



**2020
TWIZZA ASA U/16, U/18
(Youth) and U/20 (Junior) T & F
CHAMPIONSHIPS
incorporating the SASA
National High School; LSEN &
DEAF School Championships
26-28 March 2020
Hosted by Boland Athletics**

TEAM MANUAL

**For Provincial Team Managers
and Team Coaches**

**This event takes place in
accordance with IAAF and ASA
Competition Rules**



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1. VENUE

- 1.1 The competition will take place at the Dal Josephat Athletics Stadium, Paarl from Thursday 26 March 2020 to Saturday 28 March 2020.
- 1.2 The stadium has an eight lane synthetic track around and a ten lane track in the straight, with facilities for all athletics events.

2. GENERAL

- 2.1 The meeting will be conducted under the rules of IAAF and ASA.
- 2.2 Deadline for submission of all entry forms from Provinces is Wednesday, 18 March 2020. **Please note that no hard copies will be accepted. Faxed or scanned entries will be rejected and the athletes will not be entered for the competition.**
- 2.3 The Championships are open for all ASA provincial members. Only athletes with a valid SA ID-number will be allowed to enter. This implies that all athletes should be registered members of a school/ club and in possession of a 2020 ASA license number.
- 2.4 Competition is for the following age groups only (IAAF Rule 141):
 - 2.4.1 **MAINSTREAM ATHLETES**

ONLY ATHLETES AGED 14, 15, 16, 17, 18, 19 ON 31 DECEMBER 2020 (born in 2002 - 2006 may compete. The maximum number of events in which a Youth athlete born in 2003 - 2006) CAN COMPETE IS TWO INDIVIDUAL EVENTS PLUS ONE OF THE RELAYS. IF THE TWO INDIVIDUAL EVENTS ARE TRACK EVENTS, ONLY ONE OF THESE MAY BE LONGER

 - a. **Sub-Youth:** 14 or 15 years on 31 December 2020 (born in 2005 or 2006)
 - b. **Youth:** 16 or 17 years old on 31 December 2020 (born in 2003 or 2004)
 - c. **Junior:** 18 or 19 Years old on 31 December 2020 (born in 2001 or 2002)
 - d. **Please take note that no athlete born later than 2006 will be allowed to participate**
 - e. **Athletes must participate in the event(s) they wish to represent South Africa, should they be selected.**
 - 2.4.2 **L.S.E.N AND DEAF ATHLETES**

ONLY ATHLETES AGED 14, 15, 16, 17, 18, 19 ON 31 DECEMBER 2020 (born in 2002 - 2006 may compete. Athletes competing in this category must at a registered learner at an L.S.E.N school.

 - a. **Sub-Youth:** 14 or 15 years on 31 December 2020 (born in 2005 or 2006)
 - b. **Youth:** 16 or 17 years old on 31 December 2020 (born in 2003 or 2004)
 - c. **Junior:** 18 or 19 Years old on 31 December 2020 (born in 2001 or 2002)
 - d. **Please take note that no athlete born later than 2006 will be allowed to participate**
- 2.5 Entries without an ID-number will not be accepted, and it will be returned to the Province. **Please have copies of ID –documents with a passport photo that is certified by a commissioner of oath available at number collection.**
- 2.6 **Implements:** Competitors may use their own implements, provided these are checked before competition by the Technical Manager. These implements can only be used by other athletes with the permission of the owner of the implement (competition specific rule). Personal implements, with the owner's name on it, must be handed in at the equipment room not later than 3 hours before the official starting time of the event. No competitor

shall be permitted to take any implement into the arena. At the end of the competition, athletes shall leave the field carrying their own implements.

- 2.7 **Pole Vault:** Poles must be delivered at the Equipment Room no later than 3 hours before the official starting time of the event, or as the Technical Meeting decide. Each pole or bag must be clearly marked with the name and competition number of the athlete and the event no. After the inspection the Technical Staff shall deliver the poles to the competition area in time for the athlete's warm-up. At the end of the competition, athletes shall leave the field carrying their own poles.
- 2.8 Athletes are not permitted to have in their possession cell phones, cassette recorders, radio, iPods, MP3s etc, in the competition arena (IAAF Rule 144.2 (b)).
- 2.9 At the competition area before the beginning of the event, each field athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges (IAAF Rule 180.1).
- 2.10 Once the competition has begun, competitors are not permitted to use implements, runways or circles for practice or warm-up purposes. (IAAF Rule 180.2).
- 2.11 A competitor shall be excluded from further participation in the championships in cases where:
- 2.11.1 A final confirmation was given that the athlete would start in an event but then failed to participate.
- 2.11.2 He/she qualified in preliminary rounds or heats for further participation in an event but then failed to participate further.
- 2.12 **Heats and Qualifications:**
- 2.12.1 As soon as an athlete has achieved the qualification standard, he/she shall be requested to leave the field, accompanied by a Judge. All other athletes shall leave the field together, accompanied by a Judge when the event finishes.
- 2.12.2 In qualifying rounds of field events, if less than 12 competitors reach the required qualification standard, the first 12 and every competitor tying for the 12th place will be entitled to compete in the finals. In the 800m track events, 10 athletes and from 1500m and longer events, 12 athletes will go through to the finals.
- 2.12.3 In all field events and track events from and including 1500m, if only 15 competitors or less are entered for an event, there will be no qualifying rounds, and all competitors will go directly to the final.
- 2.12.4 There will be no qualifying standards set by ASA for the 2020 ASA u/16, u/18 and u/20 Championships. However, due to the duration of field events, there will be starting heights and starting distances in the qualifying rounds/ or Finals. (Please see list on page 8)
- 2.13 Team Managers must confirm the names and running order in writing, of the athletes participating in the various relay teams to the Meeting Secretary at least three (3) hours before each relay event takes place.
- 2.14 **Publication of Results:**
Draw list for each event (heats, qualifying rounds and finals) as well as the results of each event will be displayed on the notice board or at a designated area at the stadium.

2.15 Participation and Entry Fee:

The entry fee for athletes at this Championship will be:

Provincial Entries: R50

Entry fees are payable directly to Boland Athletics into the following bank account:

Bank Name: Standard Bank
Branch: PAARL
Branch Code:
Account Name: Boland Athletics
Account Number: 072179503
Account Type: Cheque Account
Reference: "Members Name" & 2020 SA Junior Champs

Please provide proof of payment with your entries.

The closing date for provincial entries is by the close of business on Wednesday, 18 March 2020. Provincial entries must be done on the attached entry form and must be forwarded to the ASA office for attention of Mehlo Hlabangane (mehloh@athleticssa.co.za).

PLEASE KINDLY NOTE THAT PENALTIES WILL BE CHARGED TO ALL LATE ENTRIES

2.16 Entry fee for spectators, per day, payable at the stadium: Adults: R50, High School Scholars: R20, Primary School Scholars: FREE.

2.17 A TEAM WILL BE CHOSEN FOR THE CAA AFRICAN YOUTH AND JUNIOR CHAMPIONSHIPS AT A VENUE STILL TO BE ANNOUNCED

2.18 A TEAM WILL BE SELECTED FOR THE COSSASA SCHOOL GAMES CHMAPIONSHIPS AT A VENUE STILL TO BE ANNOUNCED

TWO ATHLETES PER EVENT WILL BE CHOSEN FOR THESE CHAMPIONSHIPS

3. EVENTS PER AGE GROUP FOR THE 2020 CHAMPIONSHIPS

MAIN STREAM: BOYS & GIRLS: u/16, u/18, u/20 (15, 17, 19)

EVENT	BOYS/ Age			GIRLS/ Age		
	u/16	u/18	u/20	u/16	u/18	u/20
100 m	x	x	x	x	x	x
200 m	x	x	x	x	x	x
400 m	x	x	x	x	x	x
800 m	x	x	x	x	x	x
1,500 m	x	x	x	x	x	x
3,000 m	x	x	x	x	x	x
5,000 m			x			x
1 500m Steeple	x			x		
2,000 m Steeple		x			x	
3,000 m Steeple			x			x
90 m H				x		
100 m H	x				x	x
110 m H		x	x			
300 m H	x			x		
400 m H		x	x		x	x
Shot-put	x	x	x	x	x	x
Discus	x	x	x	x	x	x
High Jump	x	x	x	x	x	x
Long Jump	x	x	x	x	x	x
Triple Jump	x	x	x	x	x	x
Javelin	x	x	x	x	x	x
Hammer	x	x	x	x	x	x
Pole-vault	x	x	x	x	x	x
Relay 4 x 100m	x	x	x	x	x	x
Medley Relay 100/200/300/400 m	x			x		
Relay 4 x 400m		X	x		X	x
Mix 4 x 400m			x		x	x
Walk 5,000 m	x			x	x	
Walk 10,000 m			x			x

L.S.E.N. & DEAF - BOYS & GIRLS: 15, 17, 19

EVENT	BOYS/ Age			GIRLS/ Age		
	15	17	19	15	17	19
100 m	x	x	x	x	x	x
200 m	x	x	x	x	x	x
400 m	x	x	x	x	x	x
800 m	x	x	x	x	x	x
1,500 m	x	x	x	x	x	x
3,000 m		x				
5,000 m			x			
Shot-put	x	x	x	x	x	x
Discus	x	x	x	x	x	x
High Jump	x	x	x	x	x	x
Long Jump	x	x	x	x	x	x
Javelin	x	x	x	x	x	x
Relay 4 x 100m		x	x		x	x
Medley Relay 100/200/300/400 m			x			x

STARTING DISTANCE 2020 - MAIN STREAM – BOYS & GIRLS

Events	Boys U/16	Boys U/18	Boys u/20	Girls u/16	Girls u/18	Girls u/20
Long Jump	6,10m	6,60m	6,80m	5,10m	5,35m	5,50m
Triple Jump	12,50m	13,50m	13,85m	10,10m	10,50m	11,10m
Shot Put	14,85m	15,80m	14,20m	11,40m	11,90m	11,20m
Discus	48,00m	48,00m	42,00m	30,00m	36,00m	36,00m
Javelin	50,00m	58,00m	53,00m	36,00m	40,00m	40,00m
Hammer	42,00m	50,00m	44,00m	35,00m	40,00m	38,00m

Logo: H = Hand Time; E = Electronic Time; C = Coastal Time; I = Inland Time

PROPOSED STARTING HEIGHTS

H = Heats F = Finals

High Jump	H	1,55m	1,70m	1,80m	1,40m	1,45m	1,50m
	F	1,64m	1,78m	1,84m	1,44m	1,50m	1,53m
Pole-vault		2,60m	3,60m	3,80m	1,80m	2,20m	2,40m

QUALIFYING STANDARDS 2018- LSEN & DEAF - GIRLS

		19	17	15
100m		14:00	14:20	14:50
200m		29:50	29:80	30:00
400m		70:50	71:00	73:00
800m		2:50	2:55.00	3:00,00
1500m		6:20,00	6:30,00	6:50,00
LONG J		4,30m	4,20m	4,00m
HIGH J		1,35m	1,30m	1,25m
Starting Height		1,35m	1,30m	1,25m
SHOT PUT		4kg	3kg	3kg
		8,00m	8,00m	7.50m
DISCUS (1Kg)		20.00m	19,00m	17,00m
JAVELIN		600g	500g	500g
		21,00m	20,80m	18,00m

QUALIFYING STANDARDS 2018 - LSEN & DEAF - BOYS

		19	17	15
100m		11:95	12:80	12:90
200m		24:80	25:00	26:00
400m		55.00	56.00	59.00
800m		2:15,00	2:20,00	2:30,00
1500m		4:40,00	4:50,00	5:15,00
3000m			10:30,00	
5000m		19:50		
LONG J		5.90m	5,60m	5,00m
HIGH J		1,70m	1,65m	1,50m
STARTING		1,65m	1,60m	1,45m
SHOT PUT		6 kg	5 kg	4 kg
		11,10m	11,20m	10,00m
DISCUS		1,75 kg	1,5 kg	1 kg
		30,00m	29,50m	27,00m
JAVELIN		800g	700g	600g
		40,00m	38,00m	30,00m

ASA HEIGHTS & DISTANCES BETWEEN HURDLES & NUMBER OF HURDLES & STEEPLE CHASE (SC)

BOYS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance : Last Hurdle to Finish	Total
14 & 15	100 m H	84,0	13,00 M	8,50 M	10,50 M	10
	300 m H	84,0	50,00 M	35,00 M	40,00 M	7
	1500 SC	76,2				
16 & 17	110 m H	91,4	13,72 M	9,14 M	14,02 M	10
	400 m H	84,0	45,00 M	35,00 M	40,00 M	10
	2000 SC	91,4				
18 & 19	110 m H	99,5	13,72 M	9,14 M	14,02 M	10
	400 m H	91,4	45,00 M	35,00 M	40,00 M	10
	3000 SC	91,4				

GIRLS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance : Between Hurdles	Distance: Last Hurdle to Finish	Total
14 & 15	90 m H	76,2	13,00 M	8,00 M	13,00 M	9
	300 m H	76,2	50,00 M	35,00 M	40,00 M	7
	1500 SC	76,2				
16 & 17	100 m H	76,2	13,00 M	8,50 M	10,50 M	10
	400 m H	76,2	45,00 M	35,00 M	40,00 M	10
	2000 SC	76,2				
18 & 19	100 m H	84,0	13,00 M	8,50 M	10,50 M	10
	400 m H	76,2	45,00 M	35,00 M	40,00 M	10
	3000 SC	76,2				

ASA WEIGHTS OF IMPLEMENTS – 2020

EVENT	BOYS/Age				GIRLS/Age			
	14	15	17	19	14	15	17	19
Shot-put	4,00Kg	4,00Kg	5,00Kg	6.00Kg	3,00Kg	3,00Kg	3,00Kg	4,00Kg
Discus	1,00Kg	1,00Kg	1,50Kg	1.75Kg	1,00Kg	1,00Kg	1,00Kg	1,00Kg
Javelin	600g	600g	700g	800g	500g	500g	500g	600g
Hammer	4,00Kg	4,00Kg	5,00Kg	6.00Kg	3,00Kg	3,00Kg	3,00Kg	4,00Kg

4. ASSISTANCE TO ATHLETES

- 4.1 At all races from 800 meters and above, intermediate times will be displayed on an electronic board located close to the finish line.
- 4.2 In Track Events of 5000m and longer water will be provided to athletes on the track if weather conditions warrant it. (IAAF Rule 144.4)
- 4.3 No coaches or team managers will be allowed in the infield however athletes will be allowed to communicate with their coaches outside the competition area (IAAF Rule 144.2)

5. ATHLETES CONTROL CENTRE

- 5.1 The call room for the athletes will be situated at the warm up area. All athletes must report to the call-room. If an athlete is entered in both track and field events which takes place simultaneously, the Team Manager must report this to the Control Room at least one (1) hour prior to the start of the first event.
- 5.2 When the control has been completed an official will accompany the athletes to the waiting area and final control point.
- 5.3 Only athletes and official team managers will be allowed in the call room (i.e. no parents, coaches etc)
- 5.4 Athletes call out times will be as follows:

Event	Call Room	Entry on the field
Field events	60-minutes before the starting time	35-minutes before the starting time [except for Pole Vault]
Pole Vault	80-minutes before the starting time	65-minutes before the starting time
Track events	35-minutes before the starting time	10-minutes before the starting time
Hurdles	35-minutes before the starting time	15-minutes before the starting time

- 5.5 At registration, 2 bib numbers will be issued to each athlete. During the competition, athletes must always wear the numbers in their original shape and size properly secured on the four corners with the exception of the Pole Vault and High Jump athletes where only one number is compulsory (IAAF Rule 143.7 & 143.8). Any athlete who does not respect these rules will not be allowed to compete.
- 5.6 Competitors taking part in track events might be given a supplementary number which they must attach on the right hip. (IAAF Rule 143.9)
- 5.7 Custody of Clothing:

All competitors competing in track events will receive a basket at the start for his/her clothes. Basket carriers will take the basket to the mixed zone. There will be a lane mark on each basket in order to make it easier for the athletes to locate their basket after the event.

6. RECORDS

Provincial teams are requested to provide the TIC with a list of provincial records for each event. If provincial teams want a provincial record ratified this must be arranged with the competition secretary and where anti-doping control is required the provincial teams will be responsible for the cost of those test. It is advisable that provincial team managers provide the TIC with their provincial record application forms at the Technical Meeting.

7. VICTORY CEREMONY

- 7.1 The first three athletes in each final event must report to the victory ceremonies area 30 minutes before the time of the victory ceremony. The victory ceremony will be held according to the victory ceremony program distributed at the technical meeting.
- 7.2 **Please note that athletes must be dressed in their provincial colours (full track suit and sneakers), as the victory ceremony is part of the competition.** Failure to comply will result in the athlete not being allowed to be part of the ceremony. (IAAF Rule 143.1)

8. TECHNICAL DATA

- 8.1 Electronic timing will be used, and hand timing will be provided as a back-up.
- 8.2 The measurement of distances at the field events shall be by means of a fiber measuring tape, but all records will be measured by a steel measuring tape. We are also looking at introducing laser measuring devices at these Championships for all field events
- 8.3 The starting heights for High Jump and Pole Vault will be available at the technical meeting.

9. TECHNICAL / TEAM MANAGERS MEETING

- 9.1 The Technical/ Team Managers Meeting will take place as follows:
 - 9.1.1 **Date:** Wednesday, 25 March 2020
 - 9.1.2 **Time:** 17h30
 - 9.1.3 **Venue:** **Athletics Stadium,**
- 9.2 The Meeting will be chaired by the ASA Technical Delegate. The following officials or delegates should be in attendance: -
 - 9.2.1 Two (2) representatives from each Province;
 - 9.2.2 The Competition Management;
 - 9.2.3 The members of Jury of Appeal;
 - 9.2.4 All National Technical Officials and Referees;
 - 9.2.5 Representatives of the LOC;

9.2.6 ASA Delegates.

9.3 All team managers must collect their team's race numbers from 12h00 – 16h00 on Wednesday 25 March 2020 at the Dal Josephat Athletics Stadium. Final confirmation of athletes entered must be given at that time. Any withdrawals and corrections should also be addressed during that time as no further corrections will be accepted at any day after the commencement of the competition. No late entries will be accepted after 18 March 2020.

9.4 **We want all Provinces that will register relay teams to pay an amount of R500 per team and it will be refunded after your team has participated in the relay**

9.5 Any further withdrawals of athletes for specific events must be done by 16:00 on the day prior to the completion, as draw sheets will then be compiled for the next day of competition.

10. ANTI-DOPING CONTROL

10.1 Anti-doping control will be conducted on each day of competition in accordance with the IAAF Procedural Guidelines for Anti-doping Control under the supervision of ASA Anti-doping Control Delegate and the SA Institute for Drug Free Sport.

10.2 On receiving written notification of a test, the athlete will be permanently accompanied by an Anti-doping Control chaperone, and shall have to report to the Anti-doping Control station within 60 minutes.

10.3 Athletes will be allowed to first participate in any medal ceremony or press conferences before reporting to the Anti-doping Control Station.

10.4 Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and make them sign a consent form, will carry out the urine test.

10.5 Athletes are entitled to be accompanied to the Anti-doping Control Centre by one person of their choice. Personal identification must be presented.

10.6 Any athlete who has not been selected for testing may request testing. Athletes concerned should report to the TIC, and will then be escorted to the Anti-doping Control Centre. Cost for such tests will be entirely the responsibility of the athlete's respective province.

11. MEDICAL SERVICES

11.1 A full emergency medical service with an ambulance will be available at the stadium.

11.2 Physiotherapists will be available at the medical centre and at the warm up area.

11.3 Athletes who belong to a medical scheme must bring their membership cards in case they are required due to injuries.

12. PROTESTS AND APPEALS

12.1 Protest shall be made in accordance with IAAF Rule 146. During the course of the event an athlete or his/her team manager may lodge a verbal protest to the appropriate Referee.

12.2 All appeals must be made in writing on the prescribed appeal form, which can be obtained from the Technical Information Centre (TIC). All appeal forms must be signed by the athlete or team manager.

- 12.3 The appeal must be submitted to the TIC, accompanied by a deposit of R500, no later than 30 minutes after the official announcement of the results, which is the defined time when the result are posted on the official notice boards.

13. TECHNICAL INFORMATION CENTRE

The TIC will be located in the main stadium.

14. TECHNICAL MANAGER'S OFFICE

- 14.1 The office of the Technical Manager is located at the stadium.
- 14.2 The Assizing room is situated under the main pavilion of the stadium and will be clearly marked.

15. TECHNICAL OFFICIALS

- 15.1 Provinces are requested to nominate a minimum of 3 and a maximum of 5 Technical Officials to officiate at the championships.
- 15.2 These Technical Officials must be part of the provincial team, their travelling and accommodation will be the responsibility of their respective province.
- 15.3 ASA will be responsible for the remuneration of the Technical Officials for all days of competition.
- 15.4 Please submit the names of your Technical Officials on the form supplied, with their preferred placing. Technical Officials will not necessary be placed as preferred.
- 15.5 The dress code for the championships will be a white golf shirt and a dark blue or black pants or skirt.
- 15.6 Technical Officials must report 90 minutes before the start of competition on each day of the championships

16. VISITS TO THE STADIUM

- 16.1 A visit to the stadium shall be organized to show Team Managers the exact location of the main facilities.
- 16.2 The visit shall take place at 15h00, before the Technical Meeting on Wednesday, 25 March 2020.
- 16.3 No warm ups or practicing will be allowed on the track on the eve of competition. The warm up area will be available to athletes.

17. SEATING ARRANGEMENTS

Athletes and Team Managers will be seated on the stand exclusively reserved for this purpose. Details will be available at the Technical Meeting.

18. RESULTS

Results will be posted on the results board as soon as it is available. A complete set of results will be e-mailed to all provinces after the last day of the championships. Results will also be available on the internet.

Good Luck to all teams and enjoy the 2020 Championships!
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**2020 ASA U/16, U/18, U/20 AND S.A. HIGH
SCHOOLS & L.S.E.N. (MMH & DEAF)
NATIONAL TRACK & FIELD
CHAMPIONSHIPS - DALJOSAFAT
ATHLETICS STADIUM; PAARL
- FINAL DRAFT DRAFT -**



Day 1: Thursday, 26 March 2020

No	Time	Group	Event	Qualifying, Heats, Semi Finals & Finals	Next Round
1	06:30	Boys u/20	10 000m Walk	Final	
2	07:30	Boys 19 (L)	Discus Throw	Final	
3	07:45	Boys u/16	5 000m Walk	Final	
4	08:00	Girls 19 (L)	Javelin	Final	
5	08:00	Boys 17 (L)	Long Jump (Pit-C)	Final	
6	08:00	Girls 15 (L)	Shot Put (Circle-A)	Final	
7	08:10	Boys u/16	1500m Steeple Chase	Final	
8	08:20	Girls u/16	1500m Steeple Chase	Final	
9	08:30	Girls u/16	Hammer Throw	Final	
10	08:30	Boys u/18	Pole Vault	Final	
11	08:30	Girls u/18	Triple Jump (Pit-B)	Final	
12	08:30	Girls u/18	High Jump (Pit-A&B)	Qualifying Round	F 131 (2)
13	08:30	Girls 17 (L)	Long Jump (Pit-B)	Final	
14	08:30	Girls u/20	3000m Steeple Chase	Final	
15	08:45	Boys u/20	3000m Steeple Chase	Final	

	16	09:00		Girls 15 (L)	1500m	Final	
	17	09:00		Girls 19 (L)	Shot Put (Circle-B)	Final	
	18	09:00		Girls u/20	Discus	Final	
	19	09:10		Boys 15 (L)	1500m	Final	
	20	09:20		Girls 17 (L)	1500m	Final	
	21	09:30		Boys 17 (L)	1500m	Final	
	22	09:40		Girls 19 (L)	1500m	Final	
	23	09:50		Boys 19 (L)	1500m	Final	
	24	10:00		Girls u/16	100m	Heats	SF 87 (1)
	10:00		Medal Presentation		Items: 1, 2, 3, 4, 5, 6, 7, 8		
	25	10:00		Boys u/20	Long Jump (Pit-A)	Final	
	26	10:00		Boys u/16	Javelin	Qualifying Round	F 128 (2)
	27	10:00		Boys 15 (L)	Long Jump (Pit-B)	Final	
	28	10:10		Boys u/16	100m	Heats	SF 88 (1)
	29	10:20		Girls u/18	100m	Heats	SF 89 (1)
	30	10:30		Boys u/18	100m	Heats	SF 90 (1)
	31	10:30		Boys 17 (L)	Shot Put (Circle-A)	Final	
	32	10:40		Girls u/20	100m	Heats	SF 91 (1)
	33	10:50		Boys u/20	100m	Heats	SF 93 (1)
	34	11:00		Girls u/16	400m	Heats	F 113 (2)
	35	11:00		Girls u/18	Discus Throw	Final	
	36	11:00		Boys 17 (L)	High Jump (Pit-B)	Final	
	37	11:00		Girls 19 (L)	High Jump (Pit-A)	Final	
	38	11:10		Boys u/16	400m	Heats	F 114 (2)
	39	11:20		Girls u/18	400m	Heats	F 115 (2)
	40	11:30		Boys u/18	400m	Heats	F 119 (2)

	41	11:30		Boys u/16	Pole Vault	Final	
	42	11:40		Girls u/20	400m	Heats	F 120 (2)
	43	11:50		Boys u/20	400m	Heats	F 121 (2)
	44	11:50		Boys u/16	Triple Jump (Pit-B)	Final	
	45	11:50		Boys u/18	Long Jump (Pit-A)	Final	
	46	12:00		Boys 15 (L)	400m	Heats	F 122 (2)
	47	12:10		Girls 15 (L)	400m	Heats	F 123 (2)
	48	12:20		Boys 17 (L)	400m	Heats	F 124 (2)
	49	12:30		Girls 17 (L)	400m	Heats	F 125 (2)
	12:40		Medal Presentation		Items: 9, 10, 11, 13, 14, 15, 16 17, 18, 19, 20, 21, 22, 23		
	50	12:40		Boys 19 (L)	400m	Heats	F 126 (2)
	51	12:50		Girls 19 (L)	400m	Heats	F 127 (2)
	52	13:00		Girls u/16	1500m	Heats	F 134 (2)
	53	13:00		Boys u/18	Shot Put (Circle-B)	Final	
	54	13:00		Boys u/16	Hammer Throw	Final	
	55	13:10		Boys u/16	1500m	Heats	F 135 (2)
	56	13:15		Boys u/20	Javelin	Qualifying Round	F 150 (2)
	57	13:15		Boys u/16	High Jump (Pit-A&B)	Qualifying Round	F 132 (2)
	58	13:20		Girls u/18	1500m	Heats	F 136 (2)
	59	13:30		Girls 15 (L)	100m	Heats	F 146 (2)
	60	13:40		Boys 15 (L)	100m	Heats	F 147(2)
	61	13:50		Girls 17 (L)	100m	Heats	F 148 (2)
	62	13:55		Girls u/20	Pole Vault	Final	
	63	14:00		Boys 17 (L)	100m	Heats	F 149 (2)
	64	14:00		Boys 19 (L)	Long Jump (L) (Pit-A)	Final	

	65	14:00		Girls 15 (L)	Long Jump (L) (Pit-B)	Final	
	66	14:10		Girls 19 (L)	100m	Heats	F 154 (2)
	67	14:20		Boys 19 (L)	100m	Heats	F 155 (2)
	14:30			Medal Presentation	Items: 25, 27, 31, 35, 36, 37, 41, 44, 45		
	68	14:30		Boys u/18	1500m	Heats	F 137 (2)
	69	14:40		Girls u/20	1500m	Heats	F 138 (2)
	70	14:45		Girls 17 (L)	Javelin	Final	
	71	14:45		Boys 19 (L)	High Jump (Pit-A)	Final	
	72	14:50		Boys u/20	1500m	Heats	F 139 (2)
	73	15:00		Boys 17 (L)	3000m	Final	
	74	15:00		Girls u/18	Hammer Throw (Circle-A)	Final	
	75	15:00		Boys u/20	Shot Put (Circle-A)	Final	
	76	15:00		Boys 15 (L)	Shot Put (Circle-B)	Final	
	77	15:15		Boys u/18	2000m Steeple Chase	Final	
	78	15:15		Girls 15 (L)	High Jump (Pit-A)	Final	
	79	15:30		Girls u/16	Discus Throw	Final	
	80	15:30		Girls u/16	90m Hurdles	Heats	F 105 (2)
	81	15:40		Girls u/18	100m Hurdles	Heats	F 106 (2)
	82	16:00		Girls u/20	Triple Jump (Pit-B)	Final	
	83	16:10		Boys u/16	100m Hurdles	Heats	F 107 (2)
	84	16:20		Girls u/20	100m hurdles	Heats	F 110 (2)
	85	16:30		Boys u/18	110m Hurdles	Heats	F 111 (2)
	86	16:40		Boys u/20	110m Hurdles	Heats	F 112 (2)
	87	16:50		Girls u/16	100m	Semi Final	F 140 (2)
	88	17:00		Boys u/16	100m	Semi Final	F 141 (2)
	89	17:10		Girls u/18	100m	Semi Final	F 142 (2)

	90	17:20		Boys u/18	100m	Semi Final	F 143 (2)
	91	17:30		Girls u/20	100m	Semi Final	F 144 (2)
	92	17:40		Boys 15 (L)	Discus	Final	
	93	17:40		Boys u/20	100m	Semi Final	F 145 (2)
	94	18:00		Boys U/18	10000m Walk	Final	
	95	19:00		Girls / Boys u/18	4 x 400m Mix Relay	Final	
	96	19:10		Girls/ Boys u/20	4 x 400m Mix Relay	Final	
	18:00			Medal Presentation	Items: 53, 54, 62, 64, 65, 70, 71, 73, 74, 75, 76, 77, 78, 79, 82		
Day 2: Friday, 27 March 2020							
	97	07:00		Girls u/20	10 000m Walk	Final	
	98	08:00		Boys 15 (L)	Javelin (L)	Final	
	99	08:00		Girls u/20	Hammer Throw	Final	
	100	08:00		Girls u/18	High Jump (Pit-A&B)	Qualifying Round	F 193 (3)
	101	08:30		Girls u/16	5 000m Walk	Final	
	102	08:30		Boys 19 (L)	Shot Put (L) (Circle-A)	Final	
	103	08:30		Girls u/16	Triple Jump (Pit-B)	Final	
	104	08:30		Girls u/18	Pole Vault	Final	
	105	09:15		Girls u/16	90m Hurdles	Final	
	106	09:20		Girls u/18	100m Hurdles	Final	
	107	09:25		Boys u/16	100m Hurdles	Final	
	108	09:25		Boys 17 (L)	Discus Throw (L)	Final	
	109	09:25		Girls u/18	Javelin	Final	
	110	09:30		Girls u/20	100m hurdles	Final	
	111	09:35		Boys u/18	110m Hurdles	Final	
	112	09:40		Boys u/20	110m Hurdles	Final	
	113	09:50		Girls u/16	400m	Final	

	114	10:00		Boys u/16	400m	Final	
	115	10:10		Girls u/18	400m	Final	
	116	10:10		Girls u/20	Long Jump (Pit-A)	Final	
	117	10:10		Boys u/20	High Jump (Pit-A&B)	Qualifying Round	F 239 (3)
	118	10:10		Girls 17 (L)	Shot Put (Circle-B)	Final	
	119	10:20		Boys u/18	400m	Final	
	120	10:30		Girls u/20	400m	Final	
	121	10:40		Boys u/20	400m	Final	
	122	10:50		Boys 15 (L)	400m	Final	
	123	11:00		Girls 15 (L)	400m	Final	
	124	11:10		Boys 17 (L)	400m	Final	
	125	11:20		Girls 17 (L)	400m	Final	
	126	11:30		Boys 19 (L)	400m	Final	
	127	11:40		Girls 19 (L)	400m	Final	
	128	11:40		Boys u/16	Javelin	Final	
	129	11:40		Boys u/18	Triple Jump (Pit-B)	Final	
	130	11:40		Girls 17 (L)	Discus	Final	
	131	11:40		Girls u/16	High Jump (Pit-A)	Final	
	132	11:40		Boys u/16	High Jump (Pit-B)	Final	
	133	11:40		Girls u/16	Pole Vault	Final	
	11:20	Medal Presentation			Items: 92, 94, 95, 96, 97, 99, 100, 101, 102, 103, 104, 105, 108, 109, 110		
	134	11:45		Girls u/16	1500m	Final	
	135	11:55		Boys u/16	1500m	Final	
	136	12:05		Girls u/18	1500m	Final	
	137	12:15		Boys u/18	1500m	Final	
	138	12:25		Girls u/20	1500m	Final	

	139	12:35		Boys u/20	1500m	Final	
	140	12:45		Girls u/16	100m	Final	
	141	12:50		Boys u/16	100m	Final	
	142	12:55		Girls u/18	100m	Final	
	143	13:00		Boys u/18	100m	Final	
	144	13:05		Girls u/20	100m	Final	
	145	13:10		Boys u/20	100m	Final	
	146	13:15		Girls 15 (L)	100m	Final	
	147	13:20		Boys 15 (L)	100m	Final	
	148	13:25		Girls 17 (L)	100m	Final	
	149	13:30		Boys 17 (L)	100m	Final	
	150	13:30		Girls 15 (L)	Discus Throw	Final	
	151	13:30		Girls u/18	Long Jump (Pit-A)	Final	
	152	13:30		Boys u/20	Javelin	Final	
	153	13:30		Boys u/18	High Jump (Pit-A&B)	Qualifying Round	F 211 (3)
	154	13:30		Girls u/18	Shot Put (Circle-B)	Final	
	155	13:35		Girls 19 (L)	100m	Final	
	156	13:40		Boys 19 (L)	100m	Final	
	157	13:45		Girls u/16	800m	Heats	F 233 (3)
	158	13:55		Boys u/16	800m	Heats	F 234 (3)
	13:51		Medal Presentation	Items:106, 107,111,112,113,114,116,117,118,119,120,121,122,123,			
	159	14:05		Girls u/18	800m	Heats	F 248 (3)
	160	14:15		Boys u/18	800m	Heats	F 249 (3)
	161	14:25		Girls u/20	800m	Heats	F 256 (3)
	162	14:35		Boys u/20	800m	Heats	F 257 (3)
	163	14:45		Girls u/18	3000m	Final	

	164	15:00		Boys u/18	3000m	Final	
	165	15:00		Girls 15 (L)	Javelin	Final	
	166	15:00		Boys u/16	Discus Throw	Final	
	167	15:20		Girls u/16	200m	Heats	SF 250 (3)
	168	15:30		Boys u/16	200m	Heats	SF 251 (3)
	169	15:40		Girls u/18	200m	Heats	SF 252 (3)
	170	15:50		Boys u/18	200m	Heats	SF 253 (3)
	171	16:00		Girls u/20	200m	Heats	SF 255 (3)
	172	16:10		Boys u/20	200m	Heats	SF 256 (3)
	173	16:10		Girls u/16	Javelin	Final	
	174	16:10		Girls u/20	High Jump (Pit-A&B)	Qualifying Round	F 214 (3)
	175	16:10		Boys u/20	Pole Vault	Final	
	176	16:20		Girls u/16	300m Hurdles	Heats	
	177	16:20		Boys u/16	300m Hurdles	Heats	
	178	16:30		Girls u/18	400m Hurdles	Heats	
	179	16:40		Girls u/20	400m Hurdles	Heats	
	180	16:50		Boys u/18	400m Hurdles	Heats	
	181	17:00		Boys u/20	400m Hurdles	Heats	
	182	17:10		Boys u/18	Discus	Final	
	183	17:10		Boys 17 (L)	Javelin	Final	
	17:15			Medal Presentation	Items: 126, 127, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 146, 147, 148, 150		
	184	17:10		Boys 19 (L)	5 000m	Final	
	185	17:30		Boys u/20	3 000m	Final	
	186	17:50		Girls u/20	5 000m	Final	
	187	18:20		Girls u/16	Medley Relay	Final	

	188	18:30		Boys u/16	Medley Relay	Final	
	189	18:40		Girls u/18	4 x 100m Relay	Final	
	190	18:50		Boys u/18	4 x 100m Relay	Final	
	191	19:00		Girls 19 (L)	4 x 100m Relay	Final	
	192	19:10		Boys 19 (L)	4 x 100m Relay	Final	
	193	19:20		Girls u/20	4 x 100m Relay	Final	
	194	19:30		Boys u/20	4 x 100m Relay	Final	
Day 3: Saturday, 28 March 2020							
	195	07:45		Girls u/18	5000m Walk	Final	
	196	08:15		Girls u/18	High Jump (Pit-B)	Final	
	197	08:15		Boys 15 (L)	High Jump (Pit-B)	Final	
	198	08:30		Girls u/16	3000m	Final	
	199	08:40		Girls u/16	200m	Semi Final	F 250 (3)
	200	08:40		Girls u/20	Javelin	Final	
	201	08:40		Boys u/20	Hammer Throw	Final	
	202	08:40		Girls u/16	Long Jump (Pit-A)	Final	
	203	08:40		Girls u/20	Shot Put (Circle-B)	Final	
	204	08:50		Boys u/16	200m	Semi Final	F 251 (3)
	205	09:00		Girls u/18	200m	Semi Final	F 252 (3)
	206	09:10		Boys u/18	200m	Semi Final	F 253 (3)
	207	09:20		Girls u/20	200m	Semi Final	F 254 (3)
	208	09:30		Boys u/20	200m	Semi Final	F 255 (3)
	209	09:40		Girls 15 (L)	200m	Heats	F 241 (3)
	210	09:45		Boys u/18	High Jump (Pit-A)	Final	
	211	09:50		Boys 15 (L)	200m	Heats	F 242 (3)
	212	10:00		Girls 17 (L)	200m	Heats	F 243 (3)

	213	10:00		Girls u/20	High Jump (Pit-B)	Final	
	214	10:00		Girls 19 (L)	Discus Throw	Final	
	215	10:10		Boys 17 (L)	200m	Heats	F 244 (3)
	216	10:20		Girls 19 (L)	200m	Heats	F 245 (3)
	217	10:30		Boys 19 (L)	200m	Heats	F 246 (3)
	218	10:30		Boys u/20	Triple Jump (Pit-B)	Final	
	219	10:30		Boys 19 (L)	Javelin	Final	
	220	10:30		Girls u/16	Shot Put (Circle-A)	Final	
		10:30		Medal Presentation	Items: 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 171, 173, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191		
	221	10:40		Girls 17 (L)	800m	Final	
	222	10:45		Boys 17 (L)	800m	Final	
	223	10:50		Girls 19 (L)	800m	Final	
	224	10:55		Boys 19 (L)	800m	Final	
	225	11:00		Boys u/20	Discus Throw	Final	
	226	11:00		Girls 15 (L)	800m	Final	
	227	11:05		Boys 15 (L)	800m	Final	
	228	11:15		Girls u/16	300m Hurdles	Final	
	229	11:25		Boys u/16	300m Hurdles	Final	
	230	11:35		Girls u/18	400m Hurdles	Final	
	231	11:45		Girls u/20	400m Hurdles	Final	
	232	11:55		Boys u/18	400m Hurdles	Final	
	233	12:05		Boys u/20	400m Hurdles	Final	
	234	12:20		Girls u/16	800m	Final	
	235	12:25		Boys u/16	800m	Final	
	236	12:25		Boys u/18	Javelin	Final	

	237	12:25		Boys u/16	Long Jump (Pit-A)	Final	
	238	12:25		Girls 19 (L)	Long Jump (Pit-B)	Final	
	239	12:25		Boys u/16	Shot Put (Pit-B)	Final	
	240	12:25		Boys u/20	High Jump (Pit-A)	Final	
	241	12:25		Girls 17 (L)	High Jump (Pit-B)	Final	
	242	12:35		Girls 15 (L)	200m	Final	
	243	12:40		Boys 15 (L)	200m	Final	
	244	12:45		Girls 17 (L)	200m	Final	
	245	12:50		Boys 17 (L)	200m	Final	
	246	12:55		Girls 19 (L)	200m	Final	
	247	13:00		Boys 19 (L)	200m	Final	
	248	13:05		Boys u/18	Hammer Throw	Final	
	13:00		Medal Presentation		Items: 192, 193, 194, 195, 197, 198, 199, 200, 207, 210, 211, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230		
	249	13:10		Girls u/18	800m	Final	
	250	13:15		Boys u/18	800m	Final	
	251	13:20		Girls u/16	200m	Final	
	252	13:25		Boys u/16	200m	Final	
	253	13:35		Girls u/18	200m	Final	
	254	13:40		Boys u/18	200m	Final	
	255	13:45		Girls u/20	200m	Final	
	256	13:50		Boys u/20	200m	Final	
	257	13:55		Girls u/20	800m	Final	
	14:00		Medal Presentation		Items: 231, 232, , 238, 239, 240, 241, 242, 243, 244,		
	258	14:00		Boys u/20	800m	Final	
	259	14:10		Boys u/20	5 000m	Final	

	14:40		Girls u/20	3 000m	Final	
260	15:00		Boys u/16	3 000m	Final	
	14:50		Medal Presentation	Items: 233, 234, 235, 236, 237, 238, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255		
261	15:15		Girls 19 (L)	Medley Relay (L)	Final	
262	15:30		Boys 19 (L)	Medley Relay (L)	Final	
263	15:40		Girls u/18	2 000m Steeple Chase	Final	
264	15:50		Girls 17 (L)	4 x 100m Relay (L)	Final	
265	15:55		Boys 17 (L)	4 x 100m Relay (L)	Final	
266	16:00		Girls u/16	4 x 100m Relay	Final	
267	16:05		Boys u/16	4 x 100m Relay	Final	
268	16:10		Girls u/18	4 x 400m Relay	Final	
269	16:15		Boys u/18	4 x 400m Relay	Final	
270	16:30		Girls u/20	4 x 400m Relay	Final	
271	16:40		Boys u/20	4 x 400m Relay	Final	
16:30 Medal collection at medal table for the following events: Items: 256 - 269 No presentation of these items because of time constraints – Team managers collect and sign for medals						