

SACSSA INVITATIONAL ATHLETICS - 5 SEPTEMBER 2026
GERMISTON STADIUM
EVENTS & QUALIFYING STANDARDS PER AGE GROUP
[UPDATED 05/08/2026]

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
- 3 An athlete must be able to reach the Q/S in order to enter.

Girls 7 Born 2019		QUALIFYING STANDARD G
	SPECS	
1 60m		11,00
2 80m		14,20
3 600m		3:00,00
4 Cricket Ball Throw	135g	11,00

Boys 7 Born 2019		QUALIFYING STANDARD G
	SPECS	
1 60m		10,60
2 80m		14,10
3 600m		2:45,00
4 Cricket Ball Throw	135g	18,00

Girls 8 Born 2018		QUALIFYING STANDARD G
	SPECS	
1 60m		10,30
2 80m		13,90
3 600m		2:40,00
4 Turbo Javelin	300g	07,00

Boys 8 Born 2018		QUALIFYING STANDARD G
	SPECS	
1 60m		10,15
2 80m		13,00
3 600m		2:13,00
4 Turbo Javelin	300g	10,00

Girls 9 Born 2017		QUALIFYING STANDARD G
	SPECS	
1 60m		10,15
2 80m		13,00
3 600m		2:18,00
4 Turbo Javelin	300g	9,00

Boys 9 Born 2017		QUALIFYING STANDARD G
	SPECS	
1 60m		09,45
2 80m		12,25
3 600m		2:10,00
4 Turbo Javelin	300g	15,50

Girls 10 Born 2016		QUALIFYING STANDARD G
	SPECS	
1 80m		12,30
2 100m		16,00
3 1200m		5:05,00
4 High Jump	,95	1,05
5 Long Jump		3,20
6 Shot Put	2kg	6,00
7 Turbo Javelin	400g	14,00

Boys 10 Born 2016		QUALIFYING STANDARD G
	SPECS	
1 80m		12,05
2 100m		14,80
3 1200m		4:45,00
4 High Jump	1,05	1,15
5 Long Jump		3,80
6 Shot Put	2kg	6,20
7 Turbo Javelin	400g	18,00

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Girls 11		QUALIFYING STANDARD

Boys 11 Born		QUALIFYING STANDARD

Born 2015		SPECS	QUALIFYING STANDARD G
1	80m		12,15
2	100m		16,3015,05
3	1200m		4:45,00
4	High Jump	1,00	1,10
5	Long Jump		3,50
6	Shot Put	2kg	6,70
7	Turbo Javelin	400g	15,30

2015		SPECS	QUALIFYING STANDARD
1	80m		12,00
2	100m		14,84
3	1200m		4:40,00
4	High Jump	1,10	1,20
5	Long Jump		3,80
6	Shot Put	2kg	8,60
7	Turbo Javelin	400g	18,70

Girls 12 Born 2014			STANDARD G QUALIFYIN
		SPECS	
1	100m		15,05
2	150m		22,40
3	1200m		4:40,00
4	High Jump	1,10	1,20
5	Long Jump		3,50
6	Shot Put	3kg	6,70
7	Discus	750g	13,50
8	Javelin	500g	14,00

Boys 12 Born 2014			QUALIFYING STANDARD
		SPECS	G
1	100m		14,30
2	150m		21,20
3	1200m		4:25,00
4	High Jump	1,20	1,30
5	Long Jump		3,90
6	Shot Put	3kg	7,90
7	Discus	750g	16,00
8	Javelin	500g	22,00

Girls 13 Born 2013			STANDARD G QUALIFYIN
		SPECS	
1	100m		14,60
2	200m		31,15
3	800m		2:58,00
4	1500m		6:30,00
5	High Jump	1,15	1,25
6	Long Jump		3,70
7	Shot Put	3kg	6,80
8	Discus	750g	15,00
9	Javelin	500g	18,00

Boys 13 Born 2013			QUALIFYING STANDARD
		SPECS	G
1	100m		13,20
2	200m		27,05
3	800m		2:40,00
4	1500m		5:25,00
5	High Jump	1,30	1,40
6	Long Jump		4,40
7	Shot Put	4kg	7,80
8	Discus	1kg	18,50
9	Javelin	600g	20,00

Girls 14 Born 2012			QUALIFYING STANDARD
		SPECS	G
1	100m		14,20
2	200m		30,20
3	400m		1:13,00
4	800m		2:56,00
5	1500m		6:15,00
6	High Jump	1,15	1,25
7	Long Jump		3,75
8	Shot Put	3kg	7,20
9	Discus	1kg	15,50
10	Javelin	500g	16,00

Boys 14 Born 2012			QUALIFYIN STANDARD G
		SPECS	
1	100m		12,90
2	200m		26,00
3	400m		1:03,00
4	800m		2:38,00
5	1500m		5:20,00
6	High Jump	1,35	1,45
7	Long Jump		4,85
8	Shot Put	4kg	8,80
9	Discus	1kg	22,00
10	Javelin	600g	25,00

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Girls 15 [u/16] Born 2011		QUALIFYING STANDARD G
	SPECS	

Boys 15 [u/16] Born 2011		QUALIFYING STANDARD G
	SPECS	

1	100m		14,15
2	200m		29,70
3	400m		1:12,00
4	800m		2:56,00
5	1500m		6:10,00
6	3000m		14:30,00
7	High Jump	1,15	1,25
8	Long Jump		3,80
9	Shot Put	3kg	7,00
10	Discus	1kg	15,50
11	Javelin	500g	17,00

1	100m		12,30
2	200m		24,90
3	400m		1:01,00
4	800m		2:23,00
5	1500m		5:05,00
6	3000m		14:00,00
7	High Jump	1,40	1,50
8	Long Jump		4,90
9	Shot Put	4kg	9,50
10	Discus	1kg	23,00
11	Javelin	600g	28,50

Girls 17 [u/18] Born 2009/10			STANDARD	QUALIFYIN
		SPECS	G	
1	100m			14,05
2	200m			29,20
3	400m			1:11,00
4	800m			2:53,00
5	1500m			6:08,00
6	3000m			14:15,00
7	High Jump	1,15		1,25
8	Long Jump			3,85
9	Shot Put	3kg		8,00
10	Discus	1kg		16,00
11	Javelin	500g		19,00

Boys 17 [u/18] Born 2009/10			STANDARD	QUALIFYIN
		SPECS	G	
1	100m			12,10
2	200m			24,00
3	400m			56,00
4	800m			2:21,00
5	1500m			5:00,00
6	3000m			13:30,00
7	High Jump	1,45		1,55
8	Long Jump			5,30
9	Shot Put	5kg		10,00
10	Discus	1,5kg		25,00
11	Javelin	700g		33,00

Girls 19 [u/20] Born 2007/8			STANDARD G	QUALIFYIN
		SPECS		
1	100m			14,00
2	200m			29,05
3	400m			1:06,00
4	800m			2:50,00
5	1500m			6:00,00
6	3000m			14:00,00
7	High Jump	1,15		1,25
8	Long Jump			3,60
9	Shot Put	4kg		5,00
10	Discus	1kg		16,00
11	Javelin	600g		19,00

Boys 19 [u/20] Born 2007/8			STANDARD QUALIFYIN G
		SPECS	
1	100m		11,90
2	200m		23,80
3	400m		54,50
4	800m		2:17,00
5	1500m		4:50,00
6	3000m		13:00,00
7	High Jump	1,45	1,55
8	Long Jump		5,30
9	Shot Put	6kg	8,60
10	Discus	1,75kg	22,00
11	Javelin	800g	25,50