys 13 | Javelin | | Final | |
| 111 | 10:00 | Girls 13 | Discus Throw | | Final | |
| 112 | 10:00 | Girls 13L | Long Jump (A Pit) | | Final | |
| 113 | 10:00 | Boys 11 | High Jump (A Mat) | | Final | |
| 114 | 10:00 | Boys 13L | High Jump (B Mat) | | Final | |
| 115 | 10:10 | Boys 12 | 150m Hurdles | Heats | | Final 131 |
| 116 | 10:20 | Girls 13 | 200m Hurdles | Heats | | Final 132 |
| 117 | 10:30 | Boys 13 | 200m Hurdles | Heats | | Final 133 |
| 118 | 10:40 | Girls 10 | 100m | Semi-final | | Final 141 |
| 119 | 10:50 | Boys 10 | 100m | Semi-final | | Final 142 |
| 120 | 11:00 | Girls 11 | 100m | Semi-final | | Final 143 |
| 121 | 11:10 | Boys 11 | 100m | Semi-final | | Final 144 |
| 122 | 11:20 | Girls 12 | 100m | Semi-final | | Final 145 |
| 123 | 11:30 | Boys 12 | 100m | Semi-final | | Final 146 |
| 124 | 11:40 | Girls 13 | 100m | Semi-final | | Final 148 |
| 125 | 11:50 | Boys 13 | 100m | Semi-final | | Final 150 |
| 126 | 12:00 | Boys 10 | Long Jump (B Pit) | | Final | |
| 127 | 12:00 | Girls 10 | Long Jump (A Pit) | | Final | |
| 128 | 12:00 | Boys 10 | Shot Put (A Circle) | | Final | |
| 129 | 12:00 | Girls 12 | Shot Put (B Circle) | | Final | |
| 130 | 12:00 | Girls 12 | 150m Hurdles | | Final | |
| 131 | 12:05 | Boys 12 | 150m Hurdles | | Final | |
| 132 | 12:15 | Girls 13 | 200m Hurdles | | Final | |
| 133 | 12:20 | Boys 13 | 200m Hurdles | | Final | |
| | 12:25 | | Medal Presentation | ITEMS: 88, 89, 90, 91, 92, 93,106,107 | | |
| 134 | 12:30 | Girls 12 | 1200m | | Final | |
| 135 | 12:35 | Boys 12 | 1200m | | Final | |
| 136 | 12:40 | Girls 10 | 1200m | | Final | |
| 137 | 12:45 | Boys 10 | 1200m | | Final | |
| 138 | 12:55 | Boys 13 | 1500m Walk | | Final | |
| | | | LUNCH: 13:10 - 14:00 | | | |
| 139 | 14:00 | Boys 13 | Discus Throw | | Final | |
| 140 | 14:00 | Girls 13 | Javelin | | Final | |
| 141 | 14:00 | Girls 10 | 100m | | Final | |
| 142 | 14:05 | Boys 10 | 100m | | Final | |

| | | | | | | |
|-----|-----------------------|---|---------------------------|---|--|--|
| 143 | 14:10 | Girls 11 | 100m | Final | | |
| 144 | 14:15 | Boys 11 | 100m | Final | | |
| 145 | 14:20 | Girls 12 | 100m | Final | | |
| 146 | 14:25 | Boys 12 | 100m | Final | | |
| 147 | 14:30 | Girls 13L | 100m | Final | | |
| 148 | 14:35 | Girls 13 | 100m | Final | | |
| 149 | 14:40 | Boys 13L | 100m | Final | | |
| 150 | 14:45 | Boys 13 | 100m | Final | | |
| | 14:50 | | Medal Presentation | <u>ITEMS:</u> 109, 110, 111, 112, 113, 114, 126, 127, 128, 129, 133, 134, 135, 136, 137, 138. | | |
| 151 | 14:55 | Girls 13 | 1500m | Final | | |
| 152 | 15:00 | Boys 13 | 1500m | Final | | |
| 153 | 15:10 | Girls 10 | 4x100m Relay | Final | | |
| 154 | 15:15 | Boys 10 | 4x100m Relay | Final | | |
| 155 | 15:20 | Girls 11 | 4x100m Relay | Final | | |
| 156 | 15:25 | Boys 11 | 4x100m Relay | Final | | |
| 157 | 15:30 | Girls 12 | 4x100m Relay | Final | | |
| 158 | 15:35 | Boys 12 | 4x100m Relay | Final | | |
| 159 | 15:40 | Girls 13L | 4x100m Relay | Final | | |
| 160 | 15:45 | Girls 13 | 4x100m Relay | Final | | |
| 161 | 15:50 | Boys 13L | 4x100m Relay | Final | | |
| 162 | 15:55 | Boys 13 | 4x100m Relay | Final | | |
| | 16:00 | | Medal Presentation | <u>ITEMS:</u> 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152. | | |
| | 17:00 | CLOSING CEREMONY | | | | |
| | 17:00 to 18:00 | No Medal Presentation Medal will be collected at medal room/table of these items because of time constraints Team managers collect and sign for medals | | <u>ITEMS:</u> 153, 154, 155, 156, 157, 158, 159, 160, 161, 162. | | |