

2009 SOUTH AFRICAN JUNIOR AND YOUTH LISTS

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Under 20: Athletes 19 and 18 years old (born in 1990 & 1991) (JUNIORS)

Under 18 Athletes 17 and 16 years old (born in 1992 & 1993) (YOUTHS)

MEN

100 metres

Under 20

| | | | | | | | |
|--------------|------------|---------------------|-----------|-----------------|------------|-----------------------------|---------------|
| 10.38 | 1.4 | Waide Jooste | CG | 24-07-91 | 1h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.39 | 1.4 | Ethan Floris | BO | 15-04-90 | 2h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.45 | 0.5 | Patrick Vosloo | VT | 02-05-90 | 1s2 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.47 | 1.4 | Brent Stevens | WP | 27-03-90 | 1s3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.63 | 1.4 | HW Stapelberg | BOR | 25-02-91 | 2s3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.64 | 1.4 | Pieter Oosthuizen | KZ | 13-05-90 | 3s3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.65 | 1.5 | Vincent Mpapane | MP | 21-02-91 | 2s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.66 | 1.4 | Clearance Khumalo | MP | 16-11-91 | 1h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.67 | 1.4 | Zipho Peta | CN | | 4s3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.68 | 1.5 | Magomotsi Sekaba | FS | 16-02-90 | 2s1 | Pretoria (Absa-Tuks) | 27-Mar |

Wind

| | | | | | | | |
|-------|-----|-------------------|----|--|-----|----------------------|--------|
| 10.58 | 2.2 | Tsepo Ghotsokoane | FS | | 1h3 | Pretoria (Absa-Tuks) | 27-Mar |
|-------|-----|-------------------|----|--|-----|----------------------|--------|

Under 18

| | | | | | | | |
|-------|------|-------------------|----|----------|-----|----------------------|--------|
| 10.53 | 1.2 | Gideon Trotter | FS | 03-03-92 | 1s2 | Pretoria (Absa-Tuks) | 13-Jun |
| 10.54 | -0.7 | Richmond Collins | GN | 04-05-92 | 1s1 | Pretoria (Absa-Tuks) | 13-Jun |
| 10.64 | 1.3 | Sean de Klerk | FS | 28-01-92 | 1s3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.81 | 0.4 | Junai Smerdon | KZ | 11-12-92 | 1 | Bloemfontein | 10-Oct |
| 10.83 | 1.2 | Angus Julies | FS | 24-02-94 | 1 | Bloemfontein | 10-Oct |
| 10.90 | 0.3 | Quinton Hitge | KZ | 24-03-92 | 1 | Bloemfontein | 10-Oct |
| 10.94 | 0.4 | Waldie van Dalen | GN | | 2 | Bloemfontein | 10-Oct |
| 10.96 | -0.7 | Themba Mngqibsa | CG | 29-09-92 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.99 | -0.7 | Jaco van Rooyen | CG | | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 11.00 | 0.4 | Jacques de Swardt | GN | 12-08-92 | 3 | Bloemfontein | 28-Mar |
| 11.02 | -0.7 | Zuben Baartman | EP | 23-04-93 | 5 | Pretoria (Absa-Tuks) | 27-Mar |

Wind

| | | | | | | | |
|-------|-----|------------------|----|----------|---|----------------------|--------|
| 10.50 | 2.6 | Richmond Collins | GN | 04-05-92 | 1 | Pretoria (Absa-Tuks) | 13-Jun |
|-------|-----|------------------|----|----------|---|----------------------|--------|

200 metres

Under 20

| | | | | | | | |
|--------------|------------|---------------------|-----------|-----------------|------------|-----------------------------|---------------|
| 21.09 | -1.5 | Patrick Vosloo | VT | 02-05-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.24 | -1.5 | Brent Stevens | WP | 27-03-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.46 | 1.7 | Dean Swart | BO | 04-04-91 | 2s2 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.79 | 0.9 | Apelele Rasmeni | EC | 15-04-91 | 1h1 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.80 | 1.5 | Waide Jooste | CG | 24-07-91 | 1h7 | Pretoria (Absa-Tuks) | 27-Mar |
| 21.83 | 1.0 | HW Stapelberg | BOR | 25-02-91 | 1 | Bloemfontein | 24-Oct |
| 21.88 | 1.2 | Clearance Khumalo | MP | | 2s1 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.98 | 1.7 | Curt Ruiters | WC | 01-09-91 | 3s2 | Pretoria (Absa-Tuks) | 28-Mar |
| 22.14 | 1.3 | Manfred Titus | GW | | 2h4 | Pretoria (Absa-Tuks) | 28-Mar |
| 22.18 | 1.3 | Thapelo Ketlogetswe | CG | 12-02-91 | 2h3 | Pretoria (Absa-Tuks) | 28-Mar |

NWI

| | | | | | | | | |
|-------------|-----|---------------|-----|----------|-----|--|----------------------|--------|
| 21.57 | | Waide Jooste | CG | 24-07-91 | 2 | | Roodepoort | 21-Mar |
| Wind | | | | | | | | |
| 21.61 | 2.2 | Ethan Floris | BO | 15-04-90 | 1s3 | | Stellenbosch | 04-Apr |
| 21.73 | 2.4 | HW Stapelberg | BOR | 25-02-91 | 1s3 | | Pretoria (Absa-Tuks) | 28-Mar |

Under 18

| | | | | | | | | |
|-------|------|--------------------|-----|----------|-----|--|----------------------|--------|
| 21.29 | -1.5 | Sean de Klerk | FS | 28-01-92 | 1 | | Pretoria (Absa-Tuks) | 28-Mar |
| 21.30 | -1.5 | Mzwandile Quashani | BO | 23-06-93 | 2 | | Pretoria (Absa-Tuks) | 28-Mar |
| 21.33 | 0.4 | Richmond Collins | GN | 04-05-92 | 1s3 | | Pretoria (Absa-Tuks) | 28-Mar |
| 21.52 | -0.3 | Anaso Jobodwana | Bor | 30-07-92 | 2s1 | | Pretoria (Absa-Tuks) | 28-Mar |
| 21.55 | 0.4 | Jacques de Swardt | GN | 12-08-92 | 2s3 | | Pretoria (Absa-Tuks) | 28-Mar |
| 21.71 | -0.4 | Themba Mngqibsa | CG | 29-09-92 | 2 | | Durban | 07-Apr |
| 21.79 | 0.4 | Quinton Hitge | KZ | 24-03-92 | 1 | | Bloemfontein | 10-Oct |
| 21.94 | -1.5 | Prince Makgato | MP | 07-02-92 | 6 | | Pretoria (Absa-Tuks) | 28-Mar |
| 22.11 | -0.4 | Gideon Trotter | FS | 03-03-92 | 4 | | Durban | 07-Apr |
| 22.15 | 0.8 | Ruanco Pelsler | GAU | 24-01-94 | 1 | | Durban | 07-Apr |

NWI

| | | | | | | | | |
|-------|--|------------------|----|----------|---|--|------------|--------|
| 21.59 | | Themba Mngqibisa | CG | 29-09-92 | 1 | | Roodepoort | 21-Mar |
|-------|--|------------------|----|----------|---|--|------------|--------|

400 metres

Under 20

| | | | | | | | | |
|-------|--|---------------------|-----|----------|-----|--|----------------------|--------|
| 46.93 | | Thapelo Ketlogetswe | CG | 12-02-91 | 1r2 | | Germiston | 06-Mar |
| 47.04 | | Pieter Marx | FS | 24-01-91 | 1 | | Pretoria (Absa-Tuks) | 27-Mar |
| 47.37 | | Shaun de Jager | BOL | 28-06-91 | 2 | | Pretoria (Absa-Tuks) | 27-Mar |
| 47.68 | | Thomas Jonda | FS | 21-06-90 | 4 | | Pretoria (Absa-Tuks) | 27-Mar |
| 48.47 | | Lonwabo Majorman | BOR | | 5 | | Pretoria (Absa-Tuks) | 27-Mar |
| 48.70 | | Armand Fourie | GN | 18-02-91 | 6 | | Pretoria (Absa-Tuks) | 27-Mar |
| 48.72 | | Altus Kotze | GN | | 3s2 | | Pretoria (Absa-Tuks) | 27-Mar |
| 48.73 | | Donald Mokwena | GN | | 1s1 | | Pretoria (Absa-Tuks) | 27-Mar |
| 49.38 | | Divan Raubenheimer | CG | 29-05-91 | 3s1 | | Pretoria (Absa-Tuks) | 27-Mar |
| 49.46 | | Ryno de Lange | LIM | 02-12-91 | 6 | | Durban | 06-Apr |

Under 18

| | | | | | | | | |
|-------|--|--------------------|----|----------|-----|--|----------------------|--------|
| 46.69 | | Jacques de Swardt | GN | 12-08-92 | 1 | | Roodepoort | 21-Mar |
| 48.07 | | Michael Kruger | VT | 23-01-92 | 2 | | Pretoria (Absa-Tuks) | 27-Mar |
| 48.19 | | Petrus Coetzee | CN | 27-11-92 | 3 | | Pretoria (Absa-Tuks) | 27-Mar |
| 48.33 | | Daniel Harrison | CG | 21-05-92 | 4 | | Pretoria (Absa-Tuks) | 27-Mar |
| 48.65 | | Shaun van Wyk | CN | 30-03-92 | 5 | | Pretoria (Absa-Tuks) | 27-Mar |
| 49.06 | | Junai Smerdon | KZ | 11-12-92 | 2 | | Bloemfontein | 10-Oct |
| 49.08 | | Dwayne Andrews | CG | 04-08-92 | 1h4 | | Roodepoort | 21-Mar |
| 49.14 | | Quinton Norris | CG | 16-03-92 | 2h4 | | Roodepoort | 21-Mar |
| 49.29 | | Innocent Mashinini | VT | | 4 | | Roodepoort | 21-Mar |
| 49.35 | | Danie Malan | VT | | 6 | | Roodepoort | 21-Mar |

800 metres

Under 20

| | | | | | | | | |
|---------|--|-------------------|----|----------|----|--|----------------------|--------|
| 1:49.32 | | William Mothosola | FS | 31-03-90 | 1 | | Pretoria (Absa-Tuks) | 28-Mar |
| 1:49.40 | | Retlale Mokone | FS | 01-02-91 | 2 | | Pretoria (Absa-Tuks) | 28-Mar |
| 1:50.14 | | Andrew Roodt | CG | 28-08-90 | 3 | | Pretoria (Absa-Tuks) | 28-Mar |
| 1:50.54 | | Marnus Koekemoer | GN | 03-01-90 | 4 | | Pretoria (Absa-Tuks) | 28-Mar |
| 1:50.62 | | Hannes Naude | FS | 14-03-90 | 10 | | Stellenbosch | 14-Mar |
| 1:51.1 | | Folavio Sehohle | CG | 14-10-90 | 1 | | Naboomspruit | 16-Oct |
| 1:51.2 | | Jerry Motsau | CG | 12-03-90 | 2 | | Naboomspruit | 16-Oct |

| | | | | | | |
|---------|-----------------|----|----------|---|----------------------|--------|
| 1:51.23 | Michael du Toit | CG | 09-03-91 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:51.26 | Werner du Toit | CG | 24-09-90 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:51.6 | Henk Beukes | CG | 06-02-90 | 1 | Germiston | 21-Feb |

Under 18

| | | | | | | |
|---------|----------------------|----|----------|---|----------------------|----------|
| 1:51.52 | Michael van Aswegen | CG | 17-02-92 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:52.29 | Rynardt van Rensburg | FS | 23-03-92 | 2 | Pretoria (Absa-Tuks) | 13-Jun |
| 1:52.74 | Jacques de Swardt | GN | 12-08-92 | 2 | Durban | 07-Apr |
| 1:53.74 | Kobus Marais | CG | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:54.27 | Benjamin Molehe | FS | 27-02-92 | 2 | Bloemfontein | 16-Feb |
| 1:54.27 | Hanno van Zyl | GN | | 4 | Pretoria (Absa-Tuks) | 28-Mar x |
| 1:55.83 | Leon Meyer | CG | | 2 | Roodepoort | 11-Feb |
| 1:56.05 | Lazurus Masilo | MP | | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:56.47 | Moletsane Mokhoantle | FS | 25-03-92 | 5 | Durban | 07-Apr |
| 1:56.84 | Mphaka Mahlape | FS | 07-05-92 | 3 | Bloemfontein | 16-Feb |

1500 metres

Under 20

| | | | | | | |
|---------|-----------------|-----|----------|-----|----------------------|--------|
| 3:42.62 | Windy Jonas | FS | 11-03-90 | 5h2 | Stellenbosch | 13-Mar |
| 3:45.8 | Folavio Sehohle | VT | 14-10-90 | 1 | Naboomspruit | 16-Oct |
| 3:46.4 | Jerry Motsau | CG | 12-03-90 | 2 | Naboomspruit | 16-Oct |
| 3:49.55 | Retlale Mokone | FS | 01-02-91 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 3:54.01 | Thoriso Ratsela | CG | 13-08-90 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 3:55.02 | John Thipe | MP | | 3 | Durban | 06-Apr |
| 3:55.55 | Jerry Motsau | CG | 12-03-90 | 4 | Durban | 06-Apr |
| 3:57.15 | Anele Faku | TRA | 05-11-91 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 3:57.80 | P Wildbees | | | 3 | Naboomspruit | 16-Oct |
| 4:00.87 | Bheki Nkosi | MP | 26-02-90 | 6 | Durban | 06-Apr |

Under 18

| | | | | | | |
|---------|----------------------|----|----------|---|----------------------|--------|
| 3:53.40 | Benjamin Molehe | FS | 27-02-92 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 3:54.60 | Siyabonga Derison | FS | 04-09-92 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 3:57.6 | Donney Danster | SW | 22-02-92 | 1 | Paarl | 21-Mar |
| 3:57.76 | Michael van Aswegen | CG | 17-02-92 | 1 | Roodepoort | 21-Mar |
| 3:58.52 | Monwabisi Cele | KZ | 14-02-93 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:58.7 | Jeremy Andreas | WP | 28-02-92 | 2 | Paarl | 21-Mar |
| 4:00.37 | Fortress Nzima | CG | 06-10-93 | 2 | Roodepoort | 21-Mar |
| 4:02.63 | Rynardt van Rensburg | FS | 23-03-92 | 1 | Bloemfontein | 13-Feb |
| 4:03.61 | Olwethu Mhlaba | CG | 12-08-92 | 4 | Pretoria (Absa-Tuks) | 28-Mar |

3000m

Under 18

| | | | | | | |
|---------|--------------------|----|----------|---|------------|--------|
| 8:26.27 | Mfumaneko Fadane | TR | 11-12-92 | 1 | Durban | 07-Apr |
| 8:28.13 | Jeremy Andreas | WP | 28-02-92 | 2 | Durban | 07-Apr |
| 8:29.61 | Zusiphe Mpiyakhe | TR | 20-09-93 | 3 | Durban | 07-Apr |
| 8:38.01 | Sithembile Dondolo | CG | 19-10-93 | 4 | Durban | 07-Apr |
| 8:39.59 | Siyabongo Derison | FS | 04-09-92 | 5 | Durban | 07-Apr |
| 8:40.1 | Ignatius Davids | BO | 10-02-92 | 2 | Paarl | 21-Mar |
| 8:44.64 | Armin Botha | CG | 08-09-92 | 2 | Roodepoort | 21-Mar |
| 8:44.76 | Olwethu Mhlaba | CG | 12-08-92 | 3 | Roodepoort | 21-Mar |
| 8:44.95 | L Thato | CG | | 4 | Roodepoort | 21-Mar |
| 8:45.2 | Luyanda Qolo | BO | 07-03-92 | 3 | Paarl | 21-Mar |

5000 metres

Under 20

| | | | | | | |
|----------|-------------------|-----|----------|---|----------------------|--------|
| 14:21.52 | Folavio Sehohle | FS | 14-10-90 | 1 | Durban | 07-Apr |
| 14:28.33 | Joel Mmone | CNW | 29-03-91 | 2 | Durban | 07-Apr |
| 14:37.05 | John Thipe | MP | | 3 | Durban | 07-Apr |
| 14:40.46 | Collin Malaudzi | LIM | | 4 | Durban | 07-Apr |
| 14:48.19 | Sityhilo Diko | EC | 10-09-91 | 5 | Durban | 07-Apr |
| 14:48.32 | Xolani Mngomezulu | MP | | 6 | Durban | 07-Apr |
| 14:54.72 | Thoriso Ratsela | CG | 13-08-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 14:55.29 | Thobane Ghagwe | KZ | 04-08-91 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 15:04.81 | Anele Faku | TRA | 05-11-91 | 7 | Durban | 07-Apr |
| 15:04.96 | Abel Shabalala | FS | 06-05-90 | 8 | Durban | 07-Apr |

10 000 metres

Under 20

| | | | | | | |
|----------|-------------------|----|----------|---|----------------------|--------|
| 31:15.92 | Senzo Nkosi | KZ | 03-03-90 | 6 | Bambous | 31-Jul |
| 32:25.65 | Thobane Chagwe | KZ | 04-08-91 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 32:46.58 | Nhlanhla Sithole | CG | | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 33:18.67 | Valentine Maphisa | FS | 14-02-90 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 33:40.03 | Thato Malabtsi | CG | | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 39:04.99 | Bennet Molale | CG | | 6 | Pretoria (Absa-Tuks) | 27-Mar |

3000 metres steeplechase

Under 20

| | | | | | | |
|---------|-------------------|-----|----------|---|--------------|--------|
| 9:05.82 | William Mothosala | FS | 31-03-90 | 1 | Durban | 07-Apr |
| 9:08.24 | Lucas Bothobutle | CN | 01-01-91 | 2 | Durban | 07-Apr |
| 9:11.00 | Ratlale Mokone | FS | 02-01-91 | 1 | Bloemfontein | 13-Feb |
| 9:19.46 | Thabiso Letaka | FS | 08-06-90 | 3 | Durban | 07-Apr |
| 9:29.41 | Sprinkaan Simons | FS | 09-04-90 | 3 | Bloemfontein | 13-Feb |
| 9:34.17 | Ruan Aspeling | NW | | 5 | Durban | 07-Apr |
| 9:37.53 | Samuel Setleelo | CNW | 27-01-90 | 6 | Durban | 07-Apr |
| 9:45.14 | Simon Makaties | NC | 27-02-90 | 7 | Durban | 07-Apr |
| 9:47.40 | Sifisiso Mncwango | CG | 26-01-91 | 1 | Roodepoort | 21-Mar |

2000 metres steeplechase

Under 18

| | | | | | | |
|---------|-------------------|----|----------|---|----------------------|--------|
| 5:43.3 | Donnay Danster | SW | 22-02-92 | 2 | Oudtshoorn | 18-Dec |
| 5:53.01 | Olwethu Mhlaba | CG | 12-08-92 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 5:53.40 | Benjamin Molehe | FS | 27-02-92 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 5:58.72 | Zusiphe Mpiyakhe | TR | 20-09-93 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 5:58.8 | Sidwell Mdzanga | WP | 05-06-92 | 2 | Paarl | 21-Mar |
| 6:02.66 | Teboho Mabisele | FS | 17-03-92 | 2 | Bloemfontein | 13-Feb |
| 6:03.90 | Thabang Sakwana | CG | 28-05-92 | 2 | Roodepoort | 21-Mar |
| 6:05.80 | Joseph Tshibidzo | CG | | 3 | Roodepoort | 21-Mar |
| 6:06.26 | Seyabongi Derison | FS | 04-09-92 | 3 | Bloemfontein | 13-Feb |
| 6:06.52 | T Majonaga | FS | 09-05-93 | 4 | Bloemfontein | 13-Feb |

110 metres hurdles

Under 20 (99.5 cm)

| | | | | | | | |
|-------|------|-------------------|----|----------|---|----------------------|--------|
| 13.91 | -0.3 | Cornel Fredericks | BO | 03-03-90 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.05 | -0.3 | Kobus Moolman | GN | 08-01-91 | 2 | Pretoria (Absa-Tuks) | 27-Mar |

| | | | | | | | |
|-------|------|------------------|-----|----------|-----|----------------------|--------|
| 14.18 | -0.3 | Gary Morris | BOL | 08-01-90 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.24 | -0.3 | Francois Vermaak | MP | 20-01-90 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.44 | 1.1 | Werner Joubert | GN | 06-01-91 | 1h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.54 | -0.3 | Eduan Nel | CG | 20-12-90 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.61 | -0.3 | Ian Schoonwinkel | NW | 18-06-91 | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.62 | 1.1 | Pieter Koch | GN | | 2h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.81 | 1.1 | Francois Retief | BO | 30-01-91 | 3h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.82 | -0.3 | Ruaan van Wyk | BO | 04-12-91 | 8 | Pretoria (Absa-Tuks) | 27-Mar |

Wind

| | | | | | | | |
|-------|-----|-----------------------|----|----------|-----|----------------------|--------|
| 14.23 | 2.8 | Ian Schoonwinkel | NW | 18-06-91 | 2h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.36 | 2.8 | Eduan Nel | CG | 20-12-90 | 3h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.57 | nwi | Christiaan Oberholzer | VT | 04-03-91 | 3 | Roodepoort | 21-Mar |

NWI

| | | | | | | | |
|-------|-----|-----------------------|-----|----------|-----|----------------------|--------|
| 14.43 | 2.2 | Ruaan van Wyk | WC | 04-12-91 | 2h3 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.45 | 2.3 | Drikus Viljoen | BO | 19-04-91 | 2h4 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.52 | 2.8 | Ockert Groenewald | LIM | 19-09-91 | 4h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.54 | 2.4 | Rohan du Toit | EP | | 2h5 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.57 | 2.4 | Leboni Mkatini | CG | | 3h5 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.62 | 2.4 | Christiaan Oberholzer | VT | 04-03-91 | 4h5 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.63 | 2.8 | Edu Steyn | CN | | 5h1 | Pretoria (Absa-Tuks) | 27-Mar |

Under 18 (91.4 cm)

| | | | | | | | |
|-------|------|------------------|----|----------|-----|----------------------|--------|
| 13.84 | 1.4 | Hannes Greyling | CN | 18-02-92 | 1 | Pretoria (Absa-Tuks) | 13-Jun |
| 13.88 | 1.4 | Werner Pretorius | GN | 26-01-92 | 2 | Pretoria (Absa-Tuks) | 13-Jun |
| 13.90 | -0.7 | Layne Scheffers | WP | 16-03-92 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 13.98 | 1.8 | Emmanuel Paggis | FS | 06-08-92 | 2h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.19 | 0.6 | Phillip Booyesen | GN | | 2 | Bloemfontein | 10-Oct |
| 14.23 | -0.7 | Albert Smit | BO | 20-01-92 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.25 | -0.7 | Roan Grobler | CN | 26-11-92 | 4h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.31 | 0.7 | Wade Ford | NW | 23-06-23 | 1h3 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.44 | 1.1 | Werner Joubert | GN | | 1h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.50 | 1.8 | Jonty Fitzgerald | CG | | 5h1 | Pretoria (Absa-Tuks) | 27-Mar |

NWI

| | | | | | | | |
|-------|--|--------------|----|----------|---|--------------|--------|
| 14.22 | | Albert Smit | BO | 20-01-92 | 1 | Bloemfontein | 16-Feb |
| 14.27 | | Kyle Vorster | CG | 18-03-92 | 1 | Roodepoort | 21-Mar |

Wind

| | | | | | | | |
|-------|-----|------------------|--|--|-----|----------------------|--------|
| 13.85 | 2.6 | Werner Pretorius | | | 1h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.02 | 2.6 | Albert Smit | | | 2h4 | Pretoria (Absa-Tuks) | 27-Mar |

400 metres hurdles

Under 20 (91.4 cm)

| | | | | | | | |
|-------|--|-------------------|-----|----------|-----|----------------------|--------|
| 49.93 | | Cornel Fredericks | BO | 03-03-90 | 4 | Belgrade | 10-Jul |
| 51.23 | | Neil de Beer | GN | 27-11-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 51.97 | | Thabiso Kekana | KZ | 21-01-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 52.55 | | Albert Mans | GN | | 1 | Johannesburg | 21-Feb |
| 53.28 | | Neil le Roux | BO | 22-03-90 | 3h2 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.43 | | Godwin van Vuuren | CG | | 1h3 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.47 | | Ockert Groenewald | LIM | 19-09-91 | 3 | Durban | 07-Apr |
| 53.67 | | Pieter Marx | FS | 24-01-91 | 4 | Durban | 07-Apr |
| 53.71 | | PC Beneke | FS | 18-07-90 | 2h1 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.95 | | Jurie Moolman | GN | 08-01-91 | 2 | Roodepoort | 21-Mar |

Under 18 (84 cm)

| | | | | | | |
|-------|-------------------|----|----------|-----|----------------------|--------|
| 52.75 | Shaun van Wyk | CN | 30-03-92 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 52.84 | Layne Scheffers | WP | 16-03-92 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.33 | JT Myburgh | GN | 04-01-92 | 1h4 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.47 | Quinton Norris | CG | 16-03-92 | 1h2 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.57 | Taariq Solomons | WP | 22-08-93 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.89 | Phillip Booysen | GN | | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 54.10 | Pierre van Staden | GN | 20-02-92 | 2 | Roodepoort | 21-Mar |
| 54.28 | Graig Fortuin | FS | | 1 | Bloemfontein | 13-Feb |
| 54.50 | AJJ Coetzee | EP | 11-09-92 | 1h1 | Pretoria (Absa-Tuks) | 28-Mar |
| 54.50 | Bernard Pretorius | GN | | 3h4 | Pretoria (Absa-Tuks) | 28-Mar |

High jump**Under 20**

| | | | | | | |
|------|------------------|----|----------|----|----------------------|--------|
| 2.15 | Ruan Claassen | VT | 26-03-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 2.10 | Willem Voigt | CN | 21-02-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 2.10 | Keagan Fourie | SW | 07-09-91 | 2 | Oudtshoorn | 18-Dec |
| 2.05 | Heinrich Kuhn | WP | 22-01-91 | 1 | Paarl | 21-Mar |
| 2.05 | Pieter Streicher | MP | 07-02-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 2.03 | Robert Hill | CG | 15-01-91 | 1 | Johannesburg | 21-Feb |
| 2.00 | Wouter Faurie | GN | 08-10-91 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 2.00 | Muntingh Hamman | GN | 07-03-90 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 2.00 | Solomon Tauriri | CG | 13-12-90 | 5 | Stellenbosch | 04-Apr |
| 2.00 | Steve Fourie | EC | 26-02-91 | 2q | Durban | 07-Apr |

Under 18

| | | | | | | |
|------|-------------------|----|----------|---|----------------------|--------|
| 2.03 | Rikus Kok | MP | 01-05-92 | 1 | Durban | 07-Apr |
| 2.00 | Wayde van Niekerk | FS | 15-07-92 | 1 | Bloemfontein | 27-Feb |
| 2.00 | Clyde Ruiters | WP | 15-01-94 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 2.00 | Shane Blows | WP | 19-01-92 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 2.00 | Sarel Prinsloo | CN | 26-05-93 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 2.00 | Damien Johnson | WP | | 2 | Bloemfontein | 10-Oct |
| 1.98 | Tiro Mosete | NW | | 2 | Durban | 07-Apr |
| 1.96 | Craig Canham | KZ | 05-06-93 | 1 | Bloemfontein | 10-Oct |
| 1.95 | Carel van Eeden | BO | | 1 | Bloemfontein | 16-Feb |
| 1.95 | Shawn Owen | BO | 13-02-92 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 1.95 | Llewellyn Scrooby | GN | 30-08-93 | 5 | Pretoria (Absa-Tuks) | 28 amr |
| 1.95 | Andre Smit | CG | 11-05-92 | 6 | Pretoria (Absa-Tuks) | 28-Mar |

not KZ

Pole vault**Under 20**

| | | | | | | |
|------|--------------------|----|----------|---|----------------------|--------|
| 5.30 | Cheyne Rahme | CG | 23-01-91 | 1 | Bambous | 01-Aug |
| 4.71 | Christian Norman | BO | 16-05-91 | 1 | Bloemfontein | 16-Feb |
| 4.70 | Ruaan van Wyk | BO | 04-12-91 | 4 | Stellenbosch | 13-Mar |
| 4.70 | Eben Beukes | CG | 09-03-90 | 1 | Stellenbosch | 03-Apr |
| 4.50 | Sebastiaan Wessels | FS | 23-01-91 | 2 | Bloemfontein | 16-Feb |
| 4.20 | Francois Burger | BO | 11-01-90 | 5 | Stellenbosch | 27-Feb |
| 4.10 | Jan-Louis Nienaber | BO | 27-01-90 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 4.00 | Phillip Oosthuizen | FS | 06-09-91 | 5 | Bloemfontein | 09-Feb |
| 4.00 | Heinrich Odendaal | FS | 28-01-91 | 3 | Bloemfontein | 16-Feb |
| 3.80 | Henno Furstenburg | FS | 04-12-91 | 4 | Bloemfontein | 16-Feb |

3.80 Stefan Jordaan FS 13-05-91 3 Durban 06-Apr

Under 18

4.50 Albert Korf WP 20-12-93 1 Pretoria (Absa-Tuks) 27-Mar
4.40 JF Burger FS 21-05-92 1 Pretoria (Absa-Tuks) 27-Mar
4.20 Michael Cilliers GN 25-04-93 3 Pretoria (Absa-Tuks) 27-Mar
3.90 Samuel Pellissier BO 2 Paarl 21-Mar
3.80 Armandt Lotter FS 13-07-94 1 Durban 06-Apr
3.80 Jaun Swart BO 1 Bloemfontein 10-Oct
3.70 Jarik Jansen FS 16-02-93 2 Bloemfontein 09-Feb
3.50 Jan-Hendrik Mouton FS 25-07-94 2 Durban 06-Apr
3.40 Nico Naude FS 2 Bloemfontein 16-Feb
3.40 Ben van der Westhuizen BO 3 Paarl 21-Mar

Long jump

Under 20

7.65 1.9 Luvo Maniyonga BO 18-11-91 1 Gaborone 30-May
7.54 1.6 Dylan Cotter CG 23-08-91 1q1 Pretoria (Absa-Tuks) 27-Mar
7.15 0.2 Banile Manikela MP 06-05-91 1 Durban 06-Apr
6.94 1.2 Edwill Okkers WC 15-07-91 2 Durban 06-Apr
6.83 -0.2 Rushwahl Samaai BO 25-09-91 3 Pretoria (Absa-Tuks) 27-Mar
6.82 -0.5 Sibulele Minya BOR 4 Pretoria (Absa-Tuks) 27-Mar
6.79 -0.2 Brian Mashigo MP 17-08-91 5 Pretoria (Absa-Tuks) 27-Mar
6.75 -0.1 Wiaan Fourie FS 09-02-91 6 Pretoria (Absa-Tuks) 27-Mar

NWI

6.88 Richard King 1 Roodepoort 11-Feb
6.85 K Masiye CG 11-02-91 1 Roodepoort 21-Mar
6.82 Sheldon Jacobs GN 02-03-91 2 Roodepoort 21-Mar

Wind

7.47 2.1 Dylan Cotter CG 23-08-91 4 Bambous 30-Jul

Under 18

7.58 1.0 Stefan Brits BO 19-01-92 1q Bressanone 08-Jul
7.42 1.1 Lionel Abrahams BO 17-09-92 1 Pretoria (Absa-Tuks) 27-Mar
7.11 0.6 Rudi Niemand MP 04-08-92 2 Pretoria (Absa-Tuks) 27-Mar
6.97 1.4 Andile Mtshali KZ 22-04-92 3 Pretoria (Absa-Tuks) 27-Mar
6.96 0.2 Rowhan Rhode WP 13-02-92 5 Pretoria (Absa-Tuks) 27-Mar
6.94 0.7 Sergio Peterson EP 01-08-94 6 Pretoria (Absa-Tuks) 27-Mar
6.93 0.6 Quinton Higte KZ 24-03-93 7 Pretoria (Absa-Tuks) 27-Mar
6.87 1.6 Anekan Akpabio MP 09-05-93 1q2 Pretoria (Absa-Tuks) 27-Mar
6.81 1.3 Jone Jansen FS 20-01-92 1 Bloemfontein 13-Feb
6.74 -3.5 Clint Johnson WP 2 Durban 07-Apr
6.71 -0.3 Heinrich Olmesdahl GN 1 Bloemfontein 10-Oct

Wind

6.97 2.1 Mpho Maphuta GN 21-01-93 4 Pretoria (Absa-Tuks) 27-Mar

NWI

7.54 Lionel Abrahams BO 04-04-92 1 Worcester 21-Feb
7.17 Frits Helberg GN 12-04-93 1 Roodepoort 11-Feb
7.12 Francois Coetzee MP u17 1 Germiston 03-Mar

Triple jump

Under 20

| | | | | | | | |
|--------------|-------------|------------------------|-----------|-----------------|----------|----------------------|---------------|
| 16.07 | 0.0 | Boipelo Motlhathlego | GN | 27-11-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 15.67 | 0.8 | Apelele Rasmeni | EC | 15-04-91 | 1 | Durban | 07-Apr |
| 15.55 | 1.4 | Luvo Maniyonga | BO | 18-11-91 | 2 | Stellenbosch | 14-Mar |
| 15.36 | 0.3 | Dylon Cotter | CG | 23-08-91 | 1 | Germiston | 28-Feb |
| 15.17 | 0.4 | Reneilwe Aphane | GN | 24-08-90 | 3 | Germiston | 06-Mar |
| 14.95 | -0.4 | Neo Marie | CG | 05-08-90 | 1 | Pretoria | 31-Oct |
| 14.48 | 0.0 | Christiaan Lombard | FS | 29-03-91 | 1 | Bloemfontein | 14-Feb |
| 14.38 | -0.3 | Rushwahl Samaai | BO | 25-09-91 | 1 | Bloemfontein | 16-Feb |
| 14.35 | 0.4 | Marcelle Jonkerman | EP | 16-05-90 | 5 | Pretoria (Absa-Tuks) | 28-Mar |

Under 18

| | | | | | | | |
|-------|-----|------------------|-----|----------|---|----------------------|--------|
| 14.75 | 2.0 | Lezlo Bramwill | Bor | 25-03-92 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 14.47 | 1.3 | Andile Mtshali | KZ | 22-04-92 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 14.45 | 1.1 | John Josephs | WP | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 14.34 | 0.5 | Rudi Niemand | MP | 04-08-92 | 3 | Durban | 07-Apr |
| 14.34 | 1.1 | Rowhan Rhode | WP | 13-02-92 | 2 | Durban | 07-Apr |
| 14.22 | 0.2 | D Jantjies | Bor | | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 14.16 | nwi | Phillip Kemp | FS | u16 | 1 | Bloemfontein | 16-Feb |
| 14.15 | 0.4 | Duane Adams | EP | 03-02-92 | 5 | Durban | 07-Apr |
| 14.14 | 1.1 | Carlisle Jordaan | Bor | 20-09-92 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 13.90 | 1.6 | Andre Steyn | WP | 14-04-92 | 6 | Durban | 07-Apr |

Shot

Under 20 (6 kg)

| | | | | | | | |
|--------------|--|-------------------------|-----------|----------|----------|----------------------|---------------|
| 18.68 | | Stephan Brink | NW | 11-09-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 17.82 | | Ryno van Winkel | CG | 22-02-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 16.09 | | Jayson Smith | NW | 12-05-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 16.08 | | Schalk Mostert | BO | | 1 | Paarl | 21-Mar |
| 15.80 | | Werner Hugo | VT | 19-02-90 | 1 | Roodepoort | 21-Mar |
| 15.77 | | Adam van Heerden | BO | | 1 | Durban | 07-Apr |
| 15.75 | | Thys van Wyk | FS | 27-02-90 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 15.43 | | Russel Tucker | CG | | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 15.22 | | Estiaan Klem | VT | 29-01-91 | 1 | Roodepoort | 11-Feb |
| 15.07 | | Jason Erasmus | CG | 03-06-91 | 2 | Roodepoort | 21-Mar |

Under 18 (5 kg)

| | | | | | | | |
|-------|--|-----------------------|-----|----------|---|----------------------|--------|
| 20.37 | | Frans Schutte | MP | 10-03-93 | 3 | Bressanone | 11-Jul |
| 19.75 | | Donovan Stebbing | MP | 02-02-92 | 5 | Bressanone | 11-Jul |
| 17.86 | | Johann Rautenbach | GN | 28-02-92 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 17.05 | | Charl Grobler | FS | 23-05-92 | 1 | Bloemfontein | 10-Oct |
| 16.67 | | Irne Herbst | GN | | 2 | Roodepoort | 11-Feb |
| 16.64 | | Pierre Coetzee | FS | 25-01-92 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 16.59 | | Constand van Rooyen | CG | 25-01-92 | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 16.44 | | Dewald Els | LIM | 17-02-92 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 15.96 | | Carlisle van der Walt | VT | 23-05-92 | 2 | Roodepoort | 21-Mar |

Discus

Under 20 (1.75 kg)

| | | | | | | | |
|-------|--|--------------------|----|----------|---|----------------------|--------|
| 58.91 | | Dewald van Heerden | CG | 04-04-91 | 1 | Bambous | 02-Aug |
| 53.58 | | Leon Verster | GN | 02-07-90 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 48.76 | | Jayson Smith | NW | 12-05-90 | 3 | Pretoria (Absa-Tuks) | 27-Mar |

| | | | | | | |
|-------|------------------|----|----------|---|----------------------|--------|
| 48.50 | Ryno van Winkel | CG | 22-02-90 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 47.05 | Russel Tucker | CG | | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 47.01 | Ruan Murrey | NW | | 2 | Durban | 07-Apr |
| 46.98 | Ricus Roux | FS | 16-02-90 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 46.64 | Jaco Havenga | CG | | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 45.97 | Basie Jordaan | CG | 22-10-91 | 3 | Durban | 07-Apr |
| 45.72 | Adam van Heerden | BO | | 4 | Durban | 07-Apr |

Under 18 (1.5 kg)

| | | | | | | |
|-------|-------------------|----|----------|---|----------------------|--------|
| 58.04 | Charl Grobler | FS | 23-05-92 | 1 | Pretoria (Absa-Tuks) | 13-Jun |
| 57.29 | Frans Schutte | MP | 10-03-93 | 1 | Durban | 07-Apr |
| 56.64 | Charles Burger | FS | 21-05-92 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 52.59 | Johny Botha | CG | 23-05-92 | 2 | Durban | 07-Apr |
| 52.58 | Donovan Stebbing | MP | 02-02-92 | 3 | Durban | 07-Apr |
| 48.96 | Ernst du Toit | BO | 07-02-92 | 4 | Durban | 07-Apr |
| 48.86 | Irne Herbst | GN | | 1 | Pretoria(WK) | 06-Feb |
| 48.68 | Pierre Coetzee | FS | 25-01-92 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 48.54 | Anool Pienaar | KZ | 25-01-92 | 5 | Durban | 07-Apr |
| 48.15 | Leroux Bodenstein | GN | 02-04-92 | 6 | Durban | 07-Apr |

Hammer Throw

Under 20 (6 kg)

| | | | | | | |
|-------|----------------------|-----|----------|---|----------------------|--------|
| 64.28 | Micqel le Roux | WP | 26-03-90 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 60.55 | Lodewalt Venter | EC | 22-07-91 | 1 | Bloemfontein | 24-Oct |
| 58.53 | Gideon de Villiers | EP | 26-09-91 | 2 | Bloemfontein | 24-Oct |
| 55.93 | TJB van Niekerk | NW | 04-01-91 | 2 | Durban | 07-Apr |
| 51.01 | Phillip Marx | SWD | 17-01-91 | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 49.82 | Vincent van Rensburg | GN | 07-09-90 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 49.58 | Luan Retief | BOL | 29-12-91 | 1 | Paarl | 21-Mar |
| 48.55 | Rudolf Roodt | FS | 04-06-91 | 1 | Bloemfontein | 13-Feb |
| 48.22 | Spyker Serfontein | FS | 08-03-91 | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 48.15 | Eghard Basson | EC | | 5 | Durban | 07-Apr |

Under 18 (5 kg)

| | | | | | | |
|-------|---------------------------|----|----------|---|----------------------|--------|
| 58.66 | Donovan Stebbing | MP | 02-02-92 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 57.13 | Stiaan Minnie | EP | 08-06-93 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 56.09 | Ruan Meyer | NW | 23-03-92 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 56.09 | Tiaan Naude | WP | 23-04-92 | 2 | Durban | 07-Apr |
| 55.37 | Gerhard Lotz | EP | 04-02-92 | 3 | Durban | 07-Apr |
| 55.24 | Renaldo Frechou | BO | 04-03-92 | 1 | Paarl | 21-Mar |
| 54.91 | Robert Janse van Rensburg | FS | 13-06-93 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 51.94 | Guilherme R de Franca | VT | 23-08-93 | 1 | Roodepoort | 21-Mar |
| 51.28 | Tertius Bruwer | BO | 23-04-92 | 3 | Paarl | 21-Mar |
| 50.95 | Francois Minnaar | CN | 12-12-92 | 6 | Durban | 07-Apr |

JAVELIN

Under 20 (800 g)

| | | | | | | |
|-------|------------------|----|----------|---|----------------------|--------|
| 78.58 | Ulrich Damon | WP | 23-10-90 | 1 | Potchefstroom | 13-Oct |
| 67.40 | Rocco van Rooyen | WP | 23-12-92 | 3 | Stellenbosch | 11-Dec |
| 66.78 | Charl Willemse | FS | 04-02-91 | 1 | Bloemfontein | 16-Feb |
| 65.59 | Rudo Klopper | FS | 17-09-90 | 4 | Potchefstroom | 07-Oct |
| 65.24 | Steyn Kriel | CN | 18-04-91 | 2 | Pretoria (Absa-Tuks) | 28-Mar |

| | | | | | | |
|-------|--------------------|----|----------|---|----------------------|--------|
| 64.05 | Jason Henning | GN | 13-08-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 61.90 | Alex Jacobs | GN | | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 60.98 | Daniel Zimmerman | NW | 18-11-91 | 1 | Durban | 06-Apr |
| 59.98 | Russel Tucker | CG | 11-04-90 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 59.77 | Jonathan Crichton | CG | | 1 | Roodepoort | 21-Mar |
| 58.10 | Renier de Villiers | MP | 25-09-91 | 4 | Durban | 06-Apr |

Under 18 (700 g)

| | | | | | | |
|-------|------------------|----|----------|---|----------------------|--------|
| 75.92 | Rocco van Rooyen | WP | 23-12-92 | 1 | Paarl | 21-Mar |
| 72.44 | Dean Goosen | VT | 01-01-92 | 1 | Durban | 06-Apr |
| 68.04 | Chad Herman | EP | 25-05-92 | 2 | Durban | 06-Apr |
| 65.90 | Cameron Wright | WP | 08-04-92 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 64.75 | Malan Snyman | GN | 20-01-92 | 2 | Roodepoort | 21-Mar |
| 62.46 | Juan Freyer | MP | 11-05-93 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 61.60 | Dylan Jacobs | GN | | 1 | Bloemfontein | 10-Oct |
| 61.40 | Ruan Erasmus | CN | 09-03-93 | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 60.19 | Toni Jantjies | GN | | 1 | Roodepoort | 11-Feb |
| 60.08 | Braam Venter | GN | | 1 | Bloemfontein | 10-Oct |

Decathlon

Under 20

| | | | | | | |
|-------|----------------|----|----------|---|---|---------|
| 6 400 | Gert Swanepoel | CN | 20-03-91 | 1 | Bambous | 30-31/7 |
| | | | | | 11.53 (-1.0), 6.31 (0.1), 10.89, 1.74, 49.64; 15.18 .69, 3.30, 45.48, 4:28.75 | |
| 6 359 | Willem le Roux | BO | 11-06-90 | 2 | Bambous | 30-31/7 |
| | | | | | 11.77 (-1.0), 6.40 (0.9), 13.59, 1.83, 54.03; 17.85 (-0.7), 34.35, 3.80, 58.49, 4:48.86 | |

Wind assisted

| | | | | | | |
|-------|-------------------|----|--|---|---|---------|
| 6 660 | Le Roux | | | 1 | Pretoria (Absa-Tuks) | 27-28/3 |
| | | | | | 11.65 (2.2), 6.60 (8.1), 13.13, 1.85, 51.36; 16.12 (0.3), 36.33, 3.60, 57.40, 4:52.38 | |
| 5 977 | Nardus Greyling | FS | | 3 | Pretoria (Absa-Tuks) | 27-28/3 |
| | | | | | 11.33 (2.2), 6.01 (6.5), 11.23, 1.70, 51.59; 15.39 (0.3), 30.11, 3.30, 43.78, 5:00.88 | |
| 5 530 | Ruan van Zyl | CN | | 4 | Pretoria (Absa-Tuks) | 27-28/3 |
| | | | | | 11,71 (2.2), 6.05 (6.7), 10.82, 1.73, 53.07; 15.54 (0.3), 31.13, xxx, 50.88, 4:58.66 | |
| 5 028 | Heino Furstenburg | VS | | 5 | Pretoria (Absa-Tuks) | 27-28/3 |
| | | | | | 11.75 (2.2), 5.88 (7.8), 8.45, 1.40, 53.70; 16.78 (0.3), 36.76, 3.90, 39.61, 5:44.73) | |

Octathlon

Under 18

| | | | | | | |
|-------|-------------------|-----|----------|---|--|---------|
| 5 343 | Gerhard Volschenk | MP | 12-05-92 | 1 | Pretoria (Absa-Tuks) | 27-28/3 |
| | | | | | 11.40, 6.30, 11.53, 51.66; 15.00, 1.84, 42.80, 3:06.29 | |
| 5 227 | Danie Malan | VT | | 2 | Pretoria (Absa-Tuks) | 27-28/3 |
| | | | | | 11.31, 6.32, 11.86, 50.03; 19.20, 1.81, 50.18, 2:54.11 | |
| 4 786 | Willi le Roux | VT | | 3 | Pretoria (Absa-Tuks) | 27-28/3 |
| 4 408 | Jaco Pieters | LIM | | 4 | Pretoria (Absa-Tuks) | 27-28/3 |
| 4 073 | Awie Vermeulen | VT | | 5 | Pretoria (Absa-Tuks) | 27-28/3 |

4 x 100 metres relay

Under 20

| | | | | | | |
|-------|--------------|--|--|---|----------------------|--------|
| 41.18 | Boland A | | | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 41.20 | Western Cape | | | 1 | Durban | 07-Apr |
| 41.33 | SA Jnr Team | | | 2 | Bambous | 01-Aug |
| 41.66 | Free State | | | 2 | Durban | 07-Apr |
| 42.10 | Mpumalanga | | | 2 | Pretoria (Absa-Tuks) | 28-Mar |

| | | | | |
|-------|------------------|---|----------------------|--------|
| 42.16 | Free State | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.56 | Border A | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.76 | Eastern Cape | 3 | Durban | 07-Apr |
| 42.88 | Gauteng North | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.99 | Western Province | 6 | Pretoria (Absa-Tuks) | 28-Mar |

Under 18

| | | | | |
|-------|------------------|---|----------------------|--------|
| 41.88 | Gauteng North | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.45 | Central Gauteng | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.52 | Free State | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.57 | Boland A | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 43.19 | Boland B | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 43.22 | Kwazulu Natal | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 43.39 | Vaal Triangle | 7 | Pretoria (Absa-Tuks) | 28-Mar |
| 43.30 | Eastern Province | 8 | Pretoria (Absa-Tuks) | 28-Mar |
| 43.31 | Mpumalanga | 9 | Pretoria (Absa-Tuks) | 28-Mar |

4 x 400 metres relay

Under 20

| | | | | |
|---------|-----------------|---|----------------------|--------|
| 3:11.93 | Boland | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:12.84 | Gauteng | 1 | Durban | 07-Apr |
| 3:13.95 | SA Jnr Team | 2 | Bambous | 02-Aug |
| 3:14.10 | Free State | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:14.64 | Western Cape | 2 | Durban | 07-Apr |
| 3:15.68 | Gauteng North | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:16.61 | Free State | 3 | Durban | 07-Apr |
| 3:19.60 | Central Gauteng | 4 | Pretoria (Absa-Tuks) | 28-Apr |
| 3:20.30 | Mpumalanga | 4 | Durban | 07-Apr |
| 3:21.57 | Kwazulu Natal | 5 | Pretoria (Absa-Tuks) | 28-Mar |

5000 metres walk

Under 20

| | | | | | | |
|----------|---------------|----|----------|---|-----------|--------|
| 21:38.24 | Dewald Bekker | GN | 15-03-90 | 2 | Germiston | 06-Mar |
|----------|---------------|----|----------|---|-----------|--------|

10000 metres walk

Under 20

| | | | | | | |
|----------|------------------|----|----------|---|----------------------|--------|
| 45:55.70 | Dewald Bekker | GN | 15-03-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 47:14.6 | Armond Nel | WP | 20-08-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 50:45.60 | Jacques Faurie | NW | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 1h 03.0 | Hebrew Morgendal | WC | 22-09-91 | 2 | Durban | 07-Apr |
| 1h 16.0 | Johannes Ngonela | FS | 03-11-91 | 3 | Durban | 07-Apr |

Under 18

| | | | | | | |
|----------|-----------------|----|----------|---|----------------------|--------|
| 48:08.20 | Ruan Wessels | FS | 29-01-92 | 1 | Durban | 07-Apr |
| 48:32.80 | Reginald Hufkie | EC | 28-04-92 | 2 | Durban | 07-Apr |
| 49:11.00 | Manqoba Kubheka | KZ | 08-01-92 | 3 | Durban | 07-Apr |
| 50:24.79 | Naywin Blaauw | EC | 20-06-93 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 51:22.00 | Enver Rhodas | WP | 11-12-92 | 4 | Durban | 07-Apr |

20 km Road Walk

Under 20

| | | | | | | |
|----------|------------|----|----------|---|-----------|--------|
| 01:41:15 | Armond Nel | WP | 20-08-90 | 2 | Bellville | 21-Feb |
|----------|------------|----|----------|---|-----------|--------|

WOMEN**100 metres****Under 20**

| | | | | | | | |
|--------------|-------------|-----------------------|-----------|-----------------|----------|-----------------------------|---------------|
| 11.89 | -0.5 | Melissa Hewitt | BO | 20-05-91 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 11.92 | 0.5 | Alyssa Conley | CG | 27-04-91 | 1s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.05 | 1.8 | Arlene Gowar | EP | 26-08-91 | 1h5 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.15 | 0.5 | Celeste Rietels | WP | 14-01-90 | 2s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.24 | 0.5 | Zaskia Struwig | EP | 21-07-91 | 3s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.26 | 0.8 | Rorisang Ramonnye | CN | 31-12-90 | 2h2 | Pretoria (Absa-Tuks) | 14-Feb |
| 12.27 | 0.7 | Lynette Morgan | WP | 19-11-91 | 2s2 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.32 | 1.3 | Elzaan Lynch | KZ | 29-10-91 | 3h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.37 | 1.2 | Cherie Strydom | FS | 08-01-91 | 1h4 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.38 | 0.7 | Jeanine Pieterse | NW | | 3s2 | Pretoria (Absa-Tuks) | 27-Mar |

Wind

| | | | | | | | |
|-------|-----|-----------------|----|----------|-----|----------------------|--------|
| 11.81 | 3.2 | Alyssa Conley | CG | 27-04-91 | 1h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.03 | 3.2 | Zaskia Struwig | EP | 21-07-91 | 2h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.18 | 3.2 | Lynette Morgan | WP | 19-11-91 | 3h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.22 | 2.8 | Imgard Bensusan | CG | 24-01-91 | 4 | Germiston | 14-Feb |

Hand

| | | | | | | | |
|------|-----|---------------|----|----------|---|-----------|--------|
| 11.6 | nwi | Alyssa Conley | CG | 27-04-91 | 1 | Germiston | 21-Feb |
|------|-----|---------------|----|----------|---|-----------|--------|

Under 18

| | | | | | | | |
|--------------|------------|------------------------|-----------|-----------------|------------|----------------------|---------------|
| 11.83 | 1.8 | Chante van Tonder | CG | 25-09-93 | 1 | Germiston | 28-Nov |
| 12.00 | 1.3 | Maryke Brits | BO | 25-02-94 | 3h3 | Stellenbosch | 13-Mar |
| 12.19 | 0.6 | Elizmarie Kriel | FS | 11-02-94 | 1s2 | Pretoria (Absa-Tuks) | 27-Mar |
| 11.89 | 0.7 | Justine Palframan | KZ | 04-11-93 | 1 | Bloemfontein | 10-Oct |
| 12.05 | 1.9 | Jade Thiele | CG | 10-10-92 | 1 | Pretoria (Absa-Tuks) | 13-Jun |
| 12.05 | 1.9 | Zanri van der Merwe | GN | 14-05-93 | 2 | Pretoria (Absa-Tuks) | 13-Jun |
| 12.21 | 0.6 | Sanmarie Malan | CG | 16-01-92 | 2sf2 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.22 | 0.6 | Amanda Nagel | VT | 18-02-94 | 2sf1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.26 | 1.8 | Liezel Hechter | CN | 22-03-94 | 1h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.27 | 1.8 | Simone Lubbe | GN | | 2sf3 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.27 | nwi | Phillipa van der Merwe | NC | 07-01-94 | 1h1 | Durban | 06-Apr |

Hand

| | | | | | | | |
|------|--|-------------|----|----------|---|-----------|--------|
| 11.8 | | Jade Thiele | CG | 10-10-92 | 1 | Germiston | 21-Feb |
|------|--|-------------|----|----------|---|-----------|--------|

200 metres**Under 20**

| | | | | | | | |
|--------------|-------------|-----------------------|-----------|-----------------|----------|-----------------------------|---------------|
| 24.36 | 0.3 | Alyssa Conley | CG | 27-04-91 | 3 | Stellenbosch | 04-Apr |
| 24.60 | -1.1 | Rorisang Ramonnye | CN | 31-12-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 24.68 | -1.1 | Melissa Hewitt | BO | 20-05-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 24.83 | -0.5 | Anneri Ebersohn | FS | 09-08-90 | 2 | Pretoria (Absa-Tuks) | 30-Jan |
| 24.98 | -1.1 | Arlene Gowar | EC | 26-08-91 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 25.16 | 0.6 | Sharon Pattison | NW | 04-08-91 | 2 | Durban | 07-Apr |
| 25.28 | -1.1 | Lynette Morgan | WP | 19-11-91 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 25.33 | -1.1 | Elzette Louw | WP | 22-06-91 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 25.39 | -1.1 | Monique Vosloo | CG | 26-08-91 | 7 | Pretoria (Absa-Tuks) | 28-Mar |
| 25.43 | 0.6 | Ansulet Potgieter | FS | 27-04-91 | 4 | Durban | 07-Apr |

NWI

| | | | | | | | |
|-------|--|-----------------|----|----------|---|------------|--------|
| 24.12 | | Imgard Bensusan | CG | 24-01-91 | 1 | Roodepoort | 21-Mar |
|-------|--|-----------------|----|----------|---|------------|--------|

| | | | | | | | | |
|-------------|-----|-------------------|----|----------|---|--|------------|--------|
| Hand | | | | | | | | |
| 24.5 | 0.2 | Rorisang Ramonnye | CN | 31-12-90 | 1 | | Roodepoort | 10-Jan |

Under 18

| | | | | | | | | |
|-------|------|---------------------|----|----------|------|----------------------|--------------|--------|
| 23.90 | 1.0 | Justine Palframan | KZ | 04-11-93 | 1 | Pretoria (Absa-Tuks) | | 28-Mar |
| 24.44 | 1.6 | Chanel Fourie | CG | 25-05-92 | 1 | | Germiston | 28-Nov |
| 24.71 | 1.0 | Sonja van der Merwe | WP | 19-05-92 | 2 | Pretoria (Absa-Tuks) | | 28-Mar |
| 24.82 | 1.0 | Zanri van der Merwe | GN | 14-05-93 | 3 | Pretoria (Absa-Tuks) | | 28-Mar |
| 24.86 | 0.4 | Rikenette Steenkamp | GN | 16-10-92 | 3 | | Durban | 07-Apr |
| 24.86 | 1.4 | Jade Thiele | CG | 10-10-92 | 1sf1 | Pretoria (Absa-Tuks) | | 28-Mar |
| 24.90 | -0.1 | Stacey Welsh | WC | 20-07-94 | 1h1 | | Durban | 07-Apr |
| 24.92 | 0.4 | Chante van Tonder | GN | 25-05-93 | 4 | | Durban | 07-Apr |
| 25.05 | 0.6 | Anri Steyn | CG | 30-09-93 | 1h3 | Pretoria (Absa-Tuks) | | 28-Mar |
| 25.32 | 0.5 | Amanda Nagel | VT | 18-02-94 | 2sf2 | Pretoria (Absa-Tuks) | | 28-Mar |
| 25.39 | 0.8 | Kate Palframan | KZ | 18-03-92 | 1 | | Bloemfontein | 10-Oct |

NWI

| | | | | | | | | |
|-------|------|------------------------|----|----------|-----|--|------------|--------|
| 24.55 | | Zanri van der Merwe | GN | 14-05-93 | 1 | | Roodepoort | 21-Mar |
| 24.58 | | Simone Lubbe | GN | 05-10-93 | 2 | | Roodepoort | 21-Mar |
| 24.73 | | Rikenette Steenkamp | GN | 16-10-92 | 3 | | Roodepoort | 21-Mar |
| 24.76 | | Chante van Tonder | GN | 25-05-93 | 4 | | Roodepoort | 21-Mar |
| 24.76 | | Amanda Nagel | VT | 18-02-94 | 1 | | Germiston | 23-Mar |
| 25.06 | nwi | Stephanie Wicksell | GN | 06-05-94 | 2 | | Germiston | 23-Mar |
| 25.14 | nwi | Tebogo Mamathu | CG | 27-05-94 | 3 | | Germiston | 23-Mar |
| 25.20 | -0.1 | Michanne Wessels | FS | 17-01-94 | 2h1 | | Durban | 07-Apr |
| 25.30 | -2.3 | Phillipa van der Merwe | NC | 07-01-94 | 3 | | Durban | 07-Apr |

400 metres

Under 20

| | | | | | | | | |
|--------------|--|------------------------|------------|-----------------|----------|-----------------------------|--------------|---------------|
| 54.54 | | Rorisang Ramonnye | NW | 03-11-90 | 5 | | Stellenbosch | 14-Mar |
| 55.20 | | Anuschka Nice | CG | 26-08-91 | 2 | Pretoria (Absa-Tuks) | | 27-Mar |
| 55.77 | | Anneri Ebersohn | FS | 09-08-90 | 1 | | Bloemfontein | 14-Feb |
| 55.96 | | Doné Vermaak | GN | 17-12-90 | 4 | | Stellenbosch | 03-Apr |
| 56.78 | | Monique Vosloo | CG | 26-08-91 | 4 | Pretoria (Absa-Tuks) | | 27-Mar |
| 56.90 | | Lizeri Erasmus | GN | 19-05-91 | 5 | Pretoria (Absa-Tuks) | | 27-Mar |
| 56.91 | | Janine Pieters | NW | | 2 | | Durban | 07-Apr |
| 57.25 | | Ilse Liebenberg | BOL | 30-03-90 | 6 | Pretoria (Absa-Tuks) | | 27-Mar |
| 57.51 | | Elzette Louw | WP | 22-06-91 | 3 | | Durban | 07-Apr |

Under 18

| | | | | | | | | |
|-------|--|---------------------|-----|----------|-----|----------------------|------------|--------|
| 53.29 | | Anri Steyn | CG | 30-09-93 | 1 | Pretoria (Absa-Tuks) | | 27-Mar |
| 53.72 | | Justine Palframan | KZ | 04-11-93 | 2 | Pretoria (Absa-Tuks) | | 27-Mar |
| 54.90 | | Sonja van der Merwe | WP | 19-05-92 | 3 | Pretoria (Absa-Tuks) | | 27-Mar |
| 56.15 | | Stephanie Wicksell | GN | 06-05-94 | 4 | Pretoria (Absa-Tuks) | | 27-Mar |
| 56.24 | | Chanel Fourie | CG | 25-05-92 | 2 | | Roodepoort | 21-Mar |
| 56.92 | | Izelle Neuhoff | VT | 03-05-94 | 1h1 | | Roodepoort | 21-Mar |
| 57.32 | | Lea Steyn | EP | 23-05-92 | 7 | Pretoria (Absa-Tuks) | | 27-Mar |
| 57.44 | | Charlize Jonker | CG | 27-08-94 | 2 | | Roodepoort | 21-Mar |
| 57.60 | | Thato Makhofolo | CG | 10-04-94 | 1 | | Germiston | 24-Jan |
| 57.89 | | Suretha Muller | VT | 22-05-92 | 8 | Pretoria (Absa-Tuks) | | 27-Mar |
| 57.89 | | Liezel Scholtz | LIM | 20-02-95 | 1h2 | | Durban | 07-Apr |

800 metres

Under 20

| | | | | | | |
|---------|-------------------|----|----------|---|----------------------|--------|
| 1:55.45 | Caster Semenya | GN | 07-01-91 | 1 | Berlin | 19-Aug |
| 2:05.17 | Anuschka Nice | CG | 26-08-91 | 3 | Germiston | 06-Mar |
| 2:07.36 | Doné Vermaak | GN | 17-12-90 | 2 | Stellenbosch | 27-Feb |
| 2:10.5 | Anelda Pypers | CG | 15-04-91 | 2 | Germiston | 28-Feb |
| 2:11.78 | Megan Williams | CG | 28-12-90 | 2 | Roodepoort | 21-Mar |
| 2:11.90 | Elandrie Drotsky | MP | 25-04-91 | 1 | Durban | 06-Apr |
| 2:14.66 | Natanya Luther | CG | 25-01-91 | 3 | Durban | 06-Apr |
| 2:16.92 | Matshediso Masedi | FS | 09-09-91 | 7 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:18.14 | Adri Meyer | WP | 07-04-91 | 8 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:18.95 | Mieke Grabe | NW | | 6 | Durban | 06-Apr |

Under 18

| | | | | | | |
|---------------|---------------------|-----------|-----------------|----------|----------------------|---------------|
| 2:09.61 | Felicia Mofokeng | FS | 14-10-94 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:10.29 | Masabata Motoane | GN | 31-01-93 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:10.30 | Happiness Mkhize | KZ | 15-12-92 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:10.90 | Anri Steyn | CG | 30-09-93 | 1 | Durban | 07-Apr |
| 2:11.00 | Marlise Jordaan | WP | 02-03-92 | 4 | Stellenbosch | 27-Feb |
| 2:11.26 | Rizani van Aswegen | VT | 16-06-92 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:11.76 | Lebohang Dlamini | FS | 01-10-93 | 3 | Durban | 07-Apr |
| 2:12.4 | Danelle Prinsloo | FS | 27-03-92 | 1h3 | Pretoria (Absa-Tuks) | 27-Mar |
| 2:13.12 | Lize-Ann Steyn | EP | 02-05-93 | 5 | Durban | 07-Apr |
| 2:13.13 | Annica Coetzee | EP | 10-02-92 | 4h2 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:13.8 | Heleen Malan | BO | 04-12-92 | 2 | Paarl | 21-Mar |
| 2:13.8 | Elaine Smith | MP | 08-01-92 | 3h2 | Pretoria (Absa-Tuks) | 27-Mar |

1500 metres

xxxx

Under 20

| | | | | | | |
|----------------|----------------------|-----------|----------|----------|-----------------------------|---------------|
| 4:08.01 | Caster Semenya | LIM | 07-01-91 | 1 | Bambous | 02-Aug |
| 4:22.1 | Carlyn Fischer | GN | 27-09-90 | 1 | Pretoria (Absa-Tuks) | 21-Feb |
| 4:30.50 | Natanya Luther | KZ | 25-01-91 | 1h1 | Durban | 06-Apr |
| 4:31.08 | Anuschka Nice | CG | 26-08-91 | 1 | Johannesburg | 21-Feb |
| 4:32.0 | Anelda Pypers | CG | 15-04-91 | 1 | Germiston | 14-Feb |
| 4:36.17 | Carlyn Fischer | FS | 27-09-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 4:44.43 | Ashley Schnetler | CG | 02-06-91 | 2 | Durban | 07-Apr |
| 4:46.41 | Elene Lourens | BO | | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 4:47.16 | Estie Bester | GAU | 20-05-90 | 3 | Durban | 07-Apr |
| 4:49.18 | Relandi Liggett | CG | 04-06-91 | 4 | Durban | 07-Apr |

Under 18

| | | | | | | |
|----------------|------------------------|-----------|-----------------|----------|----------------------|---------------|
| 4:28.69 | Dominique Scott | BO | 23-04-93 | 6 | Stellenbosch | 14-Mar |
| 4:34.52 | Marlise Jordaan | WP | 02-03-92 | 1 | Bellville | 21-Feb |
| 4:36.50 | Mampielo Sibanda | CG | 05-02-93 | 1 | Pretoria (Absa-Tuks) | 27-Jan |
| 4:36.66 | Felicia Mofokeng | FS | 14-10-94 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 4:36.88 | Marinda Nel | GN | | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 4:36.90 | Sylvia Tsetlanyane | CG | 20-04-93 | 2 | Durban | 07-Apr |
| 4:37.6 | Lebohang Dlamini | FS | 01-10-93 | 3 | Durban | 06-Apr |
| 4:38.54 | Thato Makhafola | GAU | 10-04-94 | 2 | Durban | 08-Apr |
| 4:38.70 | Baby Mokone | FS | 20-02-93 | 4 | Durban | 07-Apr |
| 4:39.85 | Bianca van Niekerk | CG | 09-07-94 | 6 | Pretoria (Absa-Tuks) | 28-Mar |

3000 metres

Under 20

| | | | | | | |
|----------|---------------------|-----|----------|---|----------------------|--------|
| 10:06.42 | Maxine Heine-Wacker | CG | 27-04-90 | 9 | Pretoria (Absa-Tuks) | 30-Jan |
| 10:10.5 | Carlyn Fischer | GN | 27-09-90 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 10:10.91 | Lusanda Bomvana | TR | 25-10-91 | 1 | Durban | 06-Apr |
| 10:11.23 | Alta Phiri | CN | 26-09-90 | 2 | Durban | 06-Apr |
| 10:15.99 | Mamoloho Dlamini | FS | 30-12-91 | 3 | Durban | 06-Apr |
| 10:16.50 | Ashley Schnetler | CG | 02-06-91 | 4 | Durban | 06-Apr |
| 10:28.1 | Nadia Hechter | CG | | 1 | Germiston | 21-Feb |
| 10:36.2 | Thineke Fourie | WP | 11-11-91 | 1 | Paarl | 21-Mar |
| 10:42.92 | Ramuelo Muhau | LIM | | 5 | Durban | 06-Apr |
| 10:46.45 | K Tlaikani | VT | | 1 | Roodepoort | 21-Mar |

Under 18

| | | | | | | |
|----------------|------------------------|-----------|-----------------|----------|----------------------|---------------|
| 9:42.64 | Sylvia Tsetlanyane | CG | 20-04-93 | 1 | Durban | 07-Apr |
| 9:45.28 | Dominique Scott | BO | 23-04-93 | 2 | Durban | 07-Apr |
| 9:47.32 | Mampielo Sibanda | CG | 05-02-93 | 3 | Durban | 07-Apr |
| 9:52.33 | Baby Mokone | FS | 20-02-93 | 4 | Durban | 07-Apr |
| 9:55.10 | Anneke Gildenhuys | CG | 03-04-93 | 5 | Durban | 07-Apr |
| 10:05.36 | Lorissa Breedt | NW | 06-07-92 | 6 | Durban | 07-Apr |
| 10:06.58 | Thato Makhafola | CG | 10-04-94 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 10:09.10 | Annica Coetzee | EP | 10-02-92 | 7 | Durban | 07-Apr |
| 10:11.95 | Chante Venter | CG | 23-07-94 | 1 | Roodepoort | 21-Mar |
| 10:21.46 | B van Muller | NW | | 9 | Durban | 07-Apr |

5000 metres

Under 20

| | | | | | | |
|-----------------|----------------------|-----------|-----------------|----------|----------------------|---------------|
| 17:26.17 | Elene Lourens | BO | 03-08-90 | 1 | Bellville | 21-Mar |
| 17:44.55 | Carlyn Fischer | GN | 27-09-90 | 5 | Stellenbosch | 04-Apr |
| 18:47.87 | Nadia Hecter | CG | | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 19:11.74 | Angelique Faasen | GN | | 3 | Pretoria (Absa-Tuks) | 27-Mar |

3000 metres steeplechase

Under 20

| | | | | | | |
|----------|---------------------|----|----------|---|----------------------|--------|
| 11:38.78 | Caroline Marandela | CG | 30-09-93 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 11:51.19 | Amokelani Baloyi | CG | 12-02-93 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 11:56.44 | Angelique Faasen | GN | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 12:12.41 | Lee-Anne Olivier | WP | | 6 | Stellenbosch | 03-Apr |
| 12:17.90 | Ailene Bezuidenhout | GN | | 4 | Pretoria (Absa-Tuks) | 28-Mar |

100 metres hurdles

Under 20 (84 cm)

| | | | | | | | |
|--------------|-------------|------------------------------|-----------|-----------------|----------|-----------------------------|---------------|
| 14.15 | -0.4 | Irmgard Bensusan | CG | 24-01-91 | 3 | Germiston | 06-Mar |
| 14.51 | 0.0 | Ansulet Potgieter | FS | 27-04-91 | 1 | Bloemfontein | 14-Feb |
| 15.36 | -1.0 | Karli Gey van Pittius | BO | 10-07-91 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 15.38 | -1.0 | Zanne-Marie Pienaar | GN | | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 15.56 | -1.0 | Mia Janse van Rensburg | VT | 27-03-91 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 16.17 | -1.0 | Leana Claasens | MP | | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 16.50 | -1.0 | Cherise du Buisson | CG | | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 16.59 | -1.0 | Shimonde Saayman | CN | | 6 | Pretoria (Absa-Tuks) | 27-Mar |

Hand

| | | | | | | | |
|------|-----|------------------|----|----------|---|-----------|--------|
| 13.9 | nwi | Irmgard Bensusan | CG | 24-01-91 | 5 | Germiston | 28-Feb |
|------|-----|------------------|----|----------|---|-----------|--------|

Under 18 (76.2 cm)

| | | | | | | | |
|-------|------|----------------------|----|----------|------|----------------------|--------|
| 13.61 | 1.2 | Rikenette Steenjamp | GN | 16-10-92 | 3sf1 | Bressanone | 09-Jul |
| 14.05 | 1.1 | Maryke Brits | BO | 25-02-94 | 1h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.29 | 1.1 | Jean-Marie Senekal | BO | 11-12-92 | 2h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.30 | -1.1 | Mihandra Dorfling | FS | 15-06-92 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.52 | -1.1 | Ane Killian | VT | 22-01-92 | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.54 | 1.9 | Kayla Gilbert | CG | 05-01-93 | 1h4 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.66 | -1.1 | Lariska Botha | FS | 09-07-93 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.66 | -1.1 | Marion-Ann Duvenhage | NW | 22-01-92 | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.76 | 1.1 | Martha Diamond | CG | 16-05-94 | 5h3 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.88 | 1.9 | Jean-Amie Wilbers | GN | | 3h4 | Pretoria (Absa-Tuks) | 27-Mar |

400 metres hurdles

Under 20 (76.2 cm)

| | | | | | | | |
|-------|--|---------------------|-----|----------|-----|----------------------|--------|
| 60.22 | | Anneri Ebersohn | FS | 09-08-90 | 6 | Stellenbosch | 27-Feb |
| 62.13 | | Andrea Strauss | CN | 15-09-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 62.60 | | Sanlie van de Brink | LIM | 03-05-91 | 2 | Durban | 07-Apr |
| 62.91 | | Alix Moreillon | WP | 23-02-91 | 3 | Durban | 07-Apr |
| 63.63 | | Megan Goddard | WC | 26-03-91 | 4 | Durban | 07-Apr |
| 63.95 | | Mariesa de Winnaar | FS | 19-08-91 | 1 | Bloemfontein | 27-Feb |
| 64.02 | | Danelle Greeff | VT | 18-12-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 64.27 | | Alicia Steyn | WP | 19-11-90 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 65.13 | | Claudeen Els | CN | 30-10-90 | 3h1 | Pretoria (Absa-Tuks) | 28-Mar |
| 65.95 | | Hannerie Coetzee | CN | | 3h2 | Pretoria (Absa-Tuks) | 28-Mar |

Under 18 (76.2 cm)

| | | | | | | | |
|-------|--|----------------------|----|----------|-----|----------------------|--------|
| 60.37 | | Melissa Harmse | GN | 22-02-93 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 61.60 | | Tania Ras | GN | 02-11-92 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 61.75 | | Marion-Ann Duvenhage | NW | 22-01-92 | 1 | Durban | 08-Apr |
| 61.78 | | Jean-Marie Senekal | BO | 11-12-92 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 62.21 | | Lariska Botha | FS | 09-07-93 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 62.49 | | Marike Vermaak | MP | 31-07-93 | 2h2 | Pretoria (Absa-Tuks) | 28-Mar |
| 63.54 | | Ulrike Rautenbach | NW | 02-04-92 | 4 | Durban | 08-Apr |
| 63.79 | | Ane Fourie | WP | 24-01-93 | 5h2 | Pretoria (Absa-Tuks) | 28-Mar |
| 63.83 | | Tessa Huystek | MP | 27-03-92 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 64.38 | | Sussanna Claasen | WC | | 3h3 | Durban | 08-Apr |

High jump

Under 20

| | | | | | | | |
|------|--|------------------|----|----------|-----|----------------------|--------|
| 1.70 | | Zehanca Prinsloo | CG | 07-10-91 | 1 | Germiston | 28-Feb |
| 1.70 | | Shannon Freeman | CG | 01-05-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 1.70 | | Zanli Bloem | GN | | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 1.68 | | Bianca Jantzen | GN | 09-06-90 | 1hp | Stellenbosch | 13-Mar |
| 1.65 | | Bianca Erwee | FS | 14-03-90 | 8 | Potchefstroom | 23-Jan |
| 1.65 | | Johanel Hugo | BO | 14-03-91 | 1 | Paarl | 21-Mar |
| 1.65 | | Dianne Chapman | MP | 17-10-91 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 1.65 | | Liza Esterhuyzen | WP | 05-09-91 | 1 | Parow | 11-Feb |
| 1.64 | | Leandrie Botha | FS | 26-09-91 | q | Durban | 07-Apr |
| 1.63 | | Tiffany Hattingh | VT | 07-04-91 | 4 | Durban | 07-Apr |

Under 18

| | | | | | | | |
|------|--|----------------|----|----------|---|--------------|--------|
| 1.75 | | June Roelofse | GN | 19-03-92 | 1 | Johannesburg | 21-Feb |
| 1.75 | | Remina Stephan | BO | 31-05-92 | 6 | Stellenbosch | 14-Mar |

| | | | | | | |
|------|--------------------|----|----------|-----|--------------|--------|
| 1.73 | Chaney Lindner | CG | 12-09-92 | 1 | Germiston | 21-Feb |
| 1.73 | Shannon Molotani | WP | 23-05-94 | q | Durban | 06-Apr |
| 1.73 | Frances Seeliger | GN | 03-02-94 | 1 | Pretoria | 31-Oct |
| 1.72 | Alisha Small | SW | 29-04-93 | 1 | Oudtshoorn | 24-Oct |
| 1.70 | Valentina de Rocha | WP | 22-10-93 | 2 | Paarl | 21-Mar |
| 1.70 | Aidan Battison | EP | 13-01-93 | 1q1 | Durban | 06-Apr |
| 1.70 | Taylia Visagie | WC | u14 | 1 | Rustenburg | 30-Mar |
| 1.67 | Izelle Vrey | CG | 21-09-93 | 1 | Johannesburg | 21-Feb |

Pole vault

Under 20

| | | | | | | |
|------|-----------------|----|----------|---|----------------------|--------|
| 3.40 | Juanita Stander | BO | 02-02-90 | 3 | Stellenbosch | 11-Dec |
| 3.30 | Ané Niewoudt | BO | 28-07-90 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 3.10 | Mandi Maritz | EP | 12-07-90 | 5 | Stellenbosch | 04-Apr |
| 2.90 | Marike Jansen | FS | 07-05-90 | 6 | Stellenbosch | 04-Apr |
| 2.80 | Solize Vosloo | FS | 04-04-90 | 2 | Pretoria (Absa-Tuks) | 27-Mar |

Under 18

| | | | | | | |
|------|--------------------|----|----------|---|----------------------|--------|
| 3.30 | Jeannie van Dyk | EP | 22-09-92 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 3.20 | Kulthoon Gaidien | BO | 17-11-94 | 3 | Stellenbosch | 28-Feb |
| 3.10 | Taahirah Kozain | BO | 13-04-93 | 2 | Stellenbosch | 28-Feb |
| 2.90 | Jani Smit | BO | 20-02-93 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 2.80 | Raugme Brink | CG | 10-07-93 | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 2.80 | Colette Schwim | FS | 02-01-92 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 2.80 | Nadia Guilomee | BO | 10-05-94 | 2 | Durban | 06-Apr |
| 2.60 | Sarese de Villiers | FS | 01-02-92 | 2 | Bloemfontein | 16-Feb |
| 2.60 | Mar-Leze Vos | FS | 30-08-95 | 3 | Durban | 06-Apr |
| 2.40 | Hibre Arries | BO | 18-12-94 | 4 | Durban | 06-Apr |

Long jump

Under 20

| | | | | | | | |
|------|------|-------------------|-----|----------|-----|----------------------|--------|
| 6.07 | -0.4 | Lynique Prinsloo | CG | 30-03-91 | 4 | Germiston | 06-Mar |
| 6.07 | -0.9 | Monja Goosen | GN | 02-10-91 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.92 | -2.3 | Kelly Kingwell | CG | 22-01-91 | 2 | Stellenbosch | 04-Apr |
| 5.78 | -1.2 | Nicholeen McLaren | MP | 10-05-90 | 2 | Germiston | 21-Feb |
| 5.68 | -1.4 | Celeste Rietels | WP | 14-01-90 | 5 | Stellenbosch | 13-Mar |
| 5.60 | -0.7 | Danielle Fourie | CG | 11-06-90 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.55 | -1.1 | Mieneke Prins | WP | 14-05-91 | 7 | Stellenbosch | 13-Mar |
| 5.54 | 0.0 | Hannelie Kotze | LIM | 22-02-90 | 1hp | Pretoria (Absa-Tuks) | 28-Mar |
| 5.35 | -0.1 | Susanna Mafoa | GN | 01-11-91 | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.32 | -0.5 | Elzaan van Wyk | GW | | 8 | Pretoria (Absa-Tuks) | 27-Mar |

NWI

| | | | | | | | |
|------|--|-------------------|----|----------|----|--------------|--------|
| 6.10 | | Lynique Prinsloo | CG | 30-03-91 | 1 | Germiston | 03-Mar |
| 5.92 | | Kelly Kingwell | CG | 22-01-91 | 2 | Stellenbosch | 04-Apr |
| 5.86 | | Nicholeen McLaren | MP | 10-05-90 | 2q | Stellenbosch | 04-Apr |

Wind

| | | | | | | | |
|------|-----|-----------------|----|----------|---|----------------------|--------|
| 6.08 | 7.9 | Celeste Rietels | WP | 14-01-90 | 1 | Durban | 06-Apr |
| 6.01 | 3.7 | Monja Goosen | GN | 02-10-91 | 1 | Pretoria (Absa-Tuks) | 14-Feb |

Under 18

| | | | | | | | |
|------|-----|---------------------|----|----------|---|----------------------|--------|
| 6.07 | 1.1 | Zanri van der Merwe | GN | 14-05-93 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.82 | 1.5 | Kayla Gilbert | CG | 05-01-93 | 2 | Germiston | 03-Oct |

| | | | | | | | |
|------|------|--------------------|----|----------|-----|----------------------|--------|
| 5.81 | 1.3 | Maryke Brits | BO | 25-02-94 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.78 | 0.4 | Birdie Carstens | SW | 13-05-92 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.77 | 2.0 | Samantha Pretorius | WP | 03-02-92 | 2 | Stellenbosch | 11-Dec |
| 5.70 | 0.3 | Giola Dalla-Pria | GN | 05-04-93 | 1 | Bloemfontein | 10-Oct |
| 5.65 | 0.4 | Kayla Gilbert | CG | 05-01-93 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.49 | nwi | Carina Swiegers | CG | | 1 | Roodepoort | 11-Feb |
| 5.48 | 1.1 | Bianca Jacobs | GN | | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.48 | -6.7 | Martha Diamond | CG | 16-05-94 | 2q1 | Pretoria (Absa-Tuks) | 27-Mar |

Triple jump

Under 20

| | | | | | | | |
|-------|------|-------------------|----|----------|---|----------------------|--------|
| 12.44 | 0.7 | Kelly Kingwell | CG | 22-01-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 12.14 | 0.5 | Monja Goosen | GN | 02-10-91 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 11.88 | -0.3 | Bianca Erwee | CN | 04-03-90 | 7 | Pretoria (Absa-Tuks) | 30-Jan |
| 11.76 | 2.0 | Danielle Fourie | CG | 11-06-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 11.44 | 0.9 | Hannelie Claasens | MP | 02-04-91 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 11.30 | 1.4 | Elaine Mbhalati | MP | 28-08-91 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 10.93 | -1.2 | Merike Jonker | WC | 07-03-91 | 2 | Durban | 07-Apr |

Wind

| | | | | | | | |
|-------|-----|-----------------|----|----------|---|--------------|--------|
| 12.17 | 2.5 | Danielle Fourie | CG | 11-06-90 | 4 | Stellenbosch | 03-Apr |
|-------|-----|-----------------|----|----------|---|--------------|--------|

NWI

| | | | | | | | |
|-------|--|--------------|----|----------|---|-----------|--------|
| 12.16 | | Monja Goosen | GN | 02-10-91 | 1 | Germiston | 03-Mar |
|-------|--|--------------|----|----------|---|-----------|--------|

Under 18

| | | | | | | | |
|-------|------|---------------------|----|----------|---|----------------------|--------|
| 12.26 | 1.5 | Danelle Erwee | FS | 29-11-93 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 12.19 | 1.3 | Luchelle Prinsloo | NW | 18-07-92 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 11.60 | 0.2 | Hannelore Dagutat | GN | 02-10-93 | 1 | Bloemfontein | 10-Oct |
| 11.52 | -0.4 | Valentina de Rocha | WP | 22-10-93 | 2 | Durban | 08-Apr |
| 11.50 | 0.8 | Cathrine Loubser | BO | 05-08-93 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 11.27 | -0.6 | Courtney du Plessis | BO | 02-10-93 | 4 | Durban | 08-Apr |
| 11.25 | -0.3 | Giola Dalla-Pria | GN | 05-04-93 | 5 | Durban | 08-Apr |
| 11.19 | 0.9 | Izelle Vrey | CG | 21-09-94 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 11.09 | 0.5 | Annika Barnard | EP | 28-06-92 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 10.85 | -1.3 | Michelle Bahlmann | CG | 06-05-92 | 8 | Durban | 08-Apr |

Shot put

Under 20 (4 kg)

| | | | | | | | |
|-------|--|-------------------|----|----------|---|----------------------|--------|
| 13.17 | | Elzaan Mostert | WP | 06-01-90 | 3 | Germiston | 31-Jan |
| 13.03 | | Allanah Crafford | NW | 19-07-91 | 1 | Durban | 07-Apr |
| 12.48 | | Nanke Supra | VT | 22-01-91 | 1 | Roodepoort | 21-Mar |
| 12.22 | | Sonia Smuts | CG | 05-10-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 12.02 | | Ruzel Vorster | FS | 05-12-91 | 3 | Durban | 07-Apr |
| 12.01 | | Lindie Liebenberg | EC | 22-02-91 | 1 | Bloemfontein | 16-Feb |
| 11.75 | | Gezelle Barnard | EC | 15-09-91 | 2 | Bloemfontein | 16-Feb |
| 11.55 | | Monique Vermaak | MP | 10-01-90 | 6 | Pretoria (Absa-Tuks) | 28-Mar |

Under 18 (4 kg)

| | | | | | | | |
|-------|--|----------------------|----|----------|---|----------------------|--------|
| 12.56 | | Ischke Senekal | EP | 08-01-93 | 1 | Port Elizabeth | 13-Oct |
| 12.45 | | Yolandi-Mari Bothma | CG | 03-03-92 | 2 | Germiston | 03-Oct |
| 12.41 | | Liette van Schalkwyk | FS | 11-11-93 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.35 | | Simoné Meyer | KZ | 22-03-93 | 1 | Secunda | 17-Jan |
| 12.30 | | Lizell Lee | MP | 02-04-92 | 2 | Pretoria (Absa-Tuks) | 27-Mar |

| | | | | | | |
|-------|------------------|----|----------|---|----------------------|--------|
| 12.14 | Carien Dreyer | GN | 11-01-92 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.07 | Danelle Willemse | MP | 20-03-93 | 1 | Johannesburg | 21-Feb |
| 12.00 | Yolanie Uys | FS | 06-11-92 | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 11.78 | Johleen Booysen | SW | 15-10-92 | 1 | Paarl | 21-Mar |
| 11.78 | Joane Bredenkamp | FS | 12-12-92 | 6 | Pretoria (Absa-Tuks) | 27-Mar |

Discus throw

Under 20 (1 kg)

| | | | | | | |
|-------|-----------------------|-----|----------|---|----------------------|--------|
| 47.99 | Lindie Liebenberg | Bor | 22-02-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.64 | Este van Staden | GW | 15-02-91 | 2 | Durban | 06-Apr |
| 40.89 | Magda Erasmus | NW | 26-09-91 | 3 | Durban | 06-Apr |
| 39.80 | Jacolette Wilsenach | FS | 17-10-91 | 4 | Durban | 06-Apr |
| 39.61 | Tanya Joubert | MP | | 5 | Durban | 06-Apr |
| 36.95 | Tshegofatso Sono | GN | 24-11-91 | 6 | Durban | 06-Apr |
| 35.91 | Marizaan Bezuidenhout | GN | 28-10-91 | 7 | Durban | 06-Apr |
| 35.85 | Nadia Botha | FS | 07-08-91 | 8 | Durban | 06-Apr |
| 34.44 | Ruanlie Oosthuizen | SW | 02-04-91 | 1 | Paarl | 21-Mar |

Under 18 (1 kg)

| | | | | | | |
|-------|----------------------|----|----------|-----|----------------------|--------|
| 51.05 | Simoné Meyer | KZ | 22-03-93 | 1 | Pretoria (Absa-Tuks) | 13-Jun |
| 47.23 | Suriette Botha | GN | 18-02-92 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 43.15 | Danelle Willemse | MP | 20-03-93 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 43.01 | Almé Coetzee | FS | 01-08-92 | 3 | Durban | 07-Apr |
| 42.99 | Carien Dreyer | GN | 11-01-92 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.59 | Yolanie Uys | FS | 06-11-92 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.11 | Layla Campher | EP | 24-02-96 | 1 | Polokwane | 30-Mar |
| 41.07 | Somari Els | EC | 10-02-95 | 1 | Durban | 06-Apr |
| 39.80 | Marga Vermaak | GN | 22-02-93 | 4q2 | Pretoria (Absa-Tuks) | 28-Mar |
| 39.53 | Liette van Schalkwyk | FS | 11-11-93 | 5q2 | Pretoria (Absa-Tuks) | 28-Mar |

Hammer throw

Under 20 (4 kg)

| | | | | | | |
|-------|----------------------|----|----------|---|----------------------|--------|
| 52.88 | Marizette Badenhorst | FS | 07-06-90 | 1 | Bloemfontein | 27-Feb |
| 49.90 | Nadia Botha | FS | 07-08-91 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 45.51 | Anneke Louw | EP | 11-03-91 | 2 | Durban | 06-Apr |
| 44.74 | Nanette Stapelberg | FS | 11-07-90 | 7 | Stellenbosch | 13-Mar |
| 44.56 | Angeline de Franca | VT | 19-04-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 40.87 | Marinda Louw | FS | 28-03-91 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 37.26 | Elzaan Mostert | CG | 06-01-90 | 6 | Stellenbosch | 03-Apr |

Under 18 (4 kg)

| | | | | | | |
|-------|-----------------------|----|----------|---|----------------------|--------|
| 54.21 | Annemie Smith | SW | 24-03-92 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 49.43 | Simone Viviers | EP | 11-06-92 | 1 | Bloemfontein | 24-Oct |
| 47.63 | Magdaleen Louw | EP | 04-02-92 | 2 | Durban | 07-Apr |
| 41.73 | Ronique Wepener | EP | 03-02-92 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 40.21 | Monique Potgieter | CN | 30-04-94 | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 39.06 | Sunett Voigt | SW | 08-04-93 | 2 | Oudtshoorn | 24-Oct |
| 37.15 | Ciske Whitehead | EP | 02-03-92 | 1 | Bloemfontein | 24-Oct |
| 37.01 | Mieke Stander | EP | 15-01-95 | 1 | Bloemfontein | 24-Oct |
| 36.82 | Lize-Marie Geldenhuys | WC | 11-09-92 | 5 | Durban | 06-Apr |
| 35.70 | Anke Uys | BO | 11-09-92 | 6 | Durban | 07-Apr |

Javelin

Under 20 (600 g)

| | | | | | | |
|-------|-------------------|-----|----------|-----|----------------------|--------|
| 55.83 | Tazmin Brits | CN | 08-01-91 | 1 | Potchefstroom | 04-Mar |
| 50.77 | Gezelle Bernard | Bor | 15-09-91 | 2 | Durban | 07-Apr |
| 50.01 | Rencia Fourie | CN | 01-02-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 47.70 | Leanke Steyn | FS | 30-10-90 | 1 | Bloemfontein | 14-Jan |
| 45.49 | Allanah Crafford | NW | 19-07-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.00 | Charlotte Olivier | GN | 26-11-91 | 1 | Pretoria (Absa-Tuks) | 24-Jan |
| 41.60 | Nicola Offner | BO | 23-02-90 | 1hp | Pretoria (Absa-Tuks) | 28-Mar |
| 40.59 | Annene Brand | NC | 10-05-91 | 4 | Durban | 07-Apr |
| 40.37 | Alma du Plessis | MP | 17-04-91 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 38.51 | Vone de Lange | LIM | | 6 | Durban | 07-Apr |

Javelin throw

Under 18 (600 g)

| | | | | | | |
|-------|-------------------|----|----------|---|----------------------|--------|
| 46.97 | Liezel de Swardt | NW | 09-03-92 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 45.20 | Leandri Swiegers | GN | 24-08-93 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 44.19 | Carli Grobbelaar | GN | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 41.35 | Carien Dreyer | GN | 11-01-92 | 1 | Pretoria | 30-Oct |
| 41.14 | Jo-Ann van Dyk | SW | 03-10-97 | 1 | Oudtshoorn | 24-Oct |
| 41.09 | Janika Kotze | FS | 27-01-93 | 1 | Bloemfontein | 09-Feb |
| 40.78 | Cari Swart | FS | | 1 | Bloemfontein | 16-Feb |
| 40.56 | Shadine v d Merwe | GN | | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 40.11 | Aletta Claassens | VT | 21-05-92 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 39.40 | Liza Wiese | GN | | 1 | Bloemfontein | 10-Oct |

Heptathlon

Under 20

| | | | | | | |
|--|----------------|-----|--------|---|----------------------|---------|
| 4 523 | Bianca Jantzen | GN | 090690 | 1 | Pretoria (Absa-Tuks) | 27-28/3 |
| 16.22 (2.6), 1.68, 10.45, 27.06 (-1.1); 5.24 (0.4), 27.35, 2:30.49 | | | | | | |
| 4 404 | Hannelie Kotze | LIM | 220290 | 3 | Pretoria (Absa-Tuks) | 27-28/3 |
| 15.20 (2.6), 1.50, 8.70, 26.22 (-1.1); 5.54 (0.0), 30.46, 2:42.18 | | | | | | |
| 4 033 | Nicola Offner | BO | 230290 | 4 | Pretoria (Absa-Tuks) | 27-28/3 |
| 18.63 (2.6), 1.55, 10.92, 28.08 (-1.1); 4.81, 41.60, 2:45.68 | | | | | | |

Under 18

Heptathlon

| | | | | | | |
|--|---------------|----|----------|---|----------------------|---------|
| 3 849 | Chane Burgers | FS | 21-01-92 | 1 | Pretoria (Absa-Tuks) | 27-28/3 |
| 14.91, 1.45, 7.45, 27.40; 5.45 (1.3), 17.71, 2:51.03 | | | | | | |
| 3 695 | Inge Viljoen | GN | 07-01-93 | 2 | Pretoria (Absa-Tuks) | 27-28/3 |
| 16.19, 1.60, 7.01, 27.40; 5.03, xxx. 2:30.56 | | | | | | |
| 3 628 | Shani Wilke | GN | | 3 | Pretoria (Absa-Tuks) | 27-28/3 |
| 3 577 | Zante Camper | CN | | 4 | Pretoria (Absa-Tuks) | 27-28/3 |

4 x 100 metres relay

Under 20

| | | | | | | |
|-------|------------------|--|--|---|----------------------|--------|
| 48.31 | Gauteng North | | | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 48.52 | Western Cape | | | 1 | Durban | 07-Apr |
| 48.70 | Western Province | | | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 48.73 | Eastern Cape | | | 2 | Durban | 07-Apr |
| 48.73 | SA Jnr Team | | | 3 | Bambous | 01-Aug |
| 49.20 | Free State | | | 3 | Durban | 07-Apr |

| | | | | |
|-------|------------------|---|----------------------|--------|
| 49.49 | Central Gauteng | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 49.76 | Eastern Province | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 49.77 | North West | 5 | Pretoria (Absa-Tuks) | 28-Mar |

Under 18

| | | | | |
|-------|------------------|---|----------------------|--------|
| 47.38 | Kwazulu Natal | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 47.50 | Central Gauteng | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 47.79 | Gauteng North | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 48.59 | Boland | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 48.82 | Western Province | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 48.86 | Western Cape u16 | 1 | Durban | 08-Apr |
| 49.02 | Free State | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 49.13 | Gauteng u16 | 2 | Durban | 08-Apr |
| 49.38 | Vaal Triangle | 7 | Pretoria (Absa-Tuks) | 28-Mar |
| 49.70 | Eastern Province | 8 | Pretoria (Absa-Tuks) | 28-Mar |

4 x 400 metres relay

Under 20

| | | | | |
|---------|------------------|---|----------------------|--------|
| 3:45.80 | Gauteng North | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:49.93 | North West | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:50.00 | Central Gauteng | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:52.61 | Eastern Province | 1 | Durban | 07-Apr |
| 3:53.59 | Gauteng | 2 | Durban | 07-Apr |
| 3:54.35 | North West | 3 | Durban | 07-Apr |
| 3:56.03 | Western Province | 3 | Pretoria (Absa-Tuks) | 28-Mar |

3000 metres walk

Under 20

| | | | | | | |
|----------|-------------|----|----------|---|--------------|--------|
| 14:41.80 | Corli Swart | FS | 05-03-91 | 1 | Bloemfontein | 24-Jan |
|----------|-------------|----|----------|---|--------------|--------|

5000m Walk

Under 18

| | | | | | | |
|---------|----------------------|-----|----------|---|----------------------|--------|
| 26:13.4 | Anel Oosthuizen | SW | 22-04-95 | 1 | Durban | 06-Apr |
| 26:20.3 | Alida Kruger | BO | 03-01-94 | 2 | Durban | 06-Apr |
| 26:30.1 | Inge Kotze | BO | 21-11-92 | 1 | Stellenbosch | 28-Feb |
| 26:40.9 | Zelda Schultz | BO | 15-02-92 | 2 | Stellenbosch | 28-Feb |
| 27:04.8 | Robyn Paulse | BO | 01-03-95 | 3 | Durban | 06-Apr |
| 27:12.2 | Danelle Koegelenberg | BO | 21-12-92 | 2 | Durban | 07-Apr |
| 27:23.9 | Janri de Klerk | Bor | 08-01-93 | 1 | Durban | 07-Apr |
| 28:12.4 | Melissa de Jager | NW | 28-05-92 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 28:18.9 | Elsje Brink | BO | | 4 | Stellenbosch | 28-Feb |
| 28:25.9 | Chanice Klink | BO | u16 | 1 | Stellenbosch | 28-Feb |

10000 metres walk

Under 20

| | | | | | | |
|-----------|--------------------|-----|----------|---|----------------------|--------|
| 51:25.29 | Corli Swart | FS | 05-03-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 59:44.39 | Suzanne Liebenberg | NW | 25-09-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:01:03.0 | Sumarie Maree | NW | 25-10-92 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:02:12.0 | Bianca Swanepoel | BOL | 24-07-91 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:03:59.0 | Wendy Pretorius | CNW | 26-03-91 | 3 | Durban | 07-Apr |

| | | | | | | |
|-----------|----------------|-----|----------|---|----------------------|--------|
| 1:04:28.0 | Jeanette Linde | FS | 02-10-91 | 4 | Durban | 07-Apr |
| 1:05:43.0 | Mariska Botha | BOR | | 6 | Pretoria (Absa-Tuks) | 28-Mar |

ends 80 performances

