



YELLOW PAGES SA YOUTH & JUNIOR TRACK and FIELD CHAMPIONSHIPS
GERMISTON STADIUM, ATHLETICS CENTRAL GAUTENG
10-11 APRIL 2010
FINAL TIME-TABLE
(HELD UNDER THE RULES OF IAAF/ASA)



Day 1 – Saturday, 10 APRIL 2010

Event	Time	Event	Age Group	Remark
1	06:45	10km Race Walk (Track)	Junior Women	Final
2	08:00	5km Race Walk (Track)	Youth Girls	Final
3	08:00	High Jump – Qualifier	Youth Boys	Final event 91 (Mats A&B)
4	08:00	Javelin Throw (700g) – Qualifier	Youth Boys	Final event 115
5	08:00	Long Jump – Qualifier	Youth Girls	Final event 54 (Pits A&B)
6	08:00	Hammer Throw (4kg)	Junior Women	Final
7	08:30	Shot Put (5kg) – Qualifier	Youth Boys	Final event 44 (Circles A&B)
8	08:45	100m	Decathlon Junior Men	Combined Event
9	08:50	100m	Octathlon Youth Boys	Combined Event
10	09:00	Pole Vault	Junior Men	Final
11	09:00	400m – Heats	Youth Girls	Semi-Final event 45
12	09:15	400m – Heats	Youth Boys	Semi-Final event 47
13	09:35	400m – Heats	Junior Women	Final event 46
14	09:45	400m – Heats	Junior Men	Semi-Final event 48
15	10:00	10 000m	Junior Men	Final
16	10:00	High Jump – Qualifier	Junior Men	Final event 100 (Mats A&B)
17	10:00	Long Jump	Decathlon Junior Men	Combined Event
18	10:00	Long Jump	Octathlon Youth Boys	
19	10:00	Shot Put (4kg)	Youth Girls	Final (Circle A)
20	10:40	5000m	Junior Women	Final
21	11:00	Hammer Throw (5kg)	Youth Boys	Final
22	11:05	110m Hurdles (99,1cm) - Heats	Junior Men	Final event 62
23	11:15	110m Hurdles (91,4cm) – Heats	Youth Boys	Final event 63
24	11:30	100m Hurdles (83,8cm)	Heptathlon Junior Women	Combined Event
25	11:40	100m Hurdles (83,8cm) – Heats	Junior Women	Final event 65
26	11:50	100m Hurdles (76,2cm)	Heptathlon Youth Girls	Combined Event
27	12:00	100m Hurdles (76,2cm) – Heats	Youth Girls	Final event 66
28	12:00	Javelin Throw (600g)	Youth Girls	Final
29	12:00	Long Jump – Qualifier	Youth Boys	Final event 55 (Pits A&B)
30	12:15	1500m – Heats	Youth Girls	Final event 110
31	12:30	Shot Put (6kg)	Decathlon Junior Men	Combined Event (Circle B)
32	12:30	Shot Put (5kg)	Octathlon Youth Boys	
33	12:45	1500m – Heats	Youth Boys	Final event 107
34	13:00	1500m – Heats	Junior Men	Final event 109
35	13:00	Hammer Throw (6kg)	Junior Men	Final
36	13:00	Pole Vault	Junior Women	Final
37	13:15	100m – Heats	Youth Girls	Semi-Final event 50
38	13:30	100m – Heats	Youth Boys	Semi-Final event 51
39	13:30	High Jump	Heptathlon Junior Women	Combined Event (Mat A)
40	13:30	High Jump	Heptathlon Youth Girls	
41	13:55	100m – Heats	Junior Women	Final event 77
42	14:00	Long Jump – Qualifier	Junior Men	Final event 70 (Pits A&B)
43	14:05	100m – Heats	Junior Men	Semi-Final event 52
44	14:30	Shot Put (5kg)	Youth Boys	Final (Circle A)
45	14:35	400m – Semi Final	Youth Girls	Final event 81
46	14:40	400m	Junior Women	Final
47	14:45	400m – Semi Final	Youth Boys	Final event 82
48	14:50	400m – Semi Final	Junior Men	Final event 83
49	15:00	Hammer Throw (4kg)	Youth Girls	Final
50	15:00	100m – Semi Final	Youth Girls	Final event 75
51	15:20	100m – Semi Final	Youth Boys	Final event 76
52	15:30	100m – Semi Final	Junior Men	Final event 78
53	15:55	3000m	Youth Boys	Final
54	16:00	Long Jump	Youth Girls	Final (Pit A)
55	16:00	Long Jump	Youth Boys	Final (Pit B)
56	16:10	3000m	Youth Girls	Final
57	16:30	3000m	Junior Women	Final
58	16:30	Shot Put (4kg)	Heptathlon Junior Women	Combined Event (Circle B)
59	16:30	Shot Put (4kg)	Heptathlon Youth Girls	
60	16:30	Javelin Throw (600g)	Junior Women	Final
61	16:30	Pole Vault	Youth Girls	Final
62	16:50	110m Hurdles (99,1cm)	Junior Men	Final
63	17:00	110m Hurdles (91,4cm)	Youth Boys	Final
64	17:00	High Jump	Decathlon Junior Men	Combined Event (Mat B)
65	17:10	100m Hurdles (83,8cm)	Junior Women	Final
66	17:20	100m Hurdles (76,2cm)	Youth Girls	Final
67	17:35	800m – Heats	Youth Girls	Final event 145
68	17:50	800m – Heats	Youth Boys	Final event 143
69	18:00	Long Jump	Junior Women	Final (Pit A)

Event	Time	Event	Age Group	Remark
70	18:00	Long Jump	Junior Men	Final (Pit B)
71	18:10	800m – Heats	Junior Women	Final event 146
72	18:20	800m – Heats	Junior Men	Final event 144
73	18:40	200m	Heptathlon Junior Women	Combined Event
74	18:45	200m	Heptathlon Youth Girls	Combined Event
75	18:50	100m	Youth Girls	Final
76	18:55	100m	Youth Boys	Final
77	19:00	100m	Junior Women	Final
78	19:05	100m	Junior Men	Final
79	19:15	400m	Decathlon Junior Men	Combined Event
80	19:10	400m	Octathlon Youth Boys	Combined Event
81	19:20	400m	Youth Girls	Final
82	19:40	400m	Youth Boys	Final
83	19:50	400m	Junior Men	Final
84	20:00	4 x 100m Relay	Youth Girls	Final – Time Placing
85	20:10	4 x 100m Relay	Youth Boys	Final – Time Placing
86	20:20	4 x 100m Relay	Junior Women	Final – Time Placing
87	20:30	4 x 100m Relay	Junior Men	Final – Time Placing

Seedings, Draws & Qualifications in Track Events:

Qualifications in Track Events will be done according to IAAF Rule 166. For the 10 lane straight and 8 lane circuit track at Germiston, the following procedure will be followed:

N - Number of Athletes entered

H - Number of Heats

P - Number of Athletes through to the semi-finals or finals, based on top positions in each heat

T - Number of Athletes through to the semi-finals or finals, based on the best times of the rest

F - Number of Athletes in the Final

Youth Girls								Event	Youth Boys							
First Round				Semi-Final					First Round				Semi-Final			
N	H	P	T	H	P	T	F		N	H	P	T	H	P	T	F
34	4	4	4	2	4	2	10	100m	51	6	3	2	2	4	2	10
34	5	4	4	3	2	2	8	200m	39	5	4	4	3	2	2	8
29	4	3	4	2	3	2	8	400m	34	5	4	4	3	2	2	8
28	3	3	3	No Semi-Final			12	800m	23	3	3	3	No Semi-Final			12
25	3	3	3	No Semi-Final			12	1500m	28	3	3	3	No Semi-Final			12
19	2	4	2	No Semi-Final			10	100mH								
								110mH	25	3	3	1	No Semi-Final			10
18	3	2	2	No Semi-Final			8	400mH	20	3	2	2	No Semi-Final			8

Junior Women								Event	Junior Men							
First Round				Semi-Final					First Round				Semi-Final			
N	H	P	T	H	P	T	F		N	H	P	T	H	P	T	F
29	3	3	1	No Semi-Final			10	100m	47	5	3	5	2	4	2	10
27	4	3	4	2	3	2	8	200m	42	6	3	6	3	2	2	8
16	2	3	2	No Semi-Final			8	400m	41	6	3	6	3	2	2	8
15	2	4	4	No Semi-Final			12	800m	29	3	3	3	No Semi-Final			12
16	Only Final						16	1500m	32	4	2	4	No Semi-Final			12
11	2	4	2	No Semi-Final			10	100mH								
								110mH	29	3	3	1	No Semi-Final			10
16	2	3	2	No Semi-Final			8	400mH	24	3	2	2	No Semi-Final			8

Day 2, Sunday, 11 April 2010

Event	Time	Event	Age Group	Remark
88	06:45	10km Race Walk (Track)	Junior Men	Final
89	07:30	Triple Jump – Qualifier	Youth Boys	Final event 121 (Pits A&B)
90	07:45	10km Race Walk (Track)	Youth Boys	Final
91	08:00	High Jump	Youth Boys	Final (Mat A)
92	08:00	Discus Throw (1,5kg) – Qualifier	Youth Boys	Final event 123
93	08:00	Shot Put (4kg)	Junior Women	Final (Circle A)
94	08:00	Javelin Throw (800g)	Junior Men	Final
94A	08:30	Triple Jump – Qualifier	Junior Men	Final event 148 (Pits A&B)
95	09:00	Pole Vault	Youth Boys	Final
96	09:00	110m Hurdles (99,1cm)	Decathlon Junior Men	Combined Event
97	09:10	110m Hurdles (91,4cm)	Octathlon Youth Boys	Combined Event
98	09:20	200m – Heats	Youth Boys	Semi-Final event 119
99	09:50	200m – Heats	Junior Men	Semi-Final event 124
100	10:00	High Jump	Junior Men	Final (Mat B)
101	10:00	Discus Throw (1kg) Qualifier	Youth Girls	Final event 133
102	10:00	Shot Put (6kg)	Junior Men	Final (Circle B)
103	09:30	Long Jump	Heptathlon Junior Women	Combined Event (Pit A)
104	09:30	Long Jump	Heptathlon Youth Girls	
105	10:20	200m – Heats	Youth Girls	Semi-Final event 125
106	10:40	200m – Heats	Junior Women	Final event 134
107	11:00	1500m	Youth Boys	Final
108	11:00	Triple Jump – Qualifier	Youth Girls	Final event 136 (Pits A&B)
109	11:10	1500m	Junior Men	Final
110	11:20	1500m	Youth Girls	Final
111	11:30	1500m	Junior Women	Final
112	11:30	Discus Throw (1,75kg)	Decathlon Junior Men	Combined Event
113	11:45	400m Hurdles (91,4cm) – Heats	Junior Men	Final event 147
114	12:00	High Jump	Octathlon Youth Boys	Combined Event (Mat A)
115	12:00	Javelin Throw (700g)	Youth Boys	Final
116	12:00	400m Hurdles (83,8cm) – Heats	Youth Boys	Final event 149
117	12:15	400m Hurdles (76,2cm) – Heats	Junior Women	Final event 150
118	12:30	400m Hurdles (76,2cm) – Heats	Youth Girls	Final event 151
118A	12:40	200m – Semi Final	Junior Women	Final Event 134
119	12:45	200m – Semi Final	Youth Boys	Final event 139
120	13:00	Pole Vault	Decathlon Junior Men	Combined Event
121	13:00	Triple Jump	Youth Boys	Final (Pit B)
122	13:00	Triple Jump	Junior Women	Final (Pit A)
123	13:00	Discus Throw (1,5kg)	Youth Boys	Final
124	13:00	200m – Semi Final	Junior Men	Final event 141
125	13:15	200m – Semi Final	Youth Girls	Final event 140
126	13:30	High Jump – Qualifier	Youth Girls	Final event 152 (Mats A&B)
127	13:30	2000m Steeple Chase (91,4cm)	Youth Boys	Final
128	13:50	3000m Steeple Chase (91,4cm)	Junior Men	Final
129	14:00	Javelin Throw (600g)	Heptathlon Junior Women	Combined Event
130	14:00	Javelin Throw (600g)	Heptathlon Youth Girls	
131	14:10	2000m Steeple Chase (76,2cm)	Youth Girls	Final
132	14:30	3000m Steeple Chase (76,2cm)	Junior Women	Final
133	14:30	Discus Throw (1kg)	Youth Girls	Final
134	14:50	200m	Junior Women	Final
135	15:00	High Jump	Junior Women	Final (Mat B)
136	15:00	Triple Jump	Youth Girls	Final (Pit B)
137	15:00	Javelin Throw (800g)	Decathlon Junior Men	Combined Event
138	15:00	Javelin Throw (700g)	Octathlon Youth Boys	
139	15:00	200m	Youth Boys	Final
140	15:10	200m	Youth Girls	Final
141	15:20	200m	Junior Men	Final
142	15:30	Discus Throw (1,75kg)	Junior Men	Final
143	15:30	800m	Youth Boys	Final
144	15:40	800m	Junior Men	Final
145	15:50	800m	Youth Girls	Final
146	16:00	800m	Junior Women	Final
147	16:20	400m Hurdles (91,4cm)	Junior Men	Final
148	16:30	Triple Jump	Junior Men	Final (Pit A)
149	16:30	400m Hurdles (83,8cm)	Youth Boys	Final
150	16:40	400m Hurdles (76,2cm)	Junior Women	Final
151	16:50	400m Hurdles (76,2cm)	Youth Girls	Final
152	17:00	High Jump	Youth Girls	Final (Mat A)
153	17:00	Discus Throw (1kg)	Junior Women	Final
154	17:05	1500m	Decathlon Junior Men	Combined Event
155	17:15	800m	Heptathlon Junior Women	Combined Event
156	17:15	800m	Heptathlon Youth Girls	
157	17:25	1000m	Octathlon Youth Boys	Combined Event
158	18:40	5000m	Junior Men	Final
159	18:20	4 x 400m Relay	Junior Women	Final – Time Placing
160	18:30	4 x 400m Relay	Junior Men	Final – Time Placing
161	18:40	1000m Medley Relay	Youth Girls	Final – Time Placing
162	18:50	1000m Medley Relay	Youth Boys	Final – Time Placing

13th IAAF WORLD JUNIOR CHAMPIONSHIPS
Moncton, Canada: 20 - 25 JULY 2010

ASA ENTRY STANDARDS

Men	SA Records	Event	SA Records	Women
10.50	10.30	100m	11.25	11.75
21.20	20.16	200m	22.76	24.00
47.30	45.15	400m	51.89	53.50
1:51.00	1:45.46	800m	1:55.45	2:09.00
3:46.00	3:38.15	1500m	4:01.81	4:15.00
-	8:00.08	3000m	8:37.5	9:30.00
13:55.00	13:26.88	5000m	15:01.83	16:20.00
31:00.00	28:50.94	10000m	-	-
13.90 (1067m)	13.82	110m H / 100m H	13.47	14.00
52.40	48.76	400m H	55.74	59.80
8:48.00	8:30.29	3000m SC	10 :35.17	10:15.00
44:05.00	44:23.12	10000m Race Walk	50:03.34	50:55.00
No Standard	39.59	4 x 100m Relay	45.07	No Standard
No Standard	3 :04.5	4 x 400m Relay	3:37.93	No Standard
2.15	2.31m	High Jump	1.96	1.80
5.20	5.46m	Pole Vault	4.05	4.00
7.50	8.09m	Long Jump	6.54	6.15
15.80	16.96m	Triple Jump	12.80	13.20
19.15 (6kg)	20.50m	Shot Put	16.95	15.60
56.50 (1.75kg)	63.94m	Discus	53.07	50.00
72.00 (6kg)	81.04m	Hammer	54.21	55.00
72.00	83.07m	Javelin	58.33	54.00
7400 points	6400	Decathlon	-	-
-	-	Heptathlon	5868	5500