

SACSSA INVITATIONAL ATHLETICS - 6 SEPTEMBER 2025
GERMISTON STADIUM
EVENTS PER AGE GROUP
[UPDATED 07/08/2025]

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

1 Starting height in the High Jump **[Indicated in red]**

2 Weight of the implement to be used

Girls 7 Born 2018		
	SPECS	
1 60m		
2 80m		
3 600m		
4 Cricket Ball Throw	135g	

Boys 7 Born 2018		
	SPECS	
1 60m		
2 80m		
3 600m		
4 Cricket Ball Throw	135g	

Girls 8 Born 2017		
	SPECS	
1 60m		
2 80m		
3 600m		
4 Turbo Javelin	300g	

Boys 8 Born 2017		
	SPECS	
1 60m		
2 80m		
3 600m		
4 Turbo Javelin	300g	

Girls 9 Born 2016		
	SPECS	
1 60m		
2 80m		
3 600m		
4 Turbo Javelin	300g	

Boys 9 Born 2016		
	SPECS	
1 60m		
2 80m		
3 600m		
4 Turbo Javelin	300g	

Girls 10 Born 2015		
	SPECS	
1 80m		
2 100m		
3 1200m		
4 Long Jump		
5 High Jump	,95	
6 Shot Put	2kg	
7 Turbo Javelin	400g	

Boys 10 Born 2015		
	SPECS	
1 80m		
2 100m		
3 1200m		
4 Long Jump		
5 High Jump	1,05	
6 Shot Put	2kg	
7 Turbo Javelin	400g	

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Girls 11 Born 2014		
		SPECS
1	80m	
2	100m	
3	1200m	
4	Long Jump	
5	High Jump	1,05
6	Shot Put	2kg
7	Turbo Javelin	400g

Boys 11 Born 2014		
		SPECS
1	80m	
2	100m	
3	1200m	
4	Long Jump	
5	High Jump	1,10
6	Shot Put	2kg
7	Turbo Javelin	400g

Girls 12 Born 2013		
		SPECS
1	100m	
2	150m	
3	1200m	
4	Long Jump	
5	High Jump	1,10
6	Shot Put	3kg
7	Discus	750g
8	Javelin	500g

Boys 12 Born 2013		
		SPECS
1	100m	
2	150m	
3	1200m	
4	Long Jump	
5	High Jump	1,20
6	Shot Put	3kg
7	Discus	750g
8	Javelin	500g

Girls 13 Born 2012		
		SPECS
1	100m	
2	200m	
3	800m	
4	1500m	
5	Long Jump	
6	High Jump	1,10
7	Shot Put	3kg
8	Discus	750g
9	Javelin	500g

Boys 13 Born 2012		
		SPECS
1	100m	
2	200m	
3	800m	
4	1500m	
5	Long Jump	
6	High Jump	1,30
7	Shot Put	4kg
8	Discus	1kg
9	Javelin	600g

Girls 14 Born 2011		
		SPECS
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	Long Jump	
7	High Jump	1,15
8	Shot Put	3kg
9	Discus	1kg
10	Javelin	500g

Boys 14 Born 2011		
		SPECS
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	Long Jump	
7	High Jump	1,40
8	Shot Put	4kg
9	Discus	1kg
10	Javelin	600g

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Girls 15 [u/16] Born 2010		
		SPECS
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	Long Jump	
8	High Jump	1,15
9	Shot Put	3kg
10	Discus	1kg
11	Javelin	500g

Boys 15 [u/16] Born 2010		
		SPECS
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	Long Jump	
8	High Jump	1,45
9	Shot Put	4kg
10	Discus	1kg
11	Javelin	600g

Girls 17 [u/18] Born 2008/9		
		SPECS
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	Long Jump	
8	High Jump	1,15
9	Shot Put	3kg
10	Discus	1kg
11	Javelin	500g

Boys 17 [u/18] Born 2008/9		
		SPECS
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	Long Jump	
8	High Jump	1,50
9	Shot Put	5kg
10	Discus	1,5kg
11	Javelin	700g

Girls 19 [u/20] Born 2006/7		
		SPECS
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	Long Jump	
8	High Jump	1,15
9	Shot Put	4kg
10	Discus	1kg
11	Javelin	600g

Boys 19 [u/20] Born 2006/7		
		SPECS
1	100m	
2	200m	
3	400m	
4	800m	
5	1500m	
6	3000m	
7	Long Jump	
8	High Jump	1,50
9	Shot Put	6kg
10	Discus	1,75kg
11	Javelin	800g