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To	AFS Members		
Date	12 September 2024		
Communication No	AFS 28/2024		
Subject	<b>AFS PRIMARY SUB-YOUTH TRACK AND FIELD CHAMPIONSHIPS</b>		
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### ELECTRONIC TRANSMISSION

From the AFS Office.

Dear AFS Members

The 2024 Track and Field Commission hereby confirms the finalization of the AFS Sub-Youth Track and Field Championships Leagues, Provincial and ASA National Sub-Youth Championships as follows:

League Meetings

Meeting	Date	Venue
League 1	Sat 12 October 2024	Mangaung Athletics Stadium
League 2	Sat 09 November 2024	Goble Park Stadium (Bethlehem)
League 3	Sat 16 November 2024	Mangaung Athletics Stadium
<b>AFS Sub-Youth Championships</b>	<b>Fri-Sat 22-23 November 2024</b>	<b>Mangaung Athletics Stadium</b>
<b>ASA Primary Sub-Youth National Championships</b>	<b>Fri-Sat 06-07 December 2024</b>	<b>Mangaung Athletics Stadium</b>

**These events are in accordance with WA, ASA and AFS Competition and Technical rules**

### AGE GROUPS FOR THE EVENT

Age Group	Year of Birth	Note
Boys/Girls U7	2018/2017	7 Years and younger on 31 December 2024
Boys/Girls U9	2016/2015	9 Years and younger on 31 December 2024
Boys/Girls U11	2014/2013	11 Years on 31 December 2024
Boys/Girls U13	2012/2011	13 Years on 31 December 2024

Please note that all athletes need to have participated to in a minimum of 2 Leagues and the **COMPULSORY AFS Track and Field Championships on 22-23 November 2024** in order to be eligible for selection into the AFS Sub-Youth Track and Field Team that will representing the

Province at the **ASA Primary Sub-Youth Track and Field Championship** on 05-06 December 2024 in Bloemfontein, Mangaung Athletics Stadium.

## SELECTION CRITERIA FOR NATIONAL CHAMPIONSHIPS

- AFS Provincial Championships Are Compulsory and the athlete must have participated in 2 of the 3 Leagues to be eligible
- Athletes who reached the qualifying standards during the AFS Provincial Champs will be selected, if qualifying standards are not met, it will be the selectors prerogative if the athletes be selected or not.
- All athletes must obtain 2024 AFS License
- Appeal will cost R500 and team managers must submit 30 minutes after the event, appeal forms will be available at the TIC

## QUALIFYING STANDARDS

### MINIMUM QUALIFYING STANDARD FOR SUB-YOUTH INTER PROVINCIAL CHAMPIONSHIPS: 06-07 DECEMBER 2024

ITEM	GIRLS 7	GIRLS 9	GIRLS 11	GIRLS 13	BOYS 7	BOYS 9	BOYS 11	BOYS 13
60M	11,00	9,34			9,90	9,10		
80M	14,00	12,40	11,50		13,15	11,87	11,20	
100M			14,50	13,45			13,90	12,40
200M				28,50				26,25
600M		2:07,50				2:04,50		
800M				2:32,00				2:23,50
1200M			4:20,70				4:07,70	
1500M				05:30,00				04:51,33
1500MW				10:30,00				10:20,00
70MH			12,90				11,96	
75MH				13,00				
80MH								13,50
200MH				32,80				29,47
TURBO JAV		16.70	19.00			19.60	22.85	
JAV				27.00				34.75
HJ			1,25	1,40			1,32	1,52
LJ			4,10	4,50			4,20	4,90
SP			9,10	10,10			10,90	10,50
DIS				31,14				31,50
TRIATHLON			1000P				1100P	
PENTATHLON				2000P				2200P

## GENERAL RULES

- The Athletics Meeting will be held in line with WA, ASA & AFS rules and regulations
- All athletes must participate with 2024 ASA permanent license; athlete's entry fee is R40 per athlete. Athletes not in possession of 2024 ASA license will have to purchase a temporary license at the gate at a cost of **R50 and will be accepted for League 1, further leagues athletes must obtain a permanent license.**
- License must be worn in front and back, jumps events may wear one.
- Spectators Fee is R50 each and Children under 6 years is free (must produce birth certificate on request)
- Entries for all athletes will be on the southern side of the stadium for athletes and spectators. Athlete must have their running license when paying or request a temporary license on the first league meeting. **NB: No Temporary License will be sold on the day of the second meeting**
- Entries for the leagues will be done online via a link to be supplied by the organizers
- Athletes must participate in 3 events
- Starting Blocks will be compulsory for sprint events from 9 years.
- Best 8 times will participate in the final in Boy and Girls U13 100 and 200m events
- Athletes must participate in their respective club/school colors, neutral white and non-branded colors will be accepted.
- AFS records for Track will be accepted through the usage of electronic timing
- Records (Leagues and AFS Championships) are combined to ensure that only one set of records will be used in future.
- Sick notes to be handed in before the League meeting
- **NO PARTICIPATION IN AFS PROVINCIAL COLOURS**

### Rules for AFS Club competition (7-13) during league meetings

1. Turbo Javelin

AGE GROUP	MAX RUN UP
9 Years	8m
11 Years	12m

2. Start:

Ages 7-13

- One false start warning will be allowed.

## COMPETITION RULES

1. In the heats, World Athletics technical rule 20(TR20) will apply unless stipulated that event is run as final with more than one heat, then results will be determined on fastest times.
2. If there are insufficient entrants in the heats, the race becomes a final and WILL BE RUN AT THE SCHEDULED TIME OF THE FINAL.
3. Where events are considered to be finals and more entries are received that can be accommodated in a final, more than one race can be run and results will then be determined on the fastest times.
4. Athletes must report at the CALL ROOM 60 minutes before the published time schedule **NO LATE ENTRIES WILL BE ACCEPTED**
5. **Implements:** Competitors may use their own implements, provided these are checked before competition by the Technical Manager. These implements can only be used by other athletes with the permission of the owner of the implement (competition specific rule). Personal implements, with the owner's name on it, must be handed in at the equipment room not later than 3 hours before the official starting time of the event. No competitor shall be permitted to take any implement into the arena. At the end of the competition, athletes shall leave the field carrying their own implements
6. Athletes are not permitted to have in their possession cell phones, cassette recorders, radio, iPods, MP3s etc., or any other communication device, in the competition arena (WA TR 6.3.2).

7. At the competition area before the beginning of the event, each field athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges (WA TR 25.1).
8. Once the competition has begun, competitors are not permitted to use implements, runways or circles for practice or warm-up purposes (WA TR 25.2).
9. All competition shoes must comply with the World Athletics Technical Rules (TR 5.2) and the Athletic Shoe Regulations approved by the World Athletics Council on 22 December 2021. Where any Referee has a reasonable suspicion that a shoe worn by an athlete in a competition might not comply with the letter or the spirit of the Rules, the Referee may request, and the athlete must immediately hand over the shoe to the Referee at the conclusion of the event, for further investigation (WA Shoe Regulation 14.7).
10. A competitor shall be excluded from further participation in the championships in cases where:
11. 1 A final confirmation was given that the athlete would start in an event but then failed to participate (WA TR 4.4.1).
- 11.1 He/she qualified in preliminary rounds or heats for further participation in an event but then failed to participate further (WA TR 4.4.2).
- 11.2 Note: **Athletes, who withdraw from an event during the championship due to medical reasons, will only be considered for selection to represent Athletic Free State, if cleared by a medical doctor and a fitness test is done under the supervision of an AFS Delegate.**
12. Starting blocks supplied by the organizers must be used  
Starting blocks is compulsory from 9 years and older for all Track event up to 400m
13. **Heats and Qualifications:**
- 13.1 All events except 100m and 200m, Boys and Girls 13 will be finals
- 13.2 Due to the duration of Vertical Jump events, there will be starting heights.

#### **Field Events - Starting Heights for Vertical Jump events**

<b>Vertical Jumps - Starting Heights</b>	<b>Male</b>	<b>Female</b>
High Jump – 11 - starting height	<b>1.24</b>	<b>1.18</b>
High Jump – 13 - starting height	<b>1.37</b>	<b>1.30</b>

#### **14 Publication of Results:**

14.1 **The designated Service Provider will provide a LINK for results and the results will be paperless.** Draw list for each event (heats and finals) as well as the results of each event will be communicated via the LINK.

15 Only Athletes domiciled in the ASA demarcated districts of Athletics Free State may compete in the Athletics Free State Provincial Championships and AFS Talent Identification competition, unless otherwise determined by the Chairperson of AFS Track & Field Commission.

#### **ATHLETES CONTROL CENTRE**

1. The call room for the athletes will be situated at the warm up area. All athletes must report to the call-room. If an athlete is entered in both track and field events which takes place simultaneously, the Team Manager must report this to the Control Room at least one (1) hour prior to the start of the first event.
2. When the control has been completed an official will accompany the athletes to the waiting area and final control point.
3. Only athletes and official Team Managers will be allowed in the call room (i.e. no parents, coaches etc.)

4. Athletes call out times will be as follows:

Event	Call Room	Entry on the field
Field events	60-minutes before the starting time	35-minutes before the starting time
Track events	35-minutes before the starting time	10-minutes before the starting time
Hurdles	35-minutes before the starting time	15-minutes before the starting time

5. At registration, 2 bib numbers will be issued to each athlete. During the competition, athletes must always wear the numbers in their original shape and size properly secured on the four corners with the exception of athletes in the Jumping Events where only one number is compulsory (WA TR 5.7). **Any athlete who does not respect these rules will not be allowed to compete.**
6. Competitors taking part in track events might be given a supplementary number which they must attach on the right hip (WA TR 5.10).
7. **NO PARENT TO BE ALLOWED IN THE CALL ROOM AND WARMUP AREA**
8. **Custody of Clothing:**
- 8.1 All competitors competing in track events will receive a basket at the start, for his/her clothes. Basket carriers will take the basket to the mixed zone. There will be a lane mark on each basket in order to make it easier for the athletes to locate their basket after the event.

## VICTORY CEREMONY

1. The first three athletes in each final event must report to the victory ceremonies area 30 minutes before the time of the victory ceremony. The victory ceremony will be held according to the victory ceremony program distributed at the technical meeting.
2. Please note that athletes must be dressed in their club/school colours (full track suit / competition attire and sneakers), as the victory ceremony is part of the competition. Failure to comply will result in the athlete not being allowed to be part of the ceremony (WA TR 5.1).

## TECHNICAL DATA

1. Electronic timing will be used, and hand timing will be provided as a back- up.
2. A video recording may be used as back-up for Place Judges and during appeals.
3. The measurement of distances at the field events shall be by means of a fibre measuring tape, but all records will be measured by a steel measuring tape. We are also looking at introducing laser measuring devices at these Championships for all field events
4. The starting heights and increments for High Jump will be confirmed at the Technical Meeting.
5. All Team Managers must collect their team's race numbers from **12h00 – 15h50** on Thursday, 21 November 2024 at Athletics Free State Offices at Mangaung Athletic Stadium.
6. Final confirmation of athletes entered must be given at that time. Any withdrawals and corrections should also be addressed during that time as no further corrections will be accepted on any day after the commencement of the competition. No late entries will be accepted after 21 November 2024.

7. Any further withdrawals of athletes for specific events must be done by 16:00 on the day prior to the competition, as draw sheets will then be compiled for the next day of competition.

## **MEDICAL SERVICES**

1. A full emergency medical service with an ambulance will be available at the stadium.
2. Athletes who belong to a medical scheme must bring their membership cards with, in case they are required due to injuries.

## **PROTESTS AND APPEALS**

1. Protest shall be made in accordance with WA Technical Rule 8. During the course of the event an athlete or his/her Team Manager may lodge a verbal protest to the appropriate Referee.
2. All appeals must be made in writing on the prescribed appeal form, which can be obtained from the Technical Information Centre (TIC). All appeal forms must be signed by the athlete or Team Manager.
3. The appeal must be submitted to the TIC, accompanied by a deposit of R500, no later than 30 minutes after the official announcement of the results, which is the defined time when the result are posted on the official Results links.

## **TECHNICAL INFORMATION CENTRE**

1. The TIC will be located in the main stadium. The precise location will be communicated during the team managers' meeting.

## **TECHNICAL MANAGER'S OFFICE**

1. The office of the Technical Manager is located at the stadium.
2. The Technical Manager's/ assizing room is situated under the main pavilion of the stadium and will be clearly marked.

## **VISITS TO THE STADIUM**

1. A visit to the stadium shall be organized for Team Managers to show the exact location of the main facilities.
2. The visit shall take place Thursday, 21 November 2024.
3. The track will be available to athletes and Coaches on Thursday, 21 November 2024, from 12:00 to 16:00 for visiting and training.

## **RESULTS**

Results will be posted on the LINK provided as soon as it is available. A complete set of results will be e-mailed to all clubs/schools after the last day of the championships. Results will only be available on the internet LINK which will be provided during the Managers Meeting on 21 November **2024**.

### Selection criteria of AFS Track & Field Sub Youth Interprovincial Team

The following criteria must be met for the selection to the AFS team to participate in the ASA Sub Youth Interprovincial Championship.

1. Certified copies of birth certificate or ID must be submitted to the AFS Track and Field Commission with

- a photo not later than the closing date of entries for the ASA Sub Youth Interprovincial Championships.
2. Athletes must be in possession of a 2024 ASA/AFS permanent athlete license number before he/she may be considered for selection to the AFS Team takes. This number also acts as an insurance policy should the athlete be injured training or participating at an event.
    - Minimum qualification standard (attached) must be reached per item during AFS Sub Youth Championships.
    - It remains the prerogative of the selection committee to waive any qualifying standard should it be deemed necessary to do so.

## PROPOSED PROGRAM FOR ALL LEAGUES

Seq	Time	Gender age	Event	Height/weight	Record
1	08:00	B11	High Jump		
2	08:00	B13	Long Jump	Pit A	
3	08:00	B13	Short Put (Pit A)	4kg	
4	08:00	G13	Javelin	500g	
5	08:00	G13	200mH	68cm	
6	08:10	B13	200mH	68cm	
7	08:20	G9	600m	Final	
8	08:30	B9	600m	Final	
9	08:40	G13	100m		
10	08:50	B13	100m		
11	09:00	G11	1200m	Final	
12	09:10	B11	1200m	Final	
13	09:15	G13	High Jump		
14	09:15	G11	Long Jump	Final	
15	09:15	G11	Short Put	Final	
16	09:15	B11	Turbo Javelin	400g	
17	09:20	G13	800m	Final	
18	09:30	B13	800m	Final	
19	09:40	G13	100m	Final	
20	09:50	B13	100m	Final	
21	10:00	G7	60m		
22	10:10	B7	60m		
23	10:20	G9	60m		
24	10:30	G13	Long Jump (Pit A)	Final	
25	10:40	G11	High Jump		
26	10:50	G13	Shot Put	3kg	
27	11:00	B13	Discus	1kg	
28	11:00	B9	60m		
29	11:10	G11	80m		
30	11:20	B11	80m		
31	11:20	G9	Turbo Javelin	300g	
32	11:20	B9	Turbo Javelin	300g	
33	11:30	G13	1500mW		
34	11:40	B13	1500mW		
35	11:50	G13	200m		
36	12:00	B13	200m		
37	12:10	B13	High Jump		
38	12:10	B11	Long Jump		
39	12:10	B11	Shot Put	2kg	
40	12:10	G11	Turbo Javelin	400g	
41	12:10	G13	Discus	0.75kg	
42	12:10	G11	70mH	68cm	
43	12:20	B11	70mH	68cm	

44	12:40	G13	75mH	76cm	
45	12:50	B13	80mH	76cm	
46	13:05	G7	80m		
47	13:15	B7	80m		
48	13:25	G9	80m		
49	13:35	B9	80m		
50	13:35	B13	Javelin	600g	
51	13:45	G13	1500m	Final	
52	13:55	B13	1500m	Final	
53	14:05	G11	100m		
54	14:15	B11	100m		
55	14:25	G13	200m		
56	14:35	B13	200m		

**Primary Sub-Youth ASA  
Championships Meeting  
Records 2024 Mangaung  
Stadium**

**Day 1: 6 December 2024**

<u>Seq</u>	<u>Time</u>	<u>Gender</u> <u>Age</u>	<u>Event</u>	<u>Specs</u>	<u>Record</u>
1	14h00	G 11	Long Jump - Pit A	Final	5.02m NICOLA DE BRUYN AGN (2010)
2	14h00	B 11	Long Jump - Pit B	Final	5.29m KHOTSO MOTSAMAI CGA (2022)
3	15H00	G 11	70m Hurdles	68-cm -TRIATHLON	New Record
4	15H10	B 11	70m Hurdles	68-cm -TRIATHLON	New Record
5	15H20	G 13	1500m Walk	Final	07min36.52sec RENATE VD MERWE ACNW (2023)
6	15H30	B 13	1500m Walk	Final	07min 14.38sec PIERE VERMAAK CGA (2010)
7	15H45	G13	100m	Heats - Final Seq 32	12.20sec NADIA BUCKINGHAM AGN (1998), ZENEKA KILLIAN AVT (2008) & CHANE FOURIE CGA (2023)
8	16H00	B13	100m	Heats - Final Seq 33	10.90sec BREYTEN CONNOWAY AGN (2018)
9	16H00	G11	Long Jump – Pit A	TRIATHLON	New Record
10	16h10	B11	Long Jump – Pit B	TRIATHLON	New Record
11	16h15	G 13	800m	Final	02min 08.81sec JURGEN NORTJE AFS (2022)
12	16h25	B 13	800m	Final	02min 00.77sec GARRICK REES



15	17h00	G 13	200m	Heats - Final Seq 71	24.85sec CHANE FOURIE CGA (2023)
16	17h10	B 13	200m	Heats - Final Seq 72	22.82sec BREYTEN CONNOWAY AGN (2018)
17	17h20	G11	1200m	TRIATHLON	New Record
18	17h30	B11	1200m	TRIATHLON	New Record
18H00: MEDAL PARADE: ITEMS: 13, 14 & MULTI EVENTS					
					AGN (2017)
13	16h35	G11	1200m	Final	03min44.60sec JESSICA BE-ZUIDENHOUT CGA (2008)
14	16h45	B11	1200m	Final	03.31.95sec DECLAND WRIGHT CGA (2014)
17H00: MEDAL PARADE: ITEMS: 1, 2, 5, 6, 11 & 12					

**Day 2: 7 December 2024**

<u>Seq</u>	<u>Time</u>	<u>Gen-der</u> <u>Age</u>	<u>Event</u>	<u>Specs</u>	<u>Record</u>
19	08h30	B 11	High Jump (A)	SH:1.24	1.59m JASON HOUY AGN (2017)
20	08h30	G 13	Long Jump - Pentathlon	Pit A	New Record
21	08h30	B 13	Long Jump - Pentathlon	Pit B	New Record
22	08h30	B 13	Shot Put - Pit A	4kg	17.85m LIAM PAVIER AGN (2018)
23	08h30	G 13	Javelin (A)	500g	41.00m TAYLIN DE JONG CGA (2023)
24	08h40	G 13	200m Hurdles	68cm	28.60sec MARTINE DEGENAAR AGN (2016)
25	08h50	B 13	200m Hurdles	68cm	26.10sec REUBEN SMIT ANWN (2023)
26	09h00	G 9	600m	Final	01min 49.20 LEA VD MERWE AGN (2022)
27	09h10	B 9	600m	Final	01min 44.79 TSHEPO RAMAPIRA CGA (2010)
28	10h00	G 11	Turbo Jav – (A)	400g	29.68m SAVANNAH VISSER AGN (2017)
29	10h00	B 11	Turbo Jav - (B)	400g	38.25m WIAN BREDEKAMP ANWN (2022)
10H00: MEDAL PARADE: ITEMS: 24, 25, 26 & 27					
30	10h00	G 13	200m-Pentathlon	Final	New Record
31	10h10	B 13	200M - Pentathlon	Final	New Record

32	10h20	G 13	100m	Final	12.20sec NADIA BUCKINGHAM AGN (1998), ZENEKA KILLIAN AVT (2008) & CHANE FOURIE CGA (2023)
33	10h30	B 13	100m	Final	10.90sec BREYTEN CONNOWAY AGN (2018)
34	10h30	G13	High Jump	SH:1.30	1.73m M JACOBS AGN (1997)
35	10h40	G 7	60m	Seeded Time Placing	09.00sec NICOLA DE BRUYN AGN (2006)
36	10h50	B 7	60m	Seeded Time Placing	08.40sec JULIAN VD WESTHUIZEN KZNA (2006)
37	11h00	G 9	60m	Seeded Time Placing	07.90sec NICOLA DE BRUYN AGN (2008)
38	11h00	G 13	Long Jump - Pit A	Final	5.67m NICOLA DE BRUYN AGN (2011)
39	11h00	B 13	Long Jump - Pit (B)	Final	6.46m JEAN JAQUES ELLIS AGN (2023)
40	11h00	B 13	Discus	1kg	54.68m LIAM PAVIER AGN (2018)
41	11H00	G13	Shot Put - Pit A	3kg	14.35m SAVANNAH VISSER AGN (2019)
42	11h10	B 9	60m	Seeded Time Placing	07.50sec CHRISTIAAN WESTERVELDT AGN (2008)
43	11h20	G 11	80m	Seeded Time Placing	10.33sec J LEYDS AGN (1998)
44	11h30	G 9	Turbo Jav - (A)	300g	26.59m MONIQUE GELDENHUYS AGN (2016)
45	11h30	B 9	Turbo Jav - (B)	300g	34.05m AIDEN SMIT AGN (2019)
46	11h30	B 11	80m	Seeded Time Placing	10.00sec N DE BEER AGN (2007)
47	11h45	B 13	80m Hurdles - Pentathlon	76cm	New Record
48	11h55	G 13	75m Hurdles – Pentathlon	76cm	New Record
12H00: MEDAL PARADE: ITEMS: 19,22, 23, 28, 29, 32, 33, 35, 36, 37 & 42					
<b><u>LUNCH</u></b>					
49	12h30	G11	High Jump	SH:1.18	1.60m J VD MERWE AGN (2012)

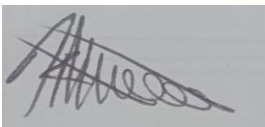
50	13H00	G 13	Javelin - Pentathlon(A)	500g	New Record
51	13H00	B 13	Javelin - Pentathlon(B)	600g	New Record
52	13h00	B 11	Shot Put - Pit A	2kg	18.58m LIAM PAVIER AGN (2016)
53	13h00	G 13	Discus	0.75kg	52.95m LIANDRI DE WET ANWN (2019)
54	13h00	G 11	70m Hurdles	68cm	10.90sec MADELEIN SCHEEPERS KZNA(2006)
55	13h10	B 11	70m Hurdles	68cm	10.89sec CHRISTIAAN VAN DER BERG ACNW (2018)
56	13h20	G 13	75m Hurdles	76cm	11.45sec ERIKA KRIEL AFS (2007)
57	13h30	B 13	80m Hurdles	76cm	11.00sec RYAN POTTINGER CGA (2008) & TIAAN NEL AFS (2023)
58	13h45	G 7	80m	Seeded Time Placing	11.70sec NICOLA DE BRUYN AGN (2006)
59	13h55	B 7	80m	Seeded Time Placing	12.03sec JOSUA VAN STADEN AGN (2022)
14H00: MEDAL PARADE: ITEMS: 34, 38, 39, 40, 41, 43, 44, 45, 46, 54 & 55					
60	14h05	G 9	80m	Seeded Time Placing	10.70sec NICOLA DE BRUYN AGN (2008)
61	14h15	B 9	80m	Seeded Time Placing	10.90sec FERDI KELLERMAN AGN (2006) & JP BOTHA AGN (2019)
62	14H15	G 11	Shot Put - Pit A	Final	14.60m SAVANNAH VISSER AGN (2017)
63	14h25	G 13	800m - Pentathlon	Final	New Record
64	14h30	B13	HJ	1.37m	1.86m F POTGIETER AGN (1991)
65	14h30	B 13	Javelin - (B)	600g	64.03m RUAN COMBRINCK AVT (2008)
66	14h35	B 13	1500m - Pentathlon	Final	New Record
67	14h45	G 13	1500m	Final	04:35.66sec GABRIALLA GAITSMITH AGN (2016)
68	14h55	B 13	1500m	Final	04:16.89sec GARRICK REES AGN (2017)
15H00: MEDAL PARADE: ITEMS: 49, 52, 53, 56, 57, 58, 59, 60 & 61					
69	15h05	G 11	100m	Seeded Time Placing	12.83sec NICOLA DE BRUYN AGN (2010)

70	15h15	B 11	100m	Seeded Time Placing	12.22sec K MINTWELL AGN (1999)
71	15h25	G 13	200m	Final	24.85sec CHANE FOURIE CGA (2023)
72	15h35	B 13	200m	Final	22.82sec BREYTEN CONNOWAY AGN (2011)
73	15h50	7 & 9	Mixed Relay	Final	New Record
74	16h00	11	Mixed Relay	Final	New Record
75	16h10	G13	4x100m Relay	Final	New Record
76	16h20	B13	4x 100m Relay	Final	New Record

17H00: MEDAL PARADE: ITEMS: 62, 64, 65, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76 &

PENTATHLON

Athletics Greetings



Kagiso Moletsane  
General Manager

