



# ***EPA TRACK & FIELD***

**2026/2027 Handbook**



**nelson mandela bay**  
municipality

# COMPETITION DATES

## Eastern Province Athletics Track & Field Fixtures 2026

Proposed competition dates September - December 2026

| DATE                             | VENUE               | EVENT                                          | AGE GROUPS                                                                                                    | ORGANISER & SPONSOR |
|----------------------------------|---------------------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------|
| 5 September 2026 SAT<br>7:00 AM  | Westbourne Oval     | Primary School League 1                        | Primary School Athletes                                                                                       | EPA                 |
| 12 September 2026 SAT<br>7:30 AM | NMU Stadium         | High School & Senior League 1                  | U/16 & older athletes (Masters included)                                                                      | NMBM LEGACY EPA     |
| 19 September 2026 SAT<br>9:00 AM | Gelvandale Stadium  | 1 Mile in conjunction with Northern Areas 10km | Boys & Girls 11 – 13<br>Boys & Girls 14 – 16<br>Junior Men & Women 17 – 19<br>Open Men & Women<br>Masters 40+ | EPA                 |
| 3 October 2026 SAT<br>8:00 AM    | Westbourne Oval     | Primary School League 2                        | Primary School athletes                                                                                       | EPA                 |
| 17 October 2026 SAT<br>8:00 AM   | Westbourne Oval     | Primary School League 3                        | Primary School athletes                                                                                       | EPA                 |
| 23 October 2026 FRI<br>17:30     | Westbourne Oval     | 1 Mile                                         | Boys & Girls 11 – 13<br>Boys & Girls 14 – 16<br>Junior Men & Women 17 – 19<br>Open Men & Women<br>Masters 40+ | EPA                 |
| 24 October 2026 SAT<br>7:30 AM   | Westbourne Oval     | High School & Senior League 2                  | U/16 & older athletes (Masters included)                                                                      | NMBM LEGACY & EPA   |
| 7 November 2026 SAT<br>8:00      | Westbourne Oval     | Primary School Championships                   | Primary School athletes                                                                                       | EPA                 |
| 27 November 2026 FRI<br>17:30    | Westbourne Oval     | 1 Mile Championship                            | Boys & Girls 11 – 13<br>Boys & Girls 14 – 16<br>Junior Men & Women 17 – 19<br>Open Men & Women<br>Masters 40+ | EPA                 |
| 4-5 December 2026                | North West Province | ASA Primary School Championships               | Primary School athletes                                                                                       | ASA                 |

## Proposed competition dates Track & Field Fixtures 2027 (January - March)

|                              |                    |                                       |                                             |                         |
|------------------------------|--------------------|---------------------------------------|---------------------------------------------|-------------------------|
| 30 January 2027 SAT<br>7:30  | Westbourne<br>Oval | High School & Senior League<br>3      | U/16 & older athletes (Masters<br>included) | NMBM<br>LEGACY &<br>EPA |
| 6 February 2027 SAT<br>7:30  | Westbourne<br>Oval | High School & Senior<br>League 4      | U/16 & older athletes                       | EPA &<br>PEHS           |
| 13 February 2027 SAT<br>7:30 | Westbourne<br>Oval | High Schools & Senior<br>League 5     | U/16 & older athletes (Masters<br>included) | EPA                     |
| 27 February 2027 SAT         | Westbourne<br>Oval | High School & Senior<br>Championships | U/16 & older athletes (Masters<br>included) | NMBM<br>LEGACY &<br>EPA |



# AGE GROUPS

| Primary School 2026 |                     |                                     |
|---------------------|---------------------|-------------------------------------|
| Boys & Girls 7      | Born 2019 & 2020    | turning 7 years old in 2026         |
| Boys & Girls 9      | Born in 2017 & 2018 | turning 8 and 9 years old in 2026   |
| Boys & Girls 11     | Born in 2015 & 2016 | turning 10 and 11 years old in 2026 |
| Boys & Girls 13     | Born in 2013 & 2014 | turning 12 and 13 years old in 2026 |

| U/16 & Older athletes 2026 - 27 Season |                           |                                         |
|----------------------------------------|---------------------------|-----------------------------------------|
| Boys & Girls U/16                      | Born in 2012 & 2013       | turning 14 and 15 years old in 2027     |
| Boys & Girls U/18                      | Born in 2010 & 2011       | turning 16 and 17 years old in 2027     |
| Men & Women U/20                       | Born in 2008 & 2010       | turning 18 and 19 years old in 2027     |
| Men & Women U/23                       | Born in 2005, 2006 & 2007 | turning 20, 21 and 22 years old in 2027 |
| Senior Men & Women                     | Born in 2007 and older    | turning 20 years and older in 2027      |
| Master Men & Women                     | Start at age 30           | 5-year intervals                        |

| 1 Mile Age Categories:     |                 |                         |
|----------------------------|-----------------|-------------------------|
| Championship Age Category  | Year of Birth   | Age on 31 December 2027 |
| Boys & Girls 11–13         | 2014-2016       | 11, 12 or 13            |
| Boys & Girls 14-16         | 2011-2013       | 14, 15 or 16            |
| Junior Men and Women 17-19 | 2008-2010       | 17, 18 or 19            |
| Open Men & Women           | Any birth year  | All ages                |
| Masters 40+                | 1987 or earlier | 40 years and older      |



# GENERAL INFORMATION

The Eastern Province Athletics Track & Field Manual serves as the official guide for the administration and delivery of the current athletics season. It reflects the commitment of Eastern Province Athletics to promoting excellence, fairness, professionalism, athlete development, and good governance across all levels of competition.

As a working document, this manual will continue to evolve throughout the season whenever competition dates, venue, qualification standards, selection criteria, rules, or other relevant information require revision. Members are encouraged to regularly refer to the latest version to ensure they remain informed of any updates.

The success of Track & Field depends on the collective commitment of our athletes, coaches, clubs, officials, volunteers, parents, sponsors, and administrators. By working together with mutual respect, integrity, sportsmanship, and a shared passion for athletics, we can continue to strengthen our province and create greater opportunities for every athlete to achieve their full potential.

All athletes, coaches, Technical Officials, volunteers, clubs and spectators are encouraged to familiarise themselves with the contents of this manual before participating in any EPA Track & Field competition.

## Important Information

- All competitions shall be conducted in accordance with the current **World Athletics (WA) Competition Rules, Athletics South Africa (ASA) Domestic Rules, and Eastern Province Athletics (EPA) Competition Regulations**.
- Athletes must compete in their registered club or school colours and hold a valid ASA Permanent Licence or Temporary Licence where applicable.
- Temporary Licences will be available at registration at a cost of **R30.00 per athlete**.
- All competition entries must be completed **via Webtickets by midnight on the Monday preceding the competition**, unless a different closing date is stated in the official competition circular. No late entries or alternative entry methods will be accepted. Competition information, entry links, circulars and important notices will be shared through the official EPA Track & Field WhatsApp group and other official EPA communication platforms.
- The entry fee for **EPA League Competitions** is **R55.00 per event**, payable online at the time of entry. No cash payments will be accepted at the venue.
- Athletes are encouraged to arrive at the venue at least **90 minutes** before their first event and must report to the Call Room or competition area within the prescribed reporting times.
- Registered athletes must complete registration upon arrival and wear the official competition wristband or accreditation where applicable. **No wristband, no participation.**
- At every competition, a provisional entry list (checklist) will be available. Athletes and coaches are requested to verify all information. Any corrections or omissions must be reported as soon as possible by email to **epaportelizabeth@gmail.com**.
- Spectators are welcome and will be charged an entry fee of **R30.00 per person** at the entrance gate. Entry is free for **EPA Affiliated Coaches** and **EPA Board Members**.
- A tuckshop and other amenities will be available where provided by the host venue.
- The use of headphones, earphones or electronic listening devices within the competition area is prohibited, except where permitted under current World Athletics Rules.

- All participants are expected to comply with the EPA Competition Rules and Code of Conduct throughout the competition.

## General Enquiries

For all general Track & Field enquiries, please contact the EPA Office:

**Email:** epaadmin@epathletics.co.za

**Telephone:** (041) 374 2818

For entry queries or corrections to the published athlete entry lists, please email:

**epaportelizabeth@gmail.com**

## A Message from the EPA Track & Field Commission

Eastern Province Athletics extends its sincere appreciation to everyone who contributes their time, knowledge, and dedication to the growth of Track & Field. Your commitment plays a vital role in building a stronger future for our sport.

Together, let us continue to inspire excellence, develop talent, and proudly represent Eastern Province Athletics on provincial, national, and international stages.

Your participation, commitment and sportsmanship contribute to the continued growth and success of athletics within our Province. Whether you are an athlete, coach, Technical Official, volunteer, parent or supporter, you are an important part of our athletics family.

We wish every athlete a safe, enjoyable and successful season, and we look forward to celebrating your achievements throughout the year.

**“One Province. One Team. One Future”**

**Let's make history together.**

**Eastern Province Athletics – Track & Field Commission**

Join our Track and Field WhatsApp group to stay up to date.



# COMPETITION RULES AND CODE OF CONDUCT

## 2026/2027 Season

All Eastern Province Athletics (EPA) Track & Field competitions shall be conducted in accordance with the current World Athletics (WA) Competition and Technical Rules, Athletics South Africa (ASA) Rules and Regulations, and any additional EPA Competition Regulations.

The following General Competition Rules apply to all EPA Track & Field meetings, leagues, championships and sanctioned competitions.

### 1. Athlete Eligibility

- Athletes must be registered with ASA through an affiliated EPA club or recognised school structure, or participate under a valid temporary licence where permitted.
- Athletes must compete in the correct age category as determined by the applicable ASA, EPA or recognised school-sport regulations for that competition.
- Athletes must compete in their registered club or school colours in accordance with the current ASA Domestic Rules.

### 2. Competition Entries

- Entries must be submitted via the official EPA approved entry platform before the published closing date.
- Late entries will not be accepted.
- Incomplete, inaccurate or fraudulent entries may be rejected.

### 3. Registration

- Athletes must complete registration upon arrival where required.
- Athletes are responsible for ensuring that their personal details, licence number, age category and entered events are correct.
- Athletes must collect all accreditation, wristbands or competition numbers before competing.

### 4. Reporting for Events

- Athletes must report to the Call Room or designated assembly within the reporting times.
- Failure to report within the prescribed time may result in withdrawal from the event.
- Athletes with clashes between track and field events must immediately notify the relevant Technical Officials.

### 5. Competition Arena

- Only competing athletes, accredited Technical Officials, authorised Team Managers, Medical Personnel and authorised EPA officials may enter the Field of Play.
- Parents, spectators and unauthorised persons are prohibited from entering the competition arena unless authorised by the Competition Director.
- Coaches shall only access areas specifically designated by the Competition Director.

### 6. Competition Rules

- All events shall be conducted in accordance with the current World Athletics Competition Rules and Athletics South Africa Domestic Rules.
- The Referee's decision shall be final unless a protest or appeal is lodged in accordance with World Athletics Rules.

### 7. Athlete Conduct

- Athletes shall conduct themselves in a respectful, disciplined and sportsmanlike manner at all times.
- Athletes shall comply with all instructions issued by Technical Officials and Competition Management.
- Abusive language, intimidation, unsporting behaviour or misconduct will not be tolerated and may result in disqualification or disciplinary action.
- The possession or consumption of alcohol and the use of illegal or prohibited substances at any EPA Track & Field competition is strictly prohibited.
- Athletes remain ambassadors of their club, Eastern Province Athletics and Athletics South Africa and are expected to uphold the highest standards of conduct both on and off the field of play.

### 8. Anti-Doping and Medical Requirements

- All athletes shall comply with the current World Athletics (WA), Athletics South Africa (ASA), World Anti-Doping Agency (WADA) and South African Institute for Drug-Free Sport (SAIDS) Anti-Doping Rules.
- Athletes are responsible for ensuring that any medication, supplement or substance they use complies with the current WADA Prohibited List. Where required, athletes must obtain a valid Therapeutic Use Exemption (TUE) before competing.
- Athletes selected for doping control must report immediately to the Doping Control Station and comply with all testing procedures. Failure to do so may result in disciplinary action in accordance with applicable anti-doping regulations.

### 9. Coaches

- Coaches shall always conduct themselves professionally.

- Coaches shall respect the authority and decisions of Technical Officials.
- Coaches shall only coach from designated coaching areas.
- Coaches shall not interfere with the administration or running of the competition.

#### 10. Parents and Spectators

- EPA welcomes positive support from parents and spectators.
- The following behaviour will not be tolerated:
  - Abuse or intimidation of athletes.
  - Abuse of Technical Officials or volunteers.
  - Entering restricted competition areas.
  - Any conduct that disrupts the competition
- The possession or consumption of alcohol and the use of illegal or prohibited substances at any EPA Track & Field competition is strictly prohibited.

#### 11. Electronic Devices

- The use of headphones, earphones or electronic listening devices while competing and/or in the competition area is prohibited except where specifically permitted under current World Athletics Rules.

#### 12. Results, Records and Performances

##### 12.1 Official Results

- Official results from EPA competitions shall be compiled, verified and published by EPA. Performances achieved at other recognised competitions must be supported by verifiable official results issued by the relevant organising authority where applicable.

##### 12.2 Recognition of Performances

- Official performances will only be recognised where competitions have been conducted in accordance with current World Athletics, Athletics South Africa and Eastern Province Athletics Rules.

##### 12.3 Recognition for Record Ratification

For a performance to be considered for an EPA record, the following minimum requirements must be met.

- The competition must be conducted under current World Athletics and Athletics South Africa Rules.
- The event must be officiated by accredited Athletics South Africa Technical Officials.
- Fully Automatic Timing (FAT) shall be used for all events where electronic timing is required by World Athletics.
- Approved wind measuring equipment shall be used for all applicable sprint, hurdle and horizontal jump events.
- All implements, equipment and facilities shall comply with current World Athletics and Athletics South Africa specifications.

##### 12.4 Unofficial Performances

- Times, distances or heights recorded by individuals who are **not accredited Athletics South Africa Technical Officials** shall be regarded as unofficial.

Performances recorded under these circumstances shall **not** be accepted for:

- Eastern Province Athletics Records;
- Provincial Rankings;
- Qualification Standards;
- Team Selection performances;
- Any other official EPA performance recognition.
- Hand timing or measurements undertaken by coaches, volunteers, schools or spectators may only be used for training or informational purposes.

##### 12.5 EPA record Eligibility within Gqeberha.

- At the commencement of the **2026/2027 season**, no athletics facility within the Nelson Mandela Bay Metropolitan Municipality (Gqeberha) currently holds the facility certification and/or fulfils all World Athletics and Athletics South Africa requirements necessary for the ratification of Eastern Province Athletics Track & Field Records.
- Accordingly, performances achieved at these facilities may be recognised as official competition results and, where permitted by Athletics South Africa, may be accepted for qualification purposes.
- No performance achieved at these facilities currently shall be recognised or ratified as an Eastern Province Athletics Track & Field Record until the venue has obtained the required certification and all applicable World Athletics and Athletics South Africa record ratification requirements have been satisfied.
- Eastern Province Athletics reserves the right to review and amend this provision should the certification status of any athletics facility within the province change.

#### 13. Safety

- Participation in athletics carries inherent risks. Athletes must ensure that they are medically and physically fit to compete and must comply with all safety instructions. EPA and competition management will take reasonable measures to provide a safe competition environment.
- All injuries, illnesses or medical concerns must immediately be reported to the nearest Technical Official or Medical Team.

- EPA reserves the right to delay, suspend or cancel any competition should weather conditions; facility conditions or any other circumstances compromise the safety of participants or officials.

#### 14. Protests and Appeals

- All protests shall be lodged with the Referee in accordance with current World Athletics Rules.
- Appeals shall be submitted within the prescribed time limits.
- The decision of the Jury of Appeal shall be final.

#### 15. Amendments

- EPA reserves the right to amend these Competition Rules where necessary, provided such amendments remain consistent with the current World Athletics Rules, Athletics South Africa Rules and the EPA Constitution.

At Eastern Province Athletics, we strive to be recognised not only for our performances on the track and in the field, but also for our professionalism, integrity, respect and sportsmanship.

Every athlete, coach, Technical Official, volunteer, parent and supporter represents not only themselves, but also their club, school and Eastern Province Athletics. Your conduct, both on and off the field of play, contributes to the reputation and values of our Province.

We take great pride in fostering an environment where discipline, fairness and mutual respect are the standard. We trust that all participants will uphold these values at every competition, recognising that respect for fellow competitors, Technical Officials, Team Managers and Coaches is fundamental to the successful delivery of our events.

To ensure the safety and enjoyment of everyone, the following requirements apply at all EPA Track & Field competitions:

- The possession, use or consumption of alcohol, illegal drugs or prohibited substances is strictly prohibited.
- Minor athletes remain under the supervision of their parent, guardian, school or club representative. Where a minor participates as part of an official team, the athlete may not leave the venue without the knowledge and permission of the authorised Team Manager or Coach.
- Athletes remain responsible for compliance with all anti-doping and TUE requirements. Athletes taking prescribed medication that could affect their safe participation or require emergency treatment are strongly encouraged to inform the Medical Team before competing. Disclosure to the Medical Team does not replace the athlete's responsibility to obtain a TUE where required.
- Parents and coaches are not permitted within the competition arena or Field of Play unless specifically authorised by the Competition Director or Chief Technical Official.

Our Technical Officials, volunteers and event personnel are committed to ensuring that every competition is conducted safely, fairly and professionally. We ask that all participants respect their decisions and follow their instructions at all times.

Official results will be published on the designated EPA communication platforms as soon as practicably possible. Any protests or appeals will be dealt with promptly and in accordance with the applicable World Athletics, Athletics South Africa and EPA Competition Rules.

**Together, let us create a safe, fair and enjoyable competition environment where every athlete can perform at their best and where Eastern Province Athletics continues to build a reputation for excellence, professionalism and respect.**



# PRIMARY SCHOOL COMPETITIONS

League 1

5 September 2026

League 2

3 October 2026

League 3

17 October 2026

EPA Championships

7 November 2026

**When Competition starts at 7:00 am all items will start a hour earlier**

| No | Time  | Event                  | Age group       |
|----|-------|------------------------|-----------------|
| 1  | 08:00 | 60m                    | Boys 7          |
| 2  | 08:00 | Long Jump PENTATHLON   | Boys & Girls 13 |
| 3  | 08:00 | Discus Throw (1kg)     | Boys 13         |
| 4  | 08:00 | High Jump              | Girls 11        |
| 5  | 08:00 | Shot Put (3kg)         | Girls 13        |
| 6  | 08:00 | Turbo Javelin          | Boys & Girls 11 |
| 7  | 08:15 | 60m                    | Girls 7         |
| 8  | 08:30 | 60m                    | Boys 9          |
| 9  | 08:45 | Long Jump              | Boys 11 & 13    |
| 10 | 08:45 | 60m                    | Girls 9         |
| 11 | 08:55 | 60m                    | Open Men        |
| 12 | 09:00 | 60m                    | Open Women      |
| 13 | 09:05 | 1200m                  | Boys 11         |
| 14 | 09:15 | 1200m                  | Girls 11        |
| 15 | 09:25 | 70m Hurdles TRIATHLON  | Boys & Girls 11 |
| 16 | 09:30 | 70m Hurdles (68.0cm)   | Boys 11         |
| 17 | 09:35 | 70m Hurdles (68.0cm)   | Girls 11        |
| 18 | 09:45 | 75m Hurdles PENTATHLON | Girls 13        |
| 19 | 09:55 | 75m Hurdles (76.2cm)   | Girls 13        |
| 20 | 10:00 | Long Jump              | Girls 13        |
| 21 | 10:00 | Shot Put (2kg)         | Girls 11        |
| 22 | 10:00 | High Jump              | Boys 11 & 13    |
| 23 | 10:00 | Turbo Javelin          | Boys & Girls 9  |
| 24 | 10:00 | Discus Throw (0.750g)  | Girls 13        |
| 25 | 10:05 | 80m Hurdles (76.2cm)   | Boys 13         |
| 26 | 10:10 | 80m Hurdles PENTATHLON | Boys 13         |
| 27 | 10:15 | 600m                   | Boys 9          |

|    |       |                          |                 |
|----|-------|--------------------------|-----------------|
| 28 | 10:25 | 600m                     | Girls 9         |
| 29 | 10:35 | 200m                     | Boys 13         |
| 30 | 10:40 | 200m                     | Girls 13        |
| 31 | 10:45 | 150m                     | Open Men        |
| 32 | 10:50 | 150m                     | Open Woman      |
| 33 | 11:00 | 800m                     | Boys 13         |
| 34 | 11:10 | 800m                     | Girls 13        |
| 35 | 11:20 | 80m                      | Boys 7          |
| 36 | 11:25 | 200m Pentathlon          | Boys & Girls 13 |
| 37 | 11:30 | Long Jump Triathlon      | Boys & Girls 13 |
| 38 | 11:30 | 80m                      | Girls 7         |
| 39 | 11:40 | 80m                      | Boys 9          |
| 40 | 11:50 | 80m                      | Girls 9         |
| 41 | 12:00 | 80m                      | Boys 11         |
| 42 | 12:00 | High Jump                | Girls 13        |
| 43 | 12:00 | Shot Put (2kg) & (4kg)   | Boys 11 & 13    |
| 44 | 12:00 | Long Jump                | Girls 11        |
| 45 | 12:00 | Javelin Throw (500gr)    | Boys & Girls 13 |
| 46 | 12:10 | 80m                      | Girls 11        |
| 47 | 12:20 | 600m Exhibition          | Boys 7 & 11     |
| 48 | 12:30 | Javelin Throw Pentathlon | Boys & Girls 13 |
| 49 | 12:30 | 600m Exhibition          | Girls 7 & 11    |
| 50 | 12:40 | 1200 Triathlon           | Boys & Girls 11 |
| 51 | 12:50 | 600m                     | Open Woman      |
| 52 | 13:00 | 600m                     | Open Men        |
| 53 | 13:00 | 1500                     | Boys 13         |
| 54 | 13:20 | 1500                     | Girls 13        |
| 55 | 13:40 | 800 Pentathlon           | Girls 13        |
| 56 | 13:50 | 1500 Pentathlon          | Boys 13         |
| 57 | 14:00 | 200m Hurdles (68cm)      | Boys 13         |
| 58 | 14:10 | 200m Hurdles (68cm)      | Girls 13        |
| 59 | 14:15 | 100m                     | Boys 11         |
| 60 | 14:20 | 100m                     | Girls 11        |
| 61 | 14:25 | 100m                     | Boys 13         |
| 62 | 14:30 | 100m                     | Girls 13        |

# LEGACY LEAGUES (U/16 & OLDER)

| League 1 |                     | 12 September 2026             |       |                                  |
|----------|---------------------|-------------------------------|-------|----------------------------------|
| League 2 |                     | 24 October 2026               |       |                                  |
| League 3 |                     | 30 January 2027               |       |                                  |
| League 4 |                     | 27 February 2027              |       |                                  |
| No.      | Time                | Event                         | Round | Age group                        |
| 1        | 7:30                | 5000m                         | FINAL | Men: U/20 & Senior & Masters     |
| 2        | 7:30                | 5000m                         | FINAL | Women: U20 & Senior & Masters    |
| 3        | 8:00                | Triple Jump (9m)              | FINAL | Girls U16, 18, Women 20, Masters |
| 4        | 8:10                | DECATHLON 1500m               | FINAL | U/18 – U/20-U/23 & Senior Men    |
| 5        | 8:20                | HEPATHLON 800m                | FINAL | U/18 – U/20-U/23 & Senior Women  |
| 6        | 8:30                | 5000mW                        | FINAL | All Ages men & Women             |
| 7        | 8:30                | Shot Put                      | FINAL | Women: U/20 & Senior             |
| 8        | 8:30                | Javelin Throw                 | FINAL | Boys: U/16 & U/18 & Masters      |
| 9        | 8:30                | High Jump                     | FINAL | Women: U/20 & Senior             |
| 10       | 8:30                | Long Jump                     | FINAL | Men: U/20 & Senior               |
| 11       | 8:30                | Discus Throw                  | FINAL | Boys: U/16 & U/18 & Masters      |
| 12       | 9:00                | Hammer Throw (NMU)            | FINAL | All ages Men & Women             |
| 13       | Special Arrangement | Pole Vault (Framesby)         | FINAL | All ages Men & Women             |
| 14       | Special Arrangement | DECATHLON Pole Vault Framesby | FINAL | U/18 – U/20-U/23 & Seniors Men   |
| 15       | 9:15                | 90m Hurdles                   | FINAL | Girls: U/16 & Female Masters     |
| 16       | 9:20                | 100m Hurdles                  | FINAL | Girls: U/18                      |
| 17       | 9:25                | 100m Hurdles                  | FINAL | Women: U/20                      |
| 18       | 9:30                | 100m Hurdles                  | FINAL | Women: Senior                    |
| 19       | 9:40                | 100m Hurdles                  | FINAL | Boys: U/16                       |
| 20       | 9:45                | DECATHLON 110m Hurdles        | FINAL | U/18 – U/20-U/23 & Seniors Men   |
| 21       | 9:50                | 110m Hurdles                  | FINAL | Boys U/18 & Male Masters         |
| 22       | 9:55                | 110m Hurdles                  | FINAL | Men: U/20                        |
| 23       | 10:00               | HEPTATHLON Javelin            | FINAL | U/18 – U/20-U/23 & Senior Women  |
| 24       | 10:00               | DECATHLON Javelin             | FINAL | U/18 – U/20-U/23 & Senior Men    |
| 25       | 10:00               | 110m Hurdles                  | FINAL | Men: Senior                      |
| 26       | 10:10               | 1500m                         | FINAL | Girls: U/16 & Women Masters      |
| 27       | 10:20               | 1500m                         | FINAL | Boys: U/16 & Men Masters         |
| 28       | 10:30               | 1500m                         | FINAL | Girls: U/18                      |

|    |       |                      |       |                                   |
|----|-------|----------------------|-------|-----------------------------------|
| 29 | 10:40 | 1500m                | FINAL | Boys: U/18                        |
| 30 | 10:30 | Javelin Throw        | FINAL | Women: U/20 & Senior              |
| 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 | Discuss Throw        | FINAL | Girls: U/16, 18 & Masters         |
| 34 | 10:30 | Shot Put             | FINAL | Men 20 & Senior                   |
| 35 | 10:50 | 1500m                | FINAL | Women: U/20                       |
| 36 | 10:50 | 1500m                | FINAL | Women: Senior                     |
| 37 | 11:00 | 1500m                | FINAL | Men: U/20                         |
| 38 | 11:00 | 1500m                | FINAL | Men: Senior                       |
| 39 | 11:10 | 300m Hurdles         | FINAL | Boys: U/16 & Masters              |
| 40 | 11:20 | 300m Hurdles         | FINAL | Girls: U/16 & Masters             |
| 41 | 11:00 | Triple Jump (13m)    | FINAL | Men: U/20 & Seniors               |
| 42 | 11:00 | 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 | Discuss 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 | Men U/20 & Senior                 |
| 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                       |



# Eastern Province Athletics Selection Criteria 2026–2027



| No. | Selection Criterion                                    | Details                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | Eligibility for Selection                              | Only athletes who are eligible to compete in the EPA High Schools and Seniors Championships and who comply with the applicable ASA, EPA and High Schools & Seniors regulations shall be eligible for selection. Only athletes who are registered EPA members and hold a valid permanent ASA license will be eligible for selection, in accordance with ASA Rules.                                                                                                                                                                                                                                                                                                                                                      |
| 2   | Age Group Selection Criteria                           | U18: Selection will be based primarily on Standard A. B Standard performances may also be considered at the discretion of the Selection Panel.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 3   | Primary Selection Event                                | The Primary, High Schools and Senior Championships shall serve as the primary selection event for the Eastern Province Team.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 4   | Championship Participation/ Participation Requirements | Athletes wishing to be considered for selection must compete in at least two EPA League events <b>as well as</b> the EPA Primary, High Schools and Senior Championships in the event for which they seek selection.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 5   | Exceptional Circumstances                              | Where an athlete is unable to compete, or is unable to perform to their proven ability due to illness, injury or other exceptional circumstances beyond their control, the Selection Panel may consider official performances achieved within four (4) weeks preceding the Championships, provided that: <ul style="list-style-type: none"> <li>- the performance was achieved at a recognised competition conducted under WA, ASA and EPA Rules;</li> <li>- the performance can be officially verified;</li> <li>- a medical certificate or other satisfactory evidence is submitted on or before the day of the Championships; and</li> </ul> the Selection Panel is satisfied that exceptional circumstances exist. |
| 6   | Multiple Event Participation                           | Athletes seeking selection in multiple events must have competed in each of those events during the qualifying period.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 7   | Selection Panel                                        | The EPA Coaches Commission shall appoint a Selection Panel to recommend the Provincial Team and will be ratified by the T&F Commission.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 8   | Selection Panel Discretion                             | Any discretionary selection outside the Championship results shall be exceptional, fully motivated and recorded by the Selection Panel.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 9   | Final Selection                                        | The decision of the Selection Panel shall be final, provided it has been made in accordance with these Selection Criteria.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 10  | Automatic Selection                                    | Athletes who achieve the qualifying standard during the selection period and compete in the same event at the EPA Championships will be provisionally selected for the EPA Team. Final selection remains subject to the maximum number of entries permitted by ASA for each event. Where the number of qualifying athletes exceeds the available entries, final selection will be determined by athlete rankings and the available entry allocation. Qualification standards in the 6 weeks prior to the EPA Championships will be preferable.                                                                                                                                                                         |
| 11  | Appeals                                                | Appeals must be submitted in writing to the EPA Office within three (3) days of the team announcement. Appeals will be considered by the Selection Panel and the EPA Track & Field Commission.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |



# Primary School Athletes Qualifying Standards UNDER REVIEW



| Item                          | Girls 7                                                                                                         | Boys 7 | Girls 9 | Boys 9  | Girls 11 | Boys 11  | Girls 13 | Boys 13  |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------|--------|---------|---------|----------|----------|----------|----------|
| 60m                           | 11.4                                                                                                            | 10.3   | 9.8     | 9.5     |          |          |          |          |
| 80m                           | 14.5                                                                                                            | 13.5   | 12.8    | 12.2    | 11.8     | 11.6     |          |          |
| 100m                          |                                                                                                                 |        |         |         | 14.9     | 14.5     | 14.2     | 13.1     |
| 200m                          |                                                                                                                 |        |         |         |          |          | 29.8     | 27.1     |
| 600m                          |                                                                                                                 |        | 02:24.0 | 02:20.0 |          |          |          |          |
| 800m                          |                                                                                                                 |        |         |         |          |          | 02:40.0  | 02:30.00 |
| 1200m                         |                                                                                                                 |        |         |         | 04:35.70 | 04:22.7  |          |          |
| 1500m                         |                                                                                                                 |        |         |         |          |          | 05:45.1  | 05:01.3  |
| 70mH                          |                                                                                                                 |        |         |         | 13.2     | 12.3     |          |          |
| 75mH                          |                                                                                                                 |        |         |         |          |          | 13.2     |          |
| 80mH                          |                                                                                                                 |        |         |         |          |          |          | 13.7     |
| 200mH                         |                                                                                                                 |        |         |         |          |          | 33.2     | 29.8     |
| Turbo Javelin                 |                                                                                                                 |        | 17      | 20      | 19       | 27       |          |          |
| Javelin                       |                                                                                                                 |        |         |         |          |          | 29.5     | 35.8     |
| High Jump                     |                                                                                                                 |        |         |         | 1.24     | 1.32     | 1.4      | 1.52     |
| Long Jump                     |                                                                                                                 |        |         |         | 3.8      | 4        | 4.2      | 4.4      |
| Shot Put                      |                                                                                                                 |        |         |         | 9.1      | 10.9     | 10.1     | 10.5     |
| Discus Throw                  |                                                                                                                 |        |         |         |          |          | 31.2     | 31.5     |
| Triathlon                     |                                                                                                                 |        |         |         | 1500 pts | 1500 pts |          |          |
| Pentathlon                    |                                                                                                                 |        |         |         |          |          | 2200 pts | 2200 pts |
| U/11 Triathlon (Girls & Boys) | 70mH, Long Jump & 1200m all completed on Day 1 of the national ASA National Sub-Youth Championships.            |        |         |         |          |          |          |          |
| U/13 Pentathlon (Girls)       | Long Jump, 200m, 75mH, Javelin Throw, 800m all completed on Day 2 of the ASA National Sub-Youth Championships.  |        |         |         |          |          |          |          |
| U/13 Pentathlon (Boys)        | Long Jump, 200m, 80mH, Javelin Throw, 1500m all completed on Day 2 of the ASA National Sub-Youth Championships. |        |         |         |          |          |          |          |



# High Schools, Senior Qualifying Standards

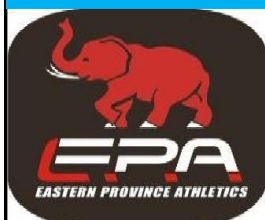
## FEMALE Qualifying Standard



|                        | (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/<br>04:55.00  | 04:59.00/<br>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/<br>10:53.00 | 10:58.00/<br>10:46.00 | 10:47.0 | 10:55.00/<br>10:43.00 | 10:50 / 10:40     |                     |
| 5000m                  |                       |                       |         | 20:45.0/ 20:25.0      | 19:45.0 / 19:25.0 | 18:00.0/<br>17:44.0 |
| 10000m                 |                       |                       |         |                       |                   | 39:30.0/<br>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             |

|                   | (U/16)           | (U/18)              |         | (U/20)         | (U/23)         | Senior         |
|-------------------|------------------|---------------------|---------|----------------|----------------|----------------|
|                   |                  | A                   | B       |                |                |                |
|                   | Inland / Coast   | Inland / Coast      | Coast   | Inland / Coast | Inland / Coast | Inland / Coast |
| 5km Walk          | 31.45:0/ 31:00.0 | 30:45.0/<br>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             |

|               | (U/16)         | (U/18)         |       | (U/20)         | (U/23)         | Senior         |
|---------------|----------------|----------------|-------|----------------|----------------|----------------|
|               |                | A              | B     |                |                |                |
|               | Inland / Coast | Inland / Coast | Coast | Inland / Coast | Inland / Coast | Inland / Coast |
| 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           |



## High Schools, Senior Qualifying Standards

### 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           |

|                    | (U/16)                | (U/18)                |         | (U/20)                | (U/23)              | Senior                |
|--------------------|-----------------------|-----------------------|---------|-----------------------|---------------------|-----------------------|
|                    |                       | A                     | B       |                       |                     |                       |
|                    | Inland / Coast        | Inland / Coast        | Coast   | Inland / Coast        | Inland / Coast      | Inland / Coast        |
| 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/<br>04:08.00 | 04:12.0 | 04:06.00/<br>04:02.00 | 03:58.0 / 03:56.0   | 3:55.5/ 3:52.00       |
| 3000m              | 09:30.00/<br>09:20.00 | 09:15.00/<br>09:05.00 | 09:10.0 | 09:05.00/<br>08:55.00 | 08:55 / 08:45       |                       |
| 5000m              |                       |                       |         | 15:55.00/<br>15:40.00 | 15:05:00 / 14:50.0  | 14:43.00/<br>14:30.00 |
| 10000m             |                       |                       |         | 33:00.00/<br>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/<br>06:33.00 | 06:38.0 |                       |                     |                       |
| 3000m SC           |                       |                       |         | 10:45.00/<br>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         |

|                    | (U/16)         | (U/18)         |       | (U/20)         | (U/23)         | Senior         |
|--------------------|----------------|----------------|-------|----------------|----------------|----------------|
|                    |                | A              | B     |                |                |                |
|                    | Inland / Coast | Inland / Coast | Coast | Inland / Coast | Inland / Coast | Inland / Coast |
| 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 &<br>SENIOR DECATHLON        | 100m, Long Jump, Shot Put, High Jump & 400m all completed on Day 1 of the ASA National Championships<br><br>110mH, Discus Throw, Pole Vault, Javelin Throw and 1500m all completed on Day 2 of the ASA National Championships. |
| U/18, U/20, U/23 &<br>SENIOR WOMEN HEPTATHLON | 100mH, High Jump, Shot Put, 200m all completed on Day 2 of the ASA National Championships<br><br>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.                                                                                                                          |



# EPA RECORDS

| Item           | Category    | Record    | Athlete                 | Venue                          | Date       |
|----------------|-------------|-----------|-------------------------|--------------------------------|------------|
| 100m           | Boys: U/16  | 10.91s    | Cole Moultrie           | Potchefstroom                  | 02-04-2022 |
| 100m           | Girls: U/16 | 12.10s    | Saskia Wait             | Germiston                      | 31-03-2016 |
| 200m           | Boys: U/16  | 22.08s    | Seth Rademeyer          | NMU EPA Champs                 | 08-03-2025 |
| 200m           | Girls: U/16 | 24.5s     | Heide Seyerling         | Cradock                        | 13-03-1991 |
| 400m           | Boys: U/16  | 49.91s    | Patrick Kettledas       | NMU EPA Champs                 | 08-03-2025 |
| 400m           | Girls: U/16 | 54.49s    | Amanda Dowd             | Germiston                      | 03-04-1987 |
| 800m           | Boys: U/16  | 2:04.25s  | Christopher Handley     | NMU EPA Champs                 | 08-03-2025 |
| 800m           | Girls: U/16 | 2.11.4s   | Karin du Toit           | Cradock                        | 28-02-1987 |
| 1 500m         | Boys: U/16  | 04:14.7   | Christiano Brown        | Pietermaritzburg<br>ASA Champs | 23-03-2023 |
| 1 500m         | Girls: U/16 | 4.22.8s   | Karen Botes             | UPE                            | 14-10-1985 |
| 3 000m         | Boys: U/16  | 00:09:42s | Rosco Hutchinson        | NMU EPA Champs                 | 08-03-2025 |
| 3 000m         | Girls: U/16 | 00:10:42s | Desnay Ogrady           | NMU EPA Champs                 | 08-03-2025 |
| 1 500m SC      | Boys: U/16  | 4:44.61s  | Janco Landman           | NMU EPA Champs                 | 10-03-2023 |
| 1 500m SC      | Girls: U/16 | 5:37.09s  | Kara Fourie             | Paarl                          | 02-04-2022 |
| 90mH           | Girls: U/16 | 12.86s    | Lienke Vosloo           | Germiston                      | 26-03-2026 |
| 100mH          | Boys: U/16  | 13.16s    | Travis Pheiffer         | NMU EPA Champs                 | 10-03-2023 |
| 300mH          | Boys: U/16  | 38.10s    | Wernich van<br>Rensburg | Sasolburg                      | 25-11-2019 |
| 300mH          | Girls: U/16 | 44.51     | Izaan Lamprecht         | NMU EPA Champs                 | 10-03-2023 |
| 5 000mW        | Boys: U/16  | 28.47.86s | Werner Appel            | Pretoria                       | 13-04-2002 |
| 5 000mW        | Girls: U/16 | 33.16.0s  | Melani Black            | Oudtshoorn                     | 17-07-2004 |
| Long Jump      | Boys: U/16  | 6.60m     | Marzanno Seekoei        | Paarl                          | 10-04-2021 |
| Long Jump      | Girls: U/16 | 5.67      | C.M. Botha              | UPE                            | 09-03-1991 |
| Triple Jump    | Boys: U/16  | 13.12m    | Kayden Thoresson        | Pretoria                       | 21-03-2024 |
| Triple Jump    | Girls: U/16 | 11.17m    | Wieneke Voigt           | Germiston                      | 28-03-2026 |
| High Jump      | Boys: U/16  | 1.75m     | Jorden Andrews          | NMU EPA Champs                 | 08-03-2025 |
| High Jump      | Girls: U/16 | 1.68m     | Helen Donaldson         | UPE                            | 13-03-1976 |
| Pole Vault     | Boys: U/16  | 4.10m     | Kayden Thoresson        | Pretoria                       | 21-03-2024 |
| Pole Vault     | Girls: U/16 | 2.90m     | Tiane Slabbert          | Pretoria                       | 21-03-2024 |
| Shot Put       | Boys: U/16  | 16.17m    | Johan van Biljon        | Germiston                      | 31-03-2016 |
| Shot Put       | Girls: U/16 | 13,75m    | Anneke Kapp             | Pretoria                       | 04-04-2013 |
| Discus         | Boys: U/16  | 56,53m    | Martin Moggee           | Pretoria                       | 13-04-2022 |
| Discus         | Girls: U/16 | 36.79m    | Anneke Kapp             | Germiston                      | 28-03-2012 |
| Hammer Throw   | Boys: U/16  | 63.09m    | Paul du Plessis         | Bloemfontein                   | 09-04-2015 |
| Hammer Throw   | Girls: U/16 | 52.54m    | Jana Oelofse            | Germiston                      | 28-03-2026 |
| Javelin Throw  | Boys: U/16  | 62.83m    | Jacques Viljoen         | Germiston                      | 25-03-2004 |
| Javelin Throw  | Girls: U/16 | 42.46m    | Melinda Olivier         | Kroonstad                      | 25-03-1995 |
| 4 x 100m Relay | Boys: U/16  | 45.48s    | Eastern Province        | Bloemfontein                   | 09-04-2015 |
| 4 x 100m Relay | Girls: U/16 | 51.58s    | Eastern Province        | Germiston                      | 31-03-2016 |
| 4 x 400m Relay | Boys: U/16  |           |                         |                                |            |
| 4 x 400m Relay | Girls: U/16 |           |                         |                                |            |

| Item           | Category    | Record    | Athlete                 | Venue             | Date       |
|----------------|-------------|-----------|-------------------------|-------------------|------------|
| 100m           | Boys: U/18  | 10,36s    | Leigh Julius            | Pretoria          | 14-04-2002 |
| 100m           | Girls: U/18 | 11.8s     | Heide Seyerling         | UPE               | 19-03-1993 |
| 200m           | Boys: U/18  | 21.02s    | Leigh Julius            | Rustenburg        | 31-03-2001 |
| 200m           | Girls: U/18 | 24.08s    | Heide Seyerling         | Germiston         | 03-04-1993 |
| 400m           | Boys: U/18  | 46.64s    | Leigh Julius            | Bellville         | 05-04-2001 |
| 400m           | Girls: U/18 | 54.49s    | Amanda Dowd             | Germiston         | 03-04-1987 |
| 800m           | Boys: U/18  | 1.51.25s  | Lee Byars               | UPE               | 04-04-1988 |
| 800m           | Girls: U/18 | 2.09.6s   | Chimene Gaybba          | UPE               | 14-03-1981 |
| 1 500m         | Boys: U/18  | 3.53.30s  | Johannes van der Mescht | UPE               | 13-12-1986 |
| 1 500m         | Girls: U/18 | 4.22.8s   | Karen Botes             | UPE               | 14-10-1985 |
| 3 000m         | Boys: U/18  | 8:23.70s  | Johannes van der Mescht | UPE               | 06-03-1987 |
| 3 000m         | Girls: U/18 | 9.31.9s   | Karen Botes             | UPE               | 19-10-1985 |
| 2 000m SC      | Boys U/18   | 6:15.56s  | Janco Landman           | Greenpoint CT     | 27-03-2025 |
| 2 000m SC      | Girls: U/18 | 7.29.79s  | Kara Fourie             | Pretoria          | 21-03-2024 |
| 100mH          | Girls: U/18 | 14.33s    | Lian Botha              | Cape Town         | 04-04-1992 |
| 110mH          | Boys: U/18  | 13.94s    | Gideon Goosen           | Mabopene          | 12-04-1997 |
| 400mH          | Boys: U/18  | 49.86s    | Marnus Kritzingier      | Bydgoszcz, Poland | 18-07-1999 |
| 400mH          | Girls: U/18 | 59.97s    | Lynette Fourie          | Bellville         | 27-04-2002 |
| 5 000mW        | Boys: U/18  | 23.02.58s | Brian Emslie            | Cape Town         | 03-04-1992 |
| 5 000mW        | Girls: U/18 | 24.48.89s | Nicolene Cronje         | Reduit, Mauritius | 18-08-2001 |
| 10 000mW       | Boys: U/18  | 51.41.0s  | Bendie Rathbone         | Port Elizabeth    | 06-03-2004 |
| 10 000mW       | Girls: U/18 | 55.55.0s  | Nicolene Cronje         | Pietersburg       | 15-04-2000 |
| Long Jump      | Boys: U/18  | 7.15m     | Sherlock Kriel          | UPE               | 02-12-1995 |
| Long Jump      | Girls: U/18 | 6.07m     | Ann Valentine           | Germiston         | 07-04-1995 |
| Triple Jump    | Boys: U/18  | 15.26m    | Sherlock Kriel          | Oval              | 02-12-1995 |
| Triple Jump    | Girls: U/18 | 11.99m    | Ann Valentine           | Germiston         | 07-04-1995 |
| High Jump      | Boys: U/18  | 2.05m     | Hein Badenhorst         | UPE               | 29-10-1977 |
| High Jump      | Girls: U/18 | 1.76m     | Phillipa Erasmus        | UPE               | 14-10-1995 |
| Pole Vault     | Boys: U/18  | 4.45m     | Kayden Thoresson        | Greenpoint CT     | 27-03-2025 |
| Pole Vault     | Girls: U/18 | 3.30m     | Corrie Doubell          | Bellville         | 05-04-2001 |
| Shot Put       | Boys: U/18  | 18.53m    | Gerrit du Preez         | Germiston         | 31-03-2016 |
| Shot Put       | Girls: U/18 | 13.08m    | Chante Mulder           | NMU               | 10-03-2023 |
| Discus         | Boys: U/18  | 55.7m     | Martin Moggee           | Humansdorp        | 30-01-2004 |
| Discus         | Girls: U/18 | 41.43m    | Mariska van Zyl         | UPE               | 29-03-1999 |
| Hammer Throw   | Boys: U/18  | 64.92m    | Lincoln Kunneke         | Germiston         | 26-03-2026 |
| Hammer Throw   | Girls: U/18 | 56.41m    | Rize Coetzer            | Paarl             | 10-04-2021 |
| Javelin Throw  | Boys: U/18  | 74.74m    | Marius Corbett          | Cradock           | 24-10-1992 |
| Javelin Throw  | Girls: U/18 | 43.43m    | Letitia Vos             | Germiston         | 27-02-2004 |
| 4 x 100m Relay | Boys: U/18  | 42.71s    | Eastern Province        | Bloemfontein      | 03-04-2004 |
| 4 x 100m Relay | Girls: U/18 | 47.47s    | Eastern Province        | Germiston         | 03-04-1993 |

|                |             |  |  |  |  |
|----------------|-------------|--|--|--|--|
| 4 x 400m Relay | Boys: U/18  |  |  |  |  |
| 4 x 400m Relay | Girls: U/18 |  |  |  |  |

| Item         | Category    | Record    | Athlete              | Venue                  | Date       |
|--------------|-------------|-----------|----------------------|------------------------|------------|
| 100m         | Men: U/20   | 10.09s    | Marko Ferreira       | Germiston              | 26-03-2026 |
| 100m         | Women: U/20 | 11.50s    | Heide Seyerling      | Nairobi                | 27-05-1995 |
| 200m         | Men: U/20   | 20.47s    | Leigh Julies         | Botswana               | 29-05-2004 |
| 200m         | Women: U/20 | 23.22s    | Heide Seyerling      | Secunda                | 07-05-1994 |
| 400m         | Men: U/20   | 46.37s    | Luxolo Adams         | Bloemfontein           | 09-04-2015 |
| 400m         | Women: U/20 | 54.18s    | Yolande Neetling     | Pretoria               | 04-04-1998 |
| 800m         | Men: U/20   | 1.50.4s   | Lodewyk Puren        | UPE                    | 09-04-1976 |
| 800m         | Women: U/20 | 2:07.36s  | Emma Kruze           | Cape Milners Cape Town | 24-04-2023 |
| 1 500m       | Men: U/20   | 3.42.90s  | Leonardo de Villiers | Port Elizabeth         | 17-10-1983 |
| 1 500m       | Women: U/20 | 4:22.8s   | Karin Botes          | UPE                    | 14-10-1985 |
| 3 000m       | Men: U/20   | 8.16.9s   | Terry Thornton       | UPE                    | 19-10-1985 |
| 3 000m       | Women: U/20 | 9:31.9s   | Karin Botes          | UPE                    | 19-10-1985 |
| 5 000m       | Men: U/20   | 13.26.88s | Terry Thornton       | Stellenbosch           | 08-11-1986 |
| 5 000m       | Women: U/20 | 18:06.35s | Carla Clots          | Greenpoint CT          | 27-03-2025 |
| 10 000m      | Men: U/20   | 30.49.20s | Lusapo April         | Port Elizabeth         | 13-06-2001 |
| 3 000m SC    | Men: U/20   | 9.12.1s   | Whaddon Niewoudt     | UPE                    | 11-11-1989 |
| 3 000m SC    | Women: U/20 | 11:16.85s | Kara Fourie          | Greenpoint CT          | 27-03-2025 |
| 100mH        | Women: U/20 | 14.62s    | Talana Gerber        | Pietersburg            | 15-04-2000 |
| 60mH         | Men: Senior | 7.66s     | Mondray Barnard      | Poland Oriencup        | 25-01-26   |
| 110mH        | Men: U/20   | 13.61s    | Mondray Barnard      | Paarl                  | 10-04-2021 |
| 400mH        | Men: U/20   | 50.14s    | Ntiyiso Nkanyani     | Germiston              | 28-03-2026 |
| 400mH        | Women: U/20 | 58.70s    | Kirsten Basson       | Cape Town              | 07-04-2017 |
| 5 000mW      | Men: U/20   | 23:13.0s  | Petri Du Toit        | Port Elizabeth         | 29-03-2004 |
| 5 000mW      | Women: U/20 | 27:18.8s  | Nicolene Cronje      | Pretoria               | 07-04-2000 |
| 10 000mW     | Men: U/20   | 47.44s    | Brian Emslie         | UPE                    | 06-03-1993 |
| 10 000mW     | Women: U/20 | 59.49s    | Jennifer Petersen    | Germiston              | 26-03-2004 |
| Long Jump    | Men: U/20   | 7.76m     | Sherlock Kriel       | Cradock                | 18-10-1997 |
| Long Jump    | Women: U/20 | 6.07m     | Ann Valentine        | Germiston              | 07-04-1995 |
| Triple Jump  | Men: U/20   | 15.52m    | Kobus Vosloo         | Johannesburg           | 30-03-1996 |
| Triple Jump  | Women: U/20 | 12.06m    | Martel Schoeman      | Bloemfontein           | 02-04-2004 |
| High Jump    | Men: U/20   | 2.15m     | Lambertus de Wilzen  | UPE                    | 07-05-1984 |
| High Jump    | Women: U/20 | 1.76m     | Phillipa Erasmus     | UPE                    | 14-10-1995 |
| Pole Vault   | Men: U/20   | 4.51m     | Chris Kruger         | Cradock                | 13-03-1993 |
| Pole Vault   | Women: U/20 | 3.50m     | Corrie Doubell       | Germiston              | 23-03-2002 |
| Shot Put     | Men: U/20   | 16.27m    | Francois Spamer      | Paarl                  | 10-04-2021 |
| Shot Put     | Women: U/20 | 13.33s    | Mariska van Zyl      | Durban                 | 02-03-2001 |
| Discus       | Men: U/20   | 56.74m    | Dawie Kok            | UPE                    | 14-12-1988 |
| Discus       | Women: U/20 | 49.90m    | Isckhe Senekal       | Botswana               | 12-05-2011 |
| Hammer Throw | Men: U/20   | 74.08m    | Jaques Koen          | Port Elizabeth         | 15-03-2002 |
| Hammer Throw | Women: U/20 | 56.45m    | Marga Cumming        | Germiston              | 31-03-2016 |

|                |             |         |                  |           |            |
|----------------|-------------|---------|------------------|-----------|------------|
| Javelin Throw  | Men: U/20   | 77.98   | Marius Corbett   | Lisbon    | 24-07-1994 |
| Javelin Throw  | Women: U/20 | 45.80m  | Noreen Nel       | UPE       | 21-03-1983 |
| Pentathlon     | Women: U/20 | 3618    | Charlene Victor  | UPE       | 07-04-1979 |
| 4 x 100m Relay | Men: U/20   | 40.92s  | Eastern Province | Pretoria  | 04-04-1998 |
| 4 x 100m Relay | Women: U/20 | 47.47s  | Eastern Province | Germiston | 03-04-1993 |
| 4 x 400m Relay | Men: U/20   | 3.17.9s | Eastern Province | UPE       | 10-04-1976 |
| 4 x 400m Relay | Women: U/20 |         |                  |           |            |

| Item      | Category      | Record    | Athlete          | Venue           | Date       |
|-----------|---------------|-----------|------------------|-----------------|------------|
| 100m      | Men: Senior   | 10.08s    | Sherwin Vries    | Durban          | 08-04-2003 |
| 100m      | Women: Senior | 11.35s    | Heide Seyerling  | Germiston       | 06-03-1999 |
| 200m      | Men: Senior   | 19.82s    | Luxolo Adams     | Paris, France   | 16-06-2022 |
| 200m      | Women: Senior | 22.88s    | Heide Seyerling  | Germiston       | 07-03-1998 |
| 400m      | Men: Senior   | 45.30s    | Paul Gorries     | Roodepoort      | 27-03-2003 |
| 400m      | Women: Senior | 51.33s    | Heide Seyerling  | Pretoria        | 10-04-1999 |
| 800m      | Men: Senior   | 1.46.31s  | Cliffie Miller   | Ivory Coast     | 10-04-1993 |
| 800m      | Women: Senior | 2.06.56s  | Wendy Rossouw    | UPE             | 28-02-1981 |
| 1 500m    | Men: Senior   | 3.35.40s  | Whaddon Niewoudt | UPE             | 17-05-1993 |
| 1 500m    | Women: Senior | 4.15.32s  | Diane Massyn     | UPE             | 12-12-1981 |
| 5 000m    | Men: Senior   | 13.44.90s | Melikhaya Frans  | NMU             | 05-02-2022 |
| 5 000m    | Men: Senior   | 13.26.88s | Terry Thornton   | Stellenbosch    | 08-11-1986 |
| 5 000m    | Women: Senior | 16.53.29s | Treloar Childs   | Stellenbosch    | 09-02-1994 |
| 10 000m   | Men: Senior   | 28.36.07s | Makhosonke Fika  | Durban          | 06-03-1999 |
| 10 000m   | Women: Senior | 35.49.41s | Treloar Childs   | Durban          | 28-04-1995 |
| 3 000m SC | Men: Senior   | 08.19.00s | Whaddon Niewoudt | Stellenbosch    | 08-05-1992 |
| 3 000m SC | Women: Senior | 10.46.30s | Cherise Sims     | Potchefstroom   | 21-04-2017 |
| 5 000mW   | Men: Senior   | 21.35.6s  | Lucas Snyman     | UPE             | 23-02-1974 |
| 5 000mW   | Women: Senior | 29.48.20s | Marolene Gouws   | Germiston       | 10-04-2010 |
| 10 000mW  | Men: Senior   | 46.49.60s | Neil Emslie      | Cradock         | 16-03-1991 |
| 100mH     | Women: Senior | 14.10s    | Sanet Fouche     | UPE             | 21-11-1987 |
| 60mH      | Men: Senior   | 7.66      | Monday Barnard   | Poland Orlencup | 25-01-2026 |
| 110mH     | Men: Senior   | 13.44s    | Mondray Barnard  | Potchefstroom   | 24-04-2025 |
| 400mH     | Men: Senior   | 50.14s    | Ntyiso Nkanyani  | Germiston       | 28-03-2026 |
| 400mH     | Women: Senior | 54.53s    | Myrtle Bothma    | UPE             | 14-12-1990 |

|                |               |          |                      |                  |            |
|----------------|---------------|----------|----------------------|------------------|------------|
| Long Jump      | Men: Senior   | 8.05m    | Nikithemba Hani      | Pietermaritzburg | 18-04-2024 |
| Long Jump      | Women: Senior | 6.45m    | Maryna Meyer         | UPE              | 09-11-1974 |
| Triple Jump    | Men: Senior   | 15.84m   | Kobus Vosloo         | Potchefstroom    | 08-03-1997 |
| Triple Jump    | Women: Senior | 13.55m   | Kelly Kingwill       | Potchefstroom    | 19-04-2017 |
| High Jump      | Men: Senior   | 2.20m    | Francisco de Vega    | UPE              | 19-03-1994 |
| High Jump      | Women: Senior | 1.85m    | Phillipa Erasmus     | Groenpunt        | 26-03-1999 |
| Pole Vault     | Men: Senior   | 5.10m    | Okkert Britz         | Pretoria         | 13-03-2009 |
| Pole Vault     | Women: Senior | 3.80m    | Eva Thornton         | UPE              | 08-02-2008 |
| Shot Put       | Men: Senior   | 16.87m   | Hansie Booysen       | UPE              | 15-03-1982 |
| Shot Put       | Women: Senior | 17.56m   | Isckhe Senekal       | Sasolburg        | 29-04-2018 |
| Discus         | Men: Senior   | 57.24m   | Kobus van Zyl        | UPE              | 15-08-1982 |
| Discus         | Women: Senior | 58.80m   | Nanette van der Walt | UPE              | 15-02-1986 |
| Hammer Throw   | Men: Senior   | 68.10m   | Charlie Koen (Jnr)   | UPE              | 15-03-1982 |
| Hammer Throw   | Women: Senior | 56.08m   | Elme Botha           | Pietermaritzburg | 18-04-2024 |
| Javelin Throw  | Men: Senior   | 73.00m   | Marius Corbett       | Cradock          | 19-02-1993 |
| Javelin Throw  | Women: Senior | 52.04m   | Rosa du Randt        | UPE              | 25-03-1981 |
| 4 x 100m Relay | Men: Senior   | 40.07s   | Eastern Province     | Durban           | 06-04-2000 |
| 4 x 100m Relay | Women: Senior | 46.80s   | Eastern Province     | Durban           | 29-04-1995 |
| 4 x 400m Relay | Men: Senior   | 3.08.71s | Eastern Province     | Durban           | 16-04-2004 |
| 4 x 400m Relay | Women: Senior | 3.47.49s | Eastern Province     | Durban           | 06-03-1999 |
| 4 x 100m Relay | Mixed Gender  | 44.89s   | EPA                  | Potchefstroom    | 24-04-2025 |