EASTERN PROVINCE ATHLETICS

EPA TRACK & FIELD

HIGH SCHOOLS & SENIORS



nelson mandela bay LEGACY PROJECT

nelson mandela bay MUNICIPALITY

COMPETITION DATES

EPA Track & Field Fixtures 2026				
16th of January 2026	Oval	Development league 5	Masters +30 only	DSRAC & EPA
24th of January 2026	Oval	High School & Senior League 3	U/16 & older athletes (Masters included)	EPA
7th of February 2026	Oval	PEHS & League 4 (program tbc)	U/16 & older athletes	EPA & PEHS
14th of February 2026	TBC	High Schools & Senior League 5	U/16 & older athletes (Masters included)	NMBM LEGACY & EPA
7th of March 2026	Oval	High School & Senior Championships (Program tbc)	U/16 & older athletes (Masters included)	NMBM LEGACY & EPA
21st of March 2026	Gelvandale	Development League 6	U/11 & U/13 & Mixed ages	DSRAC & EPA

AGE GROUPS

U/16 & Older athletes 2025 - 26 Season		
Boys & Girls U/16	Born in 2012 & 2011	turning 14 and 15 years old in 2026
Boys & Girls U/18	Born in 2010 & 2009	turning 16 and 17 years old in 2026
Men & Women U/20	Born in 2008 & 2007	turning 18 and 19 years old in 2026
Men & Women U/23	Born in 2006, 2005 & 2004	turning 20, 21 and 22 years old in 2026
Senior Men & Women	Born in 2006 and older	turning 20 years and older in 2026
Master Men & Women	Start at age 30	5 year intervals

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 2025 ASA permanent licence number.
2. **Temporary licenses** available at R30 per athlete. Purchase under the 'unlicensed athletes' via webtickets.
3. Athletes must arrive at the venue an hour and a half before their event.
4. Athletes to report to the competition area 15 minutes before the scheduled starting time of their event and they must remain in the vicinity unless advised otherwise by the officials.
5. Closing date for entries is at midnight on the Monday prior to the competition.
6. **Enter on Webtickets. No other format of entries and No late entries will be accepted**.
7. Entry fee for the leagues will be: **R55.00 (per item, paid when you enter)** NO cash payments will be accepted at the track.
8. Entered athletes will receive a wrist tag upon arrival at registration on the day of the competition – **no tag, no participation**.
9. Spectators will be allowed with an entry fee of R30 pp at the entrance of the stadium. Free entrance for EPA Affiliated coaches and EPA Board members only.
10. **The competition will be conducted in accordance with WA and ASA rules.**
11. **No earphone or headsets will be allowed in the competition area.**
12. Code of conduct rules will apply at all competitions.

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EPA EASTERN PROVINCE ATHLETICS

CODE OF CONDUCT FOR ATHLETES AND COACHES

We, as a province, strive to be remembered wherever we go for our professionalism. Your conduct, both on and off the field, reflects not only yourself but the province, club and/or School you represent during these competitions. Regardless you are their ambassador.

We take great pride in the integrity and discipline of our athletes, and we trust that you will uphold these values without the need for explicit rules. However, it is essential to ensure that our behaviour and discipline at competitions remain exemplary, and we will not tolerate any misbehaviour.

Respect for Technical Officials, Team managers and Coaches is non-negotiable, and adherence to their guidance should be expected from every individual. Below are some fundamental expectations:

1. **No alcohol or illegal substances** will be permitted at any time during and at any competition.
2. **Minor athletes – will not be allowed to leave the stadium without supervision of a parent, coach or guardian**.
3. Athletes must declare the use of any **prescribed medication** well in advance to the Officials and/or Emergency services on the day of competition, for the safety of all.
4. No Coaches and parents will be allowed in the competition arena.

We have appointed Technical Officials who have your best interests at heart. Our goal is to make competitions a memorable and successful experience for all. Results will be posted on whatsapp groups during the competition. Appeals will be delt with professional and efficient as we possibly can.

To help us manage administration effectively, all results and competition enquiries must be submitted by your Club, School, or Coach to the email addresses listed below.

For results: epaportelizabeth@gmail.com

For any other enquiries e.g. Competition information, concerns, unhappiness: epamanager@epathletics.co.za or phone no. 0413742818

Failure to comply or choosing to communicate primarily through social media instead of approved channels, may result in the athlete's suspension. Let's work together to ensure a memorable season we can all be proud of.

nelson mandela bay MUNICIPALITY

EPA EASTERN PROVINCE ATHLETICS

Preliminary programs

LEAGUE 3 (U/16 & OLDER)

24TH OF JANUARY 2026

NO.	TIME	EVENT	ROUND	AGE GROUP
1	07:30	5 000m	FINAL	Men: U/20 & Senior & Masters
2	07:30	5 000m	FINAL	Women: U/20 & Senior & Masters
3	08:00	**Triple Jump (9m)**	FINAL	Girls U/16, 18, Women 20, Masters
4	08:15	DECATHLON 100m	FINAL	U/18 - U/20 -U/23 & Seniors Men
5	08:20	5 000mW	FINAL	All ages Men & Women
6	08:30	**Shot Put**	Final	Women 20 & Senior
7	08:30	**Javelin Throw**	FINAL	Boys: U/16 & 18 & Masters
8	08:30	**High Jump**	FINAL	Women U/20 & Senior
9	08:30	**Long Jump**	FINAL	Men U/20 & Senior
10	08:30	**Discus Throw**	FINAL	Men: U/20 & Senior
11	09:00	**Hammer Throw (NMU)**	**FINAL**	**All ages Men & Women**
12	09:00	**Pole Vault (FRAMESBY)**	**FINAL**	**All ages Men & Women**
13	09:15	90m Hurdles	FINAL	Girls: U/16 & Female Masters
14	09:20	PENTATHLON 90mH	FINAL	U/16 Girls
15	09:20	PENTATHLON 100mH	FINAL	U/16 Boys
16	09:20	HEPTATHLON 100mH	FINAL	U/18 - U/20 -U/23 & Seniors Women
17	09:25	100m Hurdles	FINAL	Girls: U/18
18	09:30	100m Hurdles	FINAL	Women: U/20
19	09:30	100m Hurdles	FINAL	Women: Senior
20	09:40	100m Hurdles	FINAL	Boys: U/16
21	09:50	110m Hurdles	FINAL	Boys: U/18 & Male Master
22	10:00	110m Hurdles	FINAL	Men: U/20
23	10:00	110m Hurdles	FINAL	Men: Senior
24	10:10	1 500m	FINAL	Girls: U/16 & Female Masters
25	10:15	HEPTATHLON High Jump	FINAL	U/18 - U/20 -U/23 & Seniors Women
26	10:15	DECATHLON High Jump	FINAL	U/18 - U/20 -U/23 & Seniors Men
27	10:15	PENTATHLON High Jump	FINAL	U/16 Boys
28	10:15	PENTATHLON High Jump	FINAL	U/16 Girls
29	10:20	1 500m	FINAL	Boys: U/16 & Male Masters
30	10:30	**Javelin Throw**	FINAL	Women U/20 & Seniors
31	10:30	**High Jump**	FINAL	Girls: U/16 & 18 & Masters
32	10:30	**Long Jump**	FINAL	Boys U/16 & 18 & Masters
33	10:30	**Discus Throw**	FINAL	Girls U/16 & 18 & Masters
34	10:30	**Shot Put**	Final	Men 20 & Senior
35	10:30	1 500m	FINAL	Girls: U/18
36	10:40	1 500m	FINAL	Boys: U/18
37	10:50	1 500m	FINAL	Men: U/20

38	10:55	1 500m	FINAL	Women: U/20
39	11:00	1 500m	FINAL	Women: Senior
40	11:10	1 500m	FINAL	Men: Senior
41	11:10	**Triple Jump (13m)**	FINAL	Men: U/20 & Seniors
42	11:20	300m Hurdles	FINAL	Boys: U/16 & Masters
43	11:25	300m Hurdles	FINAL	Girls: U/16 & Masters
44	11:30	400m Hurdles	FINAL	Girls: U/18 & Women U/20 & Senior
45	11:30	HEPTATHLON Shot Put	FINAL	U/18 - U/20 -U/23 & Seniors Women
46	11:30	PENTATHLON Shot put	FINAL	U/16 Boys
47	11:30	PENTATHLON Shot put	FINAL	U/16 Girls
48	11:30	DECATHLON Shot Put	FINAL	U/18 - U/20 -U/23 & Seniors Men
49	11:35	400m Hurdles	FINAL	Boys: U/18 & Men U/20 & Senior Men
50	11:40	3 000m	FINAL	Girls: U/16 & Masters Women
51	11:40	3 000m	FINAL	Girls: U/18 & U/23 WOMEN
52	12:00	3 000m	FINAL	Boys: U/16 & Master Men
53	12:00	3 000m	FINAL	Boys: U/18 & U/23 MEN
54	12:15	400m	FINAL	Girls: U/16 & Masters
55	12:20	400m	FINAL	Boys: U/16 & Masters
56	12:25	400m	FINAL	Girls: U/18
57	12:30	400m	FINAL	Boys: U/18
58	12:30	**Shot Put**	Final	Boys U16 & 18 & Masters
59	12:30	**Javelin Throw**	FINAL	Girls: U/16 & 18 & Masters
60	12:30	**High Jump**	FINAL	Boys U/16 & 18 & Masters
61	12:30	**Long Jump**	FINAL	Girls U16 & 18 & Masters
62	12:30	**Discus Throw**	FINAL	Women U/20 & Senior
63	12:35	400m	FINAL	Women: U/20
64	12:40	400m	FINAL	Men: U/20
65	12:45	400m	FINAL	Women: Senior
66	12:50	400m	FINAL	Men: Senior
67	13:00	**Triple Jump (11m)**	FINAL	Boys: U/16 & U/18 &Masters
68	13:00	**Triple Jump (11m)**	FINAL	Women Senior
69	13:00	100m	FINAL	Girls: U/16 & Masters
70	13:05	100m	FINAL	Boys: U/16 & Masters
71	13:10	100m	FINAL	Girls: U/18
72	13:15	100m	FINAL	Boys: U/18
73	13:20	100m	FINAL	Women: U/20
74	13:30	PENTATHLON Long Jump	FINAL	U/16 Boys
75	13:30	PENTATHLON Long Jump	FINAL	U/16 Girls
76	13:30	DECATHLON Long Jump	FINAL	U/18 - U/20 -U/23 & Seniors Men
77	13:30	100m	FINAL	Men: U/20
78	13:35	100m	FINAL	Women: Senior
79	13:40	100m	FINAL	Men: Senior
80	13:50	1 500m Steeple Chase	FINAL	Boys & Girls: U/16
81	14:00	2 000m Steeple Chase	FINAL	Girls: U/18 & Masters Men & Women
82	14:15	3 000m Steeple Chase	FINAL	Women: U/20 & Senior
83	14:30	2 000m Steeple Chase	FINAL	Boys U/18

84	14:30	**Shot Put**	Final	Girls U16 & 18 & Masters
85	14:30	**Javelin Throw**	FINAL	Men U/20 & Senior
86	14:30	**High Jump**	FINAL	Men: U/20 & Senior
87	14:30	**Long Jump**	FINAL	Women U/20 & Senior
88	14:30	**Discus Throw**	FINAL	Boys: U/16 & U/18 & Masters
89	14:40	3 000m Steeple Chase	FINAL	Men: U/20 & Senior
90	14:55	DECATHLON 400M	FINAL	U/18 - U/20 -U/23 & Seniors Men
91	14:55	PENTATHLON 1000m	FINAL	U/16 Boys
92	14:55	PENTATHLON 800m	FINAL	U/16 Girls
93	15:00	800m	FINAL	Girls: U/16 & Masters
94	15:05	800m	FINAL	Boys: U/16 & Masters
95	15:10	800m	FINAL	Girls: U/18
96	15:15	800m	FINAL	Boys: U/18
97	15:25	800m	FINAL	Women: U/20
98	15:30	800m	FINAL	Men: U/20
99	15:35	800m	FINAL	Women: Senior
100	15:40	800m	FINAL	Men: Senior
101	15:43	HEPTATHLON 200m	FINAL	U/18 - U/20 -U/23 & Seniors Women
102	15:45	200m	FINAL	Girls: U/16 & Masters
103	15:50	200m	FINAL	Boys: U/16 & Masters
104	15:55	200m	FINAL	Girls: U/18
105	16:00	200m	FINAL	Boys: U/18
106	16:05	200m	FINAL	Women: U/20
107	16:10	200m	FINAL	Men: U/20
108	16:20	200m	FINAL	Women: Senior
109	16:25	200m	FINAL	Men: Senior

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EPA EASTERN PROVINCE ATHLETICS

LEGACY LEAGUE 5 (U/16 & OLDER)

14TH FEBRUARY 2026

NO.	TIME	EVENT	ROUND	AGE GROUP
1	07:30	5 000m	FINAL	Men: U/20 & Senior & Masters
2	07:30	5 000m	FINAL	Women:U/20 & Senior & Masters
3	08:00	**Triple Jump (9m)**	FINAL	Girls U/16, 18, Women 20, Masters
4	08:10	DECATHLON 1500m	FINAL	U/18 - U/20 -U/23 & Seniors Men
5	08:20	HEPTATHLON 800m	FINAL	U/18 - U/20 -U/23 & Seniors Women
6	08:30	5 000mW	FINAL	All ages Men & Women
7	08:30	**Shot Put**	Final	Women 20 & Senior
8	08:30	**Javelin Throw**	FINAL	Boys: U/16 & 18 & Masters
9	08:30	**High Jump**	FINAL	Women U/20 & Senior
10	08:30	**Long Jump**	FINAL	Men U/20 & Senior
11	08:30	**Discus Throw**	FINAL	Men: U/20 & Senior
12	09:00	**Hammer Throw (NMU)**	**FINAL**	**All ages Men & Women**
13	9:00	**Pole Vault (FRAMESBY)**	**FINAL**	**All ages Men & Women**
14	9:00	DECATHLON Pole Vault (Framesby)	FINAL	U/18 - U/20 -U/23 & Seniors Men
15	09:15	90m Hurdles	FINAL	Girls: U/16 & Female Masters
16	09:20	100m Hurdles	FINAL	Girls: U/18
17	09:25	100m Hurdles	FINAL	Women: U/20
18	09:30	100m Hurdles	FINAL	Women: Senior
19	09:40	100m Hurdles	FINAL	Boys: U/16
20	09:45	DECATHLON 110mH	FINAL	U/18 - U/20 -U/23 & Seniors Men
21	09:50	110m Hurdles	FINAL	Boys: U/18 & Male Master
22	09:55	110m Hurdles	FINAL	Men: U/20
23	10:00	HEPTATHLON Javelin	FINAL	U/18 - U/20 -U/23 & Seniors Women
24	10:00	DECATHLON Javelin	FINAL	U/18 - U/20 -U/23 & Seniors Men
25	10:00	110m Hurdles	FINAL	Men: Senior
26	10:10	1 500m	FINAL	Girls: U/16 & Women Masters
27	10:20	1 500m	FINAL	Boys: 16 & Men Masters
28	10:30	1 500m	FINAL	Girls: U/18
29	10:40	1 500m	FINAL	Boys: U/18
30	10:30	**Javelin Throw**	FINAL	Women U/20 & Seniors
31	10:30	**High Jump**	FINAL	Girls: U/16 & 18 & Masters
32	10:30	**Long Jump**	FINAL	Boys U/16 & 18 & Masters
33	10:30	**Discus Throw**	FINAL	Girls U/16 & 18 & Masters
34	10:30	**Shot Put**	Final	Men 20 & Senior
35	10:50	1 500m	FINAL	Women: U/20
36	10:50	1 500m	FINAL	Women: Senior
37	11:00	1 500m	FINAL	Men: U/20
38	11:00	1 500m	FINAL	Men: Senior

39	11:10	300m Hurdles	FINAL	Boys: U/16 & Masters
40	11:15	300m Hurdles	FINAL	Girls: U/16 & Masters
41	11:00	**Triple Jump (13m)**	FINAL	Men: U/20 & Seniors
42	11:20	400m Hurdles	FINAL	Girls: U/18 & U/20 & Senior
43	11:25	400m Hurdles	FINAL	Boys: U/18 & U/20 & Masters
44	11:30	3 000m	FINAL	Girls: U/16 & Masters Women
45	11:45	3 000m	FINAL	Girls: U/18 & U/23 WOMEN
46	12:00	3 000m	FINAL	Boys: U/16 & Master Men
47	12:15	3 000m	FINAL	Boys: U/18 & U/23 MEN
48	12:30	400m	FINAL	Girls: U/16 & Masters
49	12:35	400m	FINAL	Boys: U/16 & Masters
50	12:40	400m	FINAL	Girls: U/18
51	12:00	HEPTATHLON Long Jump	FINAL	U/18 - U/20 -U/23 & Seniors Women
52	12:00	DECATHLON Discus	FINAL	U/18 - U/20 -U/23 & Seniors Men
53	12:45	400m	FINAL	Boys: U/18
54	12:50	400m	FINAL	Women: U/20
55	12:55	400m	FINAL	Men: U/20
56	13:00	400m	FINAL	Women: Senior
57	13:05	400m	FINAL	Men: Senior
58	13:10	100m	FINAL	Girls: U/16 & Masters
59	12:30	**Shot Put**	Final	Boys U16 & 18 & Masters
60	12:30	**Javelin Throw**	FINAL	Girls: U/16 & 18 & Masters
61	12:30	**High Jump**	FINAL	Boys U/16 & U/18 & Masters
62	12:30	**Long Jump**	FINAL	Girls U16 & 18 & Masters
63	12:30	**Discus Throw**	FINAL	Women U/20 & Senior
64	13:15	100m	FINAL	Boys: U/16 & Masters
65	13:20	100m	FINAL	Girls: U/18
66	13:25	100m	FINAL	Boys: U/18
67	13:30	100m	FINAL	Women: U/20
68	13:35	100m	FINAL	Men: U/20
69	13:40	100m	FINAL	Women: Senior
70	13:45	100m	FINAL	Men: Senior
71	13:00	**Triple Jump (11m)**	FINAL	Women Senior
72	13:00	**Triple Jump (11m)**	FINAL	Boys: U/16 & U/18 & Masters
73	13:50	1 500m Steeple Chase	FINAL	Boys & Girls: U/16
74	14:00	2 000m Steeple Chase	FINAL	Girls: U/18 & Masters Men & Women
75	14:10	3 000m Steeple Chase	FINAL	Women: U/20 & Senior
76	14:20	2 000m Steeple Chase	FINAL	Boys U/18
77	14:30	3 000m Steeple Chase	FINAL	Men: U/20 & Senior
78	14:40	800m	FINAL	Girls: U/16 & Masters
79	14:45	800m	FINAL	Boys: U/16 & Masters
80	14:50	800m	FINAL	Girls: U/18
81	14:30	**Shot Put**	Final	Girls U16 & 18 & Masters
82	14:30	**Javelin Throw**	FINAL	Men U/20 & Senior
83	14:30	**High Jump**	FINAL	Men: U/20 & Senior
84	14:30	**Long Jump**	FINAL	Women U/20 & Senior

85	14:30	**Discus Throw**	FINAL	Boys: U/16 & U/18 & Masters
86	14:55	800m	FINAL	Boys: U/18
87	15:00	800m	FINAL	Women: U/20
88	15:05	800m	FINAL	Men: U/20
89	15:10	800m	FINAL	Women: Senior
90	15:15	800m	FINAL	Men: Senior
91	15:20	200m	FINAL	Girls: U/16 & Masters
92	15:25	200m	FINAL	Boys: U/16 & Masters
93	15:30	200m	FINAL	Girls: U/18
94	15:35	200m	FINAL	Boys: U/18
95	15:40	200m	FINAL	Women: U/20
96	15:45	200m	FINAL	Men: U/20
97	15:50	200m	FINAL	Women: Senior
98	15:55	200m	FINAL	Men: Senior







DEVELOPMENT LEAGUE 5

(30+ MASTERS)

16TH JANUARY 2026

ITEM	TIME	EVENT	AGE GROUP
1	16:00	5000m	Men
2	16:30	5000m	Women
3	17:00	5000mW	Men & Women
4	17:00	Long Jump	Women
5	17:00	Shotput	Men & Women
6	17:30	100m	Women
7	17:35	100m	Men
8	17:40	800m	Men
9	17:45	800m	Women
10	17:50	2000mSC	Men & Women
11	17:55	110mH	Men
12	18:00	100mH	Women
13	18:00	Long Jump	Men
14	18:00	Javelin	Men & Women
15	18:05	400m	Men
16	18:10	400m	Women
17	18:15	1500m	Men
18	18:25	1500m	Women
19	18:30	4 x 100m Relay	Mixed gender

Province of the
EASTERN CAPE
SPORT, RECREATION,
ARTS & CULTURE

DEVELOPMENT LEAGUE 6

21ST OF MARCH 2026

No	Time	Event	Age group
1	9:00	400m	U/11 & U/13 Girls
2	9:05	400m	U/11 & U/13 Boys
3	9:10	400m	U/16 and older - Men
4	9:15	400m	U/16 and older - Women
5	9:20	1500m	U/11 & U/13 Girls
6	9:30	1500m	U/11 & U/13 Boys
7	9:40	1500m	U/16 and older - Men
8	9:50	1500m	U/16 and older - Women
9	10:00	100m	U/11 & U/13 Girls
10	10:15	100m	U/11 & U/13 Boys
11	10:20	100m	U/16 and older - Men
12	10:30	100m	U/16 and older - Women

Province of the
EASTERN CAPE
SPORT, RECREATION,
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Eastern Province Athletics
SELECTION CRITERIA

2025-2026

1. Submission of Results for Competitions Outside EPA

Athletes competing outside the borders of EPA are responsible for submitting their official results to the EPA office no later than **14 days** after the competition.

2. Age Group Selection Criteria

- **U/18:** Selection will be based on the **A Standard**, though **B Standard performances** may also be considered.

3. Eligibility for Selection

Only athletes who are **registered EPA members** and hold a **permanent ASA licence** will be eligible for selection, in accordance with ASA rules.

4. Selection Period

Athletes may qualify for selection from **September 2025 until two weeks prior** to the ASA Championships.

5. Selection Process

The **EPA Coaches Commission** will appoint a **selection panel** to assist in team selection.

6. Appeals

Appeals must be submitted in writing to the **EPA Office** within **three days** of the team announcement. Appeals will be reviewed by the **Selection Panel and the Track & Field Commission**.

7. Participation Requirements

- All athletes wishing to be considered for selection must compete at the **EPA Championships** in the **specific event** they wish to be selected for.
- Exceptions may be made only if a **medical certificate** from a certified practitioner is submitted to the Track & Field Commission **on the day of the Championship**.
- Athletes must also compete in at least **two EPA League events** and the **EPA Championships** to be eligible for selection.
- **Senior athletes** competing outside the province are only required to participate in the **EPA Championships**. Results from **two additional competitions** must be submitted to the EPA office within **14 days** of each event.

8. Multiple Event Participation

Athletes wishing to be selected for **multiple events** must have competed in **each of those events**, regardless of the sequence.

9. Automatic Selection

Athletes who meet the **qualifying standard** in an event during the designated period and compete in the **same event** at the EPA Championships will be **provisionally selected** for the EPA Team.

However, final selection is subject to the **entry limits set by ASA** for each event. As a result, only a limited number of athletes can be entered per event, and final selection will be based on **ranking and available slots**.

Female Qualifying Standards

	(U/16)	(U/18)		(U/20)	(U/23)	Senior
		A	B			
	Inland / Coast	Inland / Coast	Coast	Inland / Coast	Inland / Coast	Inland / Coast
100m - Electronic Time	12.80 / 12.90	12.60 / 12.70	12.84	12.50 / 12.60	12.35 / 12.45	12.20 / 12.30
100m - Handtime	12.60 / 12.70	12.40 / 12.50	12.6	12.30 / 12.40	12.15 / 12.25	12.0 / 12.10
200m - Electronic Time	26.50 / 26.60	25.90 / 26.00	26.2	25.70 / 25.80	25.30 / 25.40	25.00 / 25.10
200m - Handtime	26.30 / 26.40	25.70 / 25.80	26	25.50 / 25.60	25.10 / 25.0	24.80 / 24.90
400m - Electronic Time	61.2	59.9	61.1	59.5	58.5	57.6
400m - Handtime	61.1	59.8	61	59.4	58.4	57.5
800m	02:23.0	02:21.0	02:22.0	02:19.0	02:16.0	02:15.5
1500m	5:00.00/ 04:55.00	04:59.00/ 04:54.00	04:53.0	4:58.00/ 4:53.00	04:50.0/ 04:45.0	4:45.0/ 4:40.0
3000m	11:05.00/ 10:53.00	10:58.00/ 10:46.00	10:47.0	10:55.00/ 10:43.00	10:50 / 10:40	
5000m				20:45.0/ 20:25.0	19:45.0 / 19:25.0	18:00.0/ 17:44.0
10000m						39:30.0/ 38:30.0
1500m SC	06:20:00					
2000m SC		08:19.0	08:25.0			
3000m SC				13:08.0	12:30.0	12:45.0
5km Walk	31.45:0/ 31:00.0	30:45.0/ 30:00.0	31:00.0			-
90mH (76cm) ET	13.90/ 14.00					
90mH (76cm) HT	13.70/13.80					
100mH (76cm) - ET		15.10/ 15.20	15.3			

100mH (76cm) - HT		*14.90 / 15.00*	*15.1*			
100mH (84cm) - ET				*15.90 / 16.00*	*15.30 / 15.40*	*14.80/ 14.90*
100mH (84cm) - HT				*15.70 / 15.80*	*15.10 / 15.20*	*14.60 / 14.70*
300mH (76cm) - ET	*47*					
300mH (76cm) - HT	*46.9*					
400mH (76cm) - ET		*66.5*	*67*	*66*	*64.5*	*63.5*
400mH (76cm) - HT		*66.4*	*66.9*	*65.9*	*64.4*	*63.4*
High Jump	*1.5*	*1.55*	*1.53*	*1.6*	*1.65*	*1.65*
Pole Vault	*2.3*	*2.6*	*2.5*	*2.7*	*2.85*	*3*
Long Jump	*4.9*	*5.15*	*5.1*	*5.1*	*5.2*	*5.3*
Triple Jump	*10.1*	*10.5*	*10.3*	*10.6*	*11.2*	*11.2*
Shot Put	*11.8*	*12*	*11.9*	*11.2*	*11.6*	*12*
Javelin Throw	*36*	*40*	*38*	*38*	*39*	*40*
Discus Throw	*30*	*36*	*34*	*37*	*39*	*42*
Hammer Throw	*30*	*40*	*38.5*	*38*	*43*	*47*
Pentathlon	*2600*					
Heptathlon		*3200*	*3100*	*3400*	*3500*	*3600*

Male Qualifying Standards

	(U/16)	(U/18)		(U/20)	(U/23)	Senior
		A	B			
	Inland / Coast	Inland / Coast	Coast	Inland / Coast	Inland / Coast	Inland / Coast
100m - Electronic Time	11.50/ 11.60	11.10/ 11.20	11.6	10.90/ 11.00	10.70 / 10.80	10.55 / 10.65
100m - Handtime	11.30/ 11.40	10.90 / 11.00	11.4	10.70 / 10.80	10.50 / 10.70	10.40 / 10.50
200m - Electronic Time	23.70/ 23.80	22.50/ 22.60	22.7	22.20/ 22.30	21.80 / 21.90	21.40 / 21.50
200m - Handtime	23.50/ 23.60	22.30 / 22.40	22.5	22.00/ 22.10	21.60 / 21.70	21.20/ 21.30
400m - Electronic Time	53.9	50.7	50.8	49.8	48.9	48
400m - Handtime	53.8	50.6	50.7	49.7	48.8	47.9
800m	02:05.0	01:59.0	01:59.2	01:56.5	01:54.0	01:52.5
1500m	4:30.00/ 4:25.00	04:12.00/ 04:08.00	04:12.0	04:06.00/ 04:02.00	03:58.0 / 03:56.0	3:55.5/ 3:52.00
3000m	09:30.00/ 09:20.00	09:15.00/ 09:05.00	09:10.0	09:05.00/ 08:55.00	08:55 / 08:45	
5000m				15:55.00/ 15:40.00	15:05:00 / 14:50.0	14:43.00/ 14:30.00
10000m				33:00.00/ 32:15.00	32:30.00 / 32:45.00	31:00.0/ 30:25.0
1500m SC	05:03:00					
2000m SC		06:40.00/ 06:33.00	06:38.0			
3000m SC				10:45.00/ 10:35.00	10:15:00 / 10:05.00	9:55.0/ 9:45.0
5km Walk	29:45.0/ 29:00.0					
100mH (84cm) - ET	14.00/ 14.10					
100mH (84cm) - HT	13.80/ 13.90					
110mH (91cm) - ET		15.00/ 15.10	15.2			
110mH (91cm) - HT		14.80/ 14.90	15			

110mH (98cm) - ET				*15.30/ 15.40*		
110mH (98cm) - HT				*15.10/ 15.20*		
110mH (106cm) - ET					*15.50 / 15.60*	*15.30 / 15.40*
110mH (106cm) - HT					*15.30 / 15.40*	*15.10/ 15.20*
300mH (84cm) - ET	*42*					
300mH (84cm) - HT	*41.9*					
400mH (84cm) - ET		*55.4*	*55.6*	*56.5*	*54.3*	*54*
400mH (84cm) - HT		*55.3*	*55.5*	*56.4*	*54.2*	*53.9*
High Jump	*1.8*	*1.88*	*1.86*	*1.94*	*1.95*	*1.95*
Pole Vault	*3.15*	*3.7*	*3.6*	*3.8*	*4.1*	*4.2*
Long Jump	*6*	*6.4*	*6.3*	*6.6*	*6.75*	*6.9*
Triple Jump	*12.4*	*13.2*	*13*	*13.7*	*13.9*	*14*
Shot Put	*14.1*	*14.4*	*14.2*	*14.3*	*14.85*	*15*
Javelin Throw	*48*	*55.5*	*56*	*55*	*57*	*60*
Discus Throw	*38*	*46*	*45*	*44*	*44.5*	*45*
Hammer Throw	*38*	*48*	*47*	*44*	*48*	*51*
Pentathlon	*2600*					
Heptathlon		*4000*	*3800*			
Decathlon				*4300*	*4500*	*4700*

MULTI EVENTS

U/18, U/20, U/23 & SENIOR MEN DECATHLON	***100m, Long Jump, Shot Put, High Jump & 400m*** *all completed on Day 1 of the ASA National Championships* ***110mH, Discus Throw, Pole Vault, Javelin Thrown and 1500m*** *all completed on Day 2 of the ASA National Championships.*
U/18, U/20, U/23 & SENIOR WOMEN HEPTATHLON	***100mH, High Jump, Shot Put, 200m*** *all completed on Day 2 of the ASA National Championships* ***Long Jump, Javelin Throw & 800m*** *all completed on Day 3 of the ASA National Championships*
U/16 Pentathlon (Boys)	***100mH, High Jump, Shot Put, Long Jump & 1000m*** all completed on Day 3 of the ASA National Championships.
U/16 Pentathlon (Girls)	***90mH, High Jump, Shot Put, Long Jump & 800m*** all completed on Day 3 of the ASA National Championships.

Important information.

All entries will be done via webtickets and the information will be communicated on this whatsapp group.



General EPA enquiries: epaadmin@epathletics.co.za and/or 041 374 2818

At every competition you will receive a list (checklist) of all who entered. If your athlete is not on that list, or some information is wrong please mail to: epaportelizabeth@gmail.com

THANK YOU for supporting our competitions we wish you just the best for the season. Lets' make history together.

TRACK & FIELD TEAM!!!