

EPA

PRELIMINARY PROGRAMME FOR SUB-YOUTH, YOUTH, JUNIOR AND SENIOR ATHLETES

22nd of January 2022

Westbourne Oval



AGE GROUPS – 2022	
Boys/Girls U/16	BORN IN 2007 & 2008
Boys/Girls U/18	BORN IN 2005 & 2006
Boys/Girls U/20	BORN IN 2003 & 2004
Senior Men & Woman	BORN IN 2002 and older

UNDER STRICT COVID-19 COMPLIANCE REQUIREMENTS

SPECTATORS WILL BE ALLOWED

FULL PROGRAMME				
NO.	TIME	EVENT	SPECS	AGE
1	07:30	5 000mW		Combined Gender: All Ages
2	08:00	Pole Vault		Combined Gender: All Ages
3	08:00	5 000m		Men: 20 & Senior
4	08:00	5 000m		Women: 20 & Senior
5	08:30	300m Hurdles	84cm	Boys: 16
6	08:30	Hammer Throw	3kg & 4kg	Women: 16, 18, 20 & Senior
7	08:30	Long Jump		Men: 16, 18, 20 & Senior
8	08:30	High Jump		Men: 16, 18, 20 & Senior
9	08:30	Javelin	500g & 600g	Women: 16, 18, 20 & Senior
10	08:35	300m Hurdles	76.2cm	Girls: 16
11	08:40	400m Hurdles	76.2cm	Girls: 18
12	08:45	400m Hurdles	76.2cm	Women: 20
13	08:50	400m Hurdles	76.2cm	Women: Senior
14	08:55	400m Hurdles	84cm	Boys: 18
15	09:00	400m Hurdles	91.4cm	Men: 20
16	09:05	400m Hurdles	91.4cm	Men: Senior
17	09:10	1 500m		Girls: 16 & 18
18	09:20	1 500m		Boys: 16 & 18
19	09:30	Shot Put	3kg & 4kg	Women: 16, 18, 20 & Senior
20	09:30	Discus	1kg, 1.5kg, 1.75kg & 2kg	Men: 16, 18, 20 & Senior
21	09:30	Triple Jump	7m, 9m & 11m Board	Women: 16, 18, 20 & Senior
22	09:30	1 500m		Women: 20 & Senior
23	09:40	1 500m		Men: 20 & Senior
24	09:50	100m		Girls: 16 & 18
25	09:55	100m		Boys: 16 & 18
26	10:00	100m		Women: 20 & Seniors
27	10:05	100m		Men: 20 & Seniors
28	10:10	3 000m		Women: 16 & 18 & 20
29	10:25	3 000m		Men: 16 & 18
30	10:30	Hammer Throw	4kg, 5kg, 6kg & 7.26kg	Men: 16, 18, 20 & Senior
31	10:30	Long Jump		Women: 16, 18, 20 & Senior
32	10:30	High Jump		Women: 16, 18, 20 & Senior
33	10:30	Javelin	600g, 700g & 800g	Men: 16, 18, 20 & Senior
34	10:40	400m		Girls: 16 & 18

35	10:45	400m		Boys: 16 & 18
36	10:50	400m		Women: 20 & Seniors
37	10:55	400m		Men: 20 & Seniors
38	11:00	800m		Boys: 16 & 18
39	11:10	800m		Girls: 16 & 18
40	11:20	800m		Men: 20 & Senior
41	11:30	800m		Women: 20 & Senior
42	11:40	90mH	76.2cm	Girls: 16
43	11:50	100mH	76.2cm	Girls: 18
44	12:00	Shot Put	4kg, 5kg, 6kg & 7.26kg	Men: 16, 18, 20 & Senior
45	12:00	Discus	1kg	Women: 16, 18, 20 & Senior
46	12:00	Triple Jump	7m, 9m, 11m & 13m Board	Men: 16, 18, 20 & Senior
47	12:00	100mH	84cm	Women: 20 & Senior
48	12:10	100mH	84cm	Boys: 16
49	12:20	110mH	91.4cm	Boys: 18
50	12:30	110mH	99.5cm	Men: 20
51	12:40	110mH	106.7cm	Men: Senior
52	12:50	1 500mSC	76.2cm	Boys: 16
53	13:00	1 500mSC	76.2cm	Girls: 16
54	13:10	2 000mSC	76.2cm	Girls: 18
55	13:20	2 000mSC	91.4cm	Boys: 18
56	13:30	3 000mSC	76.2cm	Women: 20 & Seniors
57	13:40	3 000mSC	94.4cm	Men: 20 & Seniors
58	13:50	200m		Girls: 16 & 18
59	14:00	200m		Boys: 16 & 18
60	14:10	200m		Women: 20 & Seniors
61	14:20	200m		Men: 20 & Seniors
62	14:30	10 000m		Combined Gender: 20 & Seniors

nelson mandela bay LEGACY PROJECT

nelson mandela bay MUNICIPALITY

EPA EASTERN PROVINCE ATHLETICS

General Competition rules

1. No athletes will be allowed to compete in EPA attire, all athletes must compete in their respective club/school colours with a 2021 ASA permanent licence number until end of February 2022.
2. Athletes must arrive at the venue an hour before their event.
3. Athletes to report to the competition area 15 minutes before the scheduled starting time of their event and remain in the vicinity unless advised otherwise by the officials. Please adhere to social distancing in the warm up area.
4. Closing date for entries is; **Monday,17th of January 2022 before close of day.** (*Group entries from clubs/schools are encouraged to limit the number of persons visiting the office*).
5. Electronic entries must be sent to epaadmin@pe.co.za, accompanied by a proof of payment slip/receipt before the closing date. **If one of the above is not provided, then the entry will be deemed as invalid.**
6. **No late entries will be accepted**.
7. Entry fee is: **R50.00 (per item, paid when you enter)**. Cash payments at the track will not be accepted.
8. Entered athletes will receive a wrist tag upon arrival at registration on the day of the competition – **no tag, no participation**.
9. All competitions will be held under strict Covid-19 Protocols.
10. Coaches and Spectators will be allowed with an entry fee of R30pp at the entrance of the stadium.
11. As per Covid19 compliance completed health forms must be handed in at the gate on the day of competition, Temperature will be taken on arrival at the stadium.
12. The tuckshop will be open.
13. Results will be available on www.jobaresults.co.za during the competition.
14. **Temporary licenses** will be available at the registration at R40 per athlete.
15. **The competition will be conducted in accordance with WA and ASA rules.**
16. **No earphone or headsets will be allowed in the competition area.**

Banking Details:

Account Name:	Eastern Province Athletics
Bank Name:	ABSA
Account Number:	0104- 283-1383
Branch Code:	632005
Reference:	EPA T&F and Athlete Name & Surname

Eastern Province Athletics Track & Field Fixtures 2022				
January - April 2022				
DATE	**VENUE**	**EVENT**	**AGE GROUPS**	**ORGANISER**
22 January 2022	OVAL	LEAGUE 1	SY; Y; J; S	EPA
05 February 2022	NMU	LEAGUE 2	SY; Y; J; S	EPA
18 -19 February 2022	NMU	LEAGUE 3	SY; Y; J; S	NMU
11 - 12 March 2022	NMU	EPA CHAMPIONSHIPS	SY; Y; J; S	EPA
26 March 2022	NMU	LEAGUE 4	SY; Y; J; S	NMU
31 March - 2 April 2022	TBC	ASA JNR CHAMPS	SY; Y; J	ASA
09 April 2022	OVAL	LEAGUE 5	SY; Y; J; S	EPA
21 - 23 April 2022	TBC	ASA SNR CHAMPS	S	ASA

SY–SUB-YOUTH; Y-YOUTH; J- JUNIORS; S- SENIORS

EPA

SELECTION CRITERIA

2022

Sub-Youth, Youth, Junior and Senior

Eligible age groups for selection:

- Under 16 age group (Sub-Youth): Born in 2007 and 2008
- Under 18 age group (Youth): Born in 2005 and 2006
- Under 20 age group (Junior): Born in 2003 and 2004
- Senior age group : Born in 2002 and before

When athletes compete outside of the borders of EPA, the responsibility will be on the athlete to provide his/her official results **no later than 14 days** after that competition.

Only athletes who are members of EPA and possess a permanent licence will be considered for selected for the EPA team as per ASA Rules.

The Track and Field commission will select the team. Athletes can qualify for selection from ***January until the EPA Championship***.

All appeals should go directly to the EPA office within three days after the team announcement. Appeals will be dealt with by the Track and Field commission.

All athletes who wishes to be considered for selection, must compete at the EPA Championship in the event they wish to be considered for, unless a medical certificate issued by a medical practitioner is submitted to the Track & Field Commission on the day of the Championship setting out the reason for not competing.

All athletes who wish to be selected must compete in at least **TWO EPA LEAGUE *events, and the* CHAMPIONSHIP**. Unless a valid medical certificate is submitted. This may be revised depending on the circumstances in the current COVID national restrictions.

Athletes who wish to be selected for multiple events can qualify if they have participated in all their events (no matter the sequence).

An athlete who reaches the Qualifying standard in his/her event during the stipulated period and competes at the EPA Track & Field Championships in the same event, will be selected automatically into the EPA Team.

Qualifying Standards

Track Events

	Sub-Youth		Youth		Junior		Senior	
	Male	Female	Male	Female	Male	Female	Male	Female
100M	11.54	12.84	11.24	12.64	11.04	12.54	10.74	12.44
200M	23.64	26.64	22.64	25.74	22.24	25.64	21.74	25.04
400M	54.04	61.54	50.24	59.84	49.74	59.54	48.54	58.54
800M	02:04.0	02:20.0	01:58.0	02:18.5	01:56.0	02:17.0	01:50.0	02:13.0
1500M	04:22.0	04:55.0	04:10.0	04:53.0	04:00.0	04:48.0	03:50.0	04:42.0
3000M	09:38.0	10:55.0	08:55.0	10:40.0		10:45.0		
5000M					15:25.0	19:05.0	14:55.0	18:30.0
10 000M					34:00.0		31:30.0	39:30.0
1500M SC	04:50.0	06:00.0						
2000M SC			06:25.0	08:25.0				
3000M SC					10:20.0	12:35.0	09:38.0	12:15.0
5 KM Walk	30:00.0	32:00.0		31:00.0				
90MH (76cm)		13.94						
100MH (76cm)				15.24				
100MH (84cm)	13.94					15.94		15.34
110MH (91cm)			14.54					
110MH (98cm)					15.24			
110MH 106cm)							15.04	
300MH (76cm)		46.44						
300MH (84cm)	41.74							
400MH (76cm)				67.24		67.04		64.34
400MH (83cm)			55.74					
400MH (91cm)					55.34		54.04	

Field Events

	Sub-Youth		Youth		Junior		Senior	
	Male	Female	Male	Female	Male	Female	Male	Female
High Jump	1.76	1.52	1.88	1.58	1.90	1.62	2.05	1.68
Pole Vault	2.80	2.20	4.00	2.50	3.80	2.70	4.40	3.00
Long Jump	6.20	4.90	6.50	5.20	6.80	5.30	7.15	5.60
Triple Jump	12.80	9.60	13.40	10.30	13.90	10.50	14.75	11.50
Shot Put (3kg)		12.10		12.90				
Shot Put (4kg)	14.20					11.20		12.40
Shot Put (5kg)			14.50					
Shot Put (6kg)					14.80			
Shot Put (7.26kg)							15.80	
Javelin Throw (500g)		32.00		36.00				
Javelin Throw (600g)	50.00					38.00		43.50
Javelin Throw (700g)			53.00					
Javelin Throw (800g)					56.00		66.00	
Discus Throw (1kg)	40.00	33.50		37.00		41.00		43.00
Discus Throw (1.5kg)			45.50					
Discus Throw (1.75kg)					41.00			
Discus Throw (2kg)							49.00	
Hammer Throw (3kg)		35.00		38.50				
Hammer Throw (4kg)	42.00					39.50		46.50
Hammer Throw (5kg)			50.00					
Hammer Throw (6kg)					49.00			
Hammer Throw 7.26kg)							53.00	