

SACSSA NATIONAL ATHLETICS - 26 & 27 SEPT 2025
VENUE: MSUNDUZI STADIUM - PIETERMARITZBURG
EVENTS, QUALIFYING STANDARDS
[UPDATED 29/01/2025]

KEY: The figures indicated in the **SPECS** column are either:

- 1 Starting height in the High Jump
- 2 Weight of the implement to be used
- 3 Board distance from the pit, in Triple Jump

Girls 7 Born 2018			Boys 7 Born 2018		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1 60m		12,40	1 60m		11,20
2 80m		16,00	2 80m		15,00
3 600m		3:20,00	3 600m		2:50,00
4 Cricket Ball Throw	135g	11,00	4 Cricket Ball Throw	135g	18,00
4 x 80m Mixed Shuttle Relay [2 Girls & 2 Boys per team]					

Girls 8 Born 2017			Boys 8 Born 2017		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1 60m		11,30	1 60m		10,40
2 80m		14,60	2 80m		13,70
3 600m		2:50,00	3 600m		2:20,00
4 Turbo Javelin	300g	07,00	4 Turbo Javelin	300g	10,00
4 x 80m Mixed Shuttle Relay [2 Girls & 2 Boys per team]					

Girls 9 Born 2016			Boys 9 Born 2016		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1 60m		10,60	1 60m		10,00
2 80m		14,10	2 80m		13,00
3 600m		2:35,00	3 600m		2:15,00
4 Turbo Javelin	300g	9,00	4 Turbo Javelin	300g	15,50
4 x 80m Mixed Shuttle Relay [2 Girls & 2 Boys per team]					

Girls 10 Born 2015			Boys 10 Born 2015		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1 80m		13,60	1 80m		12,60
2 100m		17,00	2 100m		15,80
3 1200m		5:30,00	3 1200m		4:50,00
4 High Jump	,95	1,00	4 High Jump	1,10	1,15
5 Long Jump		2,80	5 Long Jump		3,40
6 Shot Put	2kg	5,50	6 Shot Put	2kg	5,70
7 Turbo Javelin	400g	10,50	7 Turbo Javelin	400g	14,00
4 x 100m Mixed Relay [2 Girls & 2 Boys per Team]					

Girls 11 Born 2014			Boys 11 Born 2014		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1 80m		13,20	1 80m		12,20
2 100m		16,30	2 100m		15,10
3 1200m		5:20,00	3 1200m		4:40,00
4 High Jump	1,05	1,10	4 High Jump	1,15	1,20
5 Long Jump		3,20	5 Long Jump		3,80
6 Shot Put	2kg	6,20	6 Shot Put	2kg	6,90
7 Turbo Javelin	400g	12,00	7 Turbo Javelin	400g	16,00
4 x 100m Mixed Relay [2 Girls & 2 Boys per Team]					

Girls 12 Born 2013			Boys 12 Born 2013		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1 100m		15,40	1 100m		14,30
2 150m		24,00	2 150m		22,20
3 1200m		5:00,00	3 1200m		4:30,00
4 High Jump	1,10	1,15	4 High Jump	1,20	1,25
5 Long Jump		3,40	5 Long Jump		3,90
6 Shot Put	3kg	5,80	6 Shot Put	3kg	6,80
7 Discus	750g	13,50	7 Discus	750g	16,00
8 Javelin	500g	14,00	8 Javelin	500g	20,00
4 x 100m Mixed Relay [2 Girls & 2 Boys per Team]					

Girls 13 Born 2012			Boys 13 Born 2012		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1 100m		15,20	1 100m		14,10
2 200m		32,50	2 200m		29,10
3 800m		3:20,00	3 800m		2:50,00
4 1500m		7:00,00	4 1500m		6:00,00
5 High Jump	1,10	1,15	5 High Jump	1,30	1,35
6 Long Jump		3,60	6 Long Jump		4,40
7 Shot Put	3kg	6,00	7 Shot Put	4kg	6,90
8 Discus	750g	15,00	8 Discus	1kg	18,50
9 Javelin	500g	14,00	9 Javelin	600g	18,50
4 x 100m Mixed Relay [2 Girls & 2 Boys per Team]					

Girls 14 Born 2011			Boys 14 Born 2011		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1 100m		15,20	1 100m		13,50
2 200m		32,50	2 200m		28,40
3 400m		1:13,00	3 400m		1:03,00
4 800m		3:20,00	4 800m		2:50,00
5 1500m		6:40,00	5 1500m		5:50,00
6 High Jump	1,15	1,20	6 High Jump	1,40	1,45
7 Long Jump		3,60	7 Long Jump		4,60
8 Shot Put	3kg	6,50	8 Shot Put	4kg	7,20
9 Discus	1kg	15,50	9 Discus	1kg	22,00
10 Javelin	500g	14,00	10 Javelin	600g	20,00
4 x 100m Mixed Relay [2 Girls & 2 Boys per Team]					

Girls 15 [u/16] Born 2010			Boys 15 [u/16] Born 2010				
	SPECS	Qualifying Standards		SPECS	Qualifying Standards		
1	100m		15,00	1	100m		13,30
2	200m		32,20	2	200m		27,30
3	400m		1:12,00	3	400m		1:00,00
4	800m		3:20,00	4	800m		2:40,00
5	1500m		6:40,00	5	1500m		5:40,00
6	3000m		16:00,00	6	3000m		14:00,00
7	High Jump	1,15	1,20	7	High Jump	1,45	1,50
8	Long Jump		3,60	8	Long Jump		4,90
9	Triple Jump	7m	7,50	9	Triple Jump	9m	9,50
10	Shot Put	3kg	7,00	10	Shot Put	4kg	9,00
11	Discus	1kg	15,50	11	Discus	1kg	23,00
12	Hammer Throw	3kg	14,00	12	Hammer Throw	4kg	23,00
13	Javelin	500g	17,00	13	Javelin	600g	25,00
Swedish Relay [100, 200, 300, 400]			Swedish Relay [100, 200, 300, 400]				
4 x 100m Mixed Relay [2 Girls & 2 Boys per Team]							

Girls 17 [u/18] Born 2008/2009			Boys 17 [u/18] Born 2008/2009		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1	100m	15,20	1	100m	12,20
2	200m	32,20	2	200m	25,00
3	400m	1:12,00	3	400m	57,00
4	800m	3:20,00	4	800m	2:30,00
5	1500m	6:40,00	5	1500m	5:20,00
6	3000m	16:00,00	6	3000m	14:00,00
7	High Jump	1,15 1,20	7	High Jump	1,50 1,55
8	Long Jump	3,60	8	Long Jump	5,30
9	Triple Jump	9m 9,50	9	Triple Jump	11m 11,50
10	Shot Put	3kg 7,50	10	Shot Put	5kg 9,00
11	Discus	1kg 16,00	11	Discus	1,5kg 25,00
12	Hammer Throw	3kg 15,00	12	Hammer Throw	5kg 25,00
13	Javelin	500g 17,00	13	Javelin	700g 26,00
Swedish Relay [100, 200, 300, 400]			Swedish Relay [100, 200, 300, 400]		
4 x 100m Mixed Relay [2 Girls & 2 Boys per Team]					

Girls 19 [u/20] Born 2006/2007			Boys 19 [u/20] Born 2006/2007		
	SPECS	Qualifying Standards		SPECS	Qualifying Standards
1	100m	15,20	1	100m	12,20
2	200m	32,20	2	200m	25,00
3	400m	1:12,00	3	400m	57,00
4	800m	3:20,00	4	800m	2:30,00
5	1500m	6:40,00	5	1500m	5:20,00
6	3000m	16:00,00	6	3000m	14:00,00
7	High Jump	1,15 1,20	7	High Jump	1,50 1,55
8	Long Jump	3,60	8	Long Jump	5,30
9	Triple Jump	11m 11,50	9	Triple Jump	13m 13,50
10	Shot Put	4kg 5,00	10	Shot Put	6kg 8,00
11	Discus	1kg 16,00	11	Discus	1,75kg 22,00
12	Hammer Throw	4kg 14,00	12	Hammer Throw	6kg 20,00
13	Javelin	600g 14,00	13	Javelin	800g 25,00
Swedish Relay [100, 200, 300, 400]			Swedish Relay [100, 200, 300, 400]		
4 x 100m Mixed Relay [2 Girls & 2 Boys per Team]					