



EVENT PROGRAMME & RULES

NR	TIME	EVENT	AGE GROUP	FINAL
1	09H00	POLE VAULT - RELAY	BOYS U/16	FINAL
2	09H00	50m	GIRLS GRADE R	FINAL
3	09H15	50m	BOYS GRADE R	FINAL
4	09H30	LONG JUMP - RELAY	GILRS U/16	FINAL
5	09H30	SHOT PUT - RELAY	BOYS U/20	FINAL
6	09H30	5000 m	WOMEN	FINAL
7	09H45	5000m	MEN	FINAL
8	10H00	300m HURDLES	MEN	FINAL
9	10H10	300m HURDLES	WOMEN	FINAL
10	10H20	4 X 100m - RELAY - LSEN	MIX U/16 (2 BOYS/ 2 GIRLS)	
11	10H30	4 X 100m - RELAY - LSEN	MIX U/20 (2 BOYS/ 2 GIRLS)	
12	10H40	4 X 100m	BOYS 11 YEARS	FINAL
13	10H50	4 X 100m	GIRLS 11 YEARS	FINAL
14	11H00	4 X 100m	BOYS 13 YEARS	FINAL
15	11H00	POLEVAULT - RELAY	GIRLS U/16	FINAL
16	11H00	LONG JUMP - RELAY	BOYS U/20	FINAL
17	11H00	SHOT PUT - RELAY	GIRLS U/16	FINAL
18	11h00	HIGH JUMP - RELAYS	HIGH SCHOOL GIRLS	FINAL
19	11H10	4 X 100m	GIRLS 13 YEARS	FINAL
20	11H20	4 X 100m	BOYS U/16	FINAL
21	11H30	4 X 100m	GIRLS U/16	FINAL
22	11H40	4 X 50m	GIRLS GRADE R	FINAL
23	11H50	4 X 50m	BOYS GRADE R	FINAL
24	12H00	4 X 100m	BOYS U/20	FINAL
25	12H10	4 X 100m	GIRLS U/20	FINAL
26	12H20	4 X 100m	MEN HOSTEL	FINAL
27	12H30	4 X 100m	WOMEN HOSTEL	FINAL
28	12H30	POLEVAULT - RELAY	SENIOR WOMEN	FINAL
29	12H30	LONG JUMP	SENIOR MEN	FINAL
30	12H30	LONG JUMP - RELAY	BOYS U/16	FINAL
31	12H30	SHOT PUT - RELAY	GIRLS U/20	FINAL
32	12H40	4 X 100m	SENIOR WOMEN	FINAL



EVENT PROGRAMME & RULES

33	12H50	4 X 100m	SENIOR MEN	FINAL
34	13H00	4 X 800m	GIRLS HIGH SCHOOLS	FINAL
35	13H10	4 X 800m	BOYS HIGH SCHOOLS	FINAL
36	13H20	100m HURDLES	SENIOR WOMEN	FINAL
37	13H30	110m HURDLES	SENIOR MEN	FINAL
38	13H40	4 X 100m - RELAY - LSEN	GIRLS U/16	FINAL
39	13H50	4 X 100m - RELAY - LSEN	BOYS U/16	FINAL
40	14H00	4 X 100m - RELAY - LSEN	GIRLS U/20	FINAL
41	14H10	4 X 100m - RELAY - LSEN	BOYS U/20	FINAL
42	14H20	4 X 50m - RELAY	MIX GRADE R (2 BOYS/ 2 GIRLS)	FINAL
43	14H20	POLEVault - RELAY	SENIOR MEN	FINAL
44	14H30	SHOT PUT - RELAY	BOYS U/16	FINAL
45	14H30	LONG JUMP - RELAY	GIRLS U/20	FINAL
46	14H30	HIGH JUMP - RELAYS	HIGH SCHOOL BOYS	FINAL
47	14H30	4 X 100m - RELAY	MIX U/16 (2 BOYS/ 2 GIRLS)	FINAL
48	14H40	4 X 100m - RELAY	MIX U/20 (2 BOYS/ 2 GIRLS)	FINAL
49	14H50	4 X 100m - RELAY	MIX 13 YEARS (2 BOYS/ 2 GIRLS)	FINAL
50	15H00	4 X 100m - RELAY	MIX 11 YEARS (2 BOYS/ 2 GIRLS)	FINAL
51	15H10	100m	SENIOR WOMAN	FINAL
52	15H20	100m	SENIOR MEN	FINAL
53	15H30	100m	WOMEN U/20	FINAL
54	15H40	100m	MEN U/20	FINAL
55	15H50	SWEDISH RELAY 100m, 200m, 300m, 400m	GIRLS U/16	FINAL
56	16H00	SWEDISH RELAY 100m, 200m, 300m, 400m	BOYS U/16	FINAL
57	16H10	4 X 400m - LSEN	GIRLS	FINAL
58	16H20	4 X 400m - LSEN	BOYS	FINAL
59	16H30	4 X 400m	GIRLS U/20	FINAL
60	16H40	4 X 400m	BOYS U/20	FINAL
61	16H50	4 X 400m	SENIOR WOMEN	FINAL
62	17H00	4 X 400m	SENIOR MEN	FINAL



EVENT PROGRAMME & RULES

63	17H10	1 MILE	SENIOR MEN	FINAL
64	17H20	200m	SENIOR WOMEN	FINAL
65	17H30	200m	SENIOR MEN	FINAL

1. REGISTRATION

All General Managers must report for REGISTRATION of their teams on FRIDAY, 24 APRIL 2026, between 16h00 and 20h00 at Coetzenburg Athletics Stadium.

(Withdrawals and replacements can be done during this time.)

Implements for the throws must be handed in for ASIZING from 07h00 on the day of competition (25 April 2026).

The Implement will be returned to the athlete at the start of the event.

2. BIB NUMBERS

The LOC will provide the Competition Numbers and pins.

Numbers must be pinned at the front, ONLY Pole Vault at the back.

3. ACCOMMODATION, CATERING AND TRANSPORT.

Accommodation, Catering and Transport will be for your own responsibility.

4. TEAM/ INDIVIDUAL ENTRIES

GRADE R LEARNERS – NO ENTRE FEE

HOSTELS – NO ENTRY FEE

LSEN LEARNERS – R 50 PER LEARNER

PRIMARY SCHOOL LEARNER – R 50 PER LEARNER

HIGH SCHOOL LEARNER – R 100 PER LEARNER

SENIOR ATHLETES – R 150 PER ATHLETE

INTERNATIONAL ATHLETES – CONTACT MEETING DIRECTOR

CLOSING DATE: FRIDAY, 17 APRIL 2026

Registration form: <https://zfrmz.com/oR6YaG17zfKxTqzW47PN>

BANK ACCOUNT DETAILS:

WESTERN CAPE SCHOOLS ATHLETICS

BANK: ABSA

TYPE: CURRENT ACCOUNT

ACCOUNT NUMBER: 4059 2942 50

REF: NAME SCHOOL/ CLUB/ ATHLETES - RELAY

DIRECT ALL INQUIRIES:

The Director of the Competition: Brandon du Plessis



EVENT PROGRAMME & RULES

Mr. BRANDON DU PLESSIS
register@wvsrelays.com cc: bduplessisathletics@gmail.com

5. VERIFICATION OF BIRTH

Original ID Document, or Copy thereof certified by a Commissioner of Oaths **OR**
Passport or Copy thereof certified by a Commissioner of Oaths **OR**
Birth Certificate with a recent photo attached thereto, stamped at the Back of the Photo
with an Official Stamp. These documents must be available during the competition (School Athletes).

6. MEETING FOR TEAM MANAGERS AND TECHNICAL OFFICIALS

- 6.1 A meeting for Team Managers and Technical Officials will be held on
Saturday, 25 April 2026 at 07h30 (Coetzenburg Stadium).
- 6.2 It is of vital importance that all General Managers and all Officials attend the
meeting.

7. SURFACE OF TRACK

All running and field events will take place on a tartan surface. Length of spikes
may not exceed 09 mm in length.

8. QUALIFYING STANDARDS

None to participate in schools relays only individual event results will be vetted according to the best
performances and invited athletes

9. TECHNICAL OFFICIALS

Officials must be dressed in **Navy bottoms & White tops** for the purpose of officiating. Reporting time
on Saturday, 25 April 2026 is at 07h30.

10. MEDALS/ TROPHIES

The first three (3) athletes in the individual race will receive medals.
The first three (3) teams in the relays will receive medals.
Trophies for the winning teams: Hostel Race (Men/ Women), Men Mile (Johan Fourie),
All grade R- learners will receive participating certificates (No medals).

11. PARTICIPATION IN RELAY COMPETITION FOR SCHOOL AND SENIOR TEAMS

- 11.1 Relays teams must consist of runners from the same school, hostel, federation or
Inter National Team.
- 11.2 Age category Schools (SASA).
- 11.3 No athlete may participate with two different affiliations during the competition.



EVENT PROGRAMME & RULES

- 11.4 **Track Events:** Five (5) Athletes registered four (4), athletes in the competition.
Field Events: Four (4) Athletes registered three (3), athletes in the competition.
- 11.5 **Checkpoints:** Relay Zone and jumping events checkpoints may be marked with standard white tape only. No other items may be used, including chalk, powder, duct tape, masking tape, tacks or safety pins.

11.6 Track events will only be finals. Best three teams on times will be awarded competition medals.

11.7 Results will posted via WhatsApp group.

1. GENERAL RULES

- 1.1 No littering within the grounds will be allowed.
- 1.2 Respect officials - poor behaviour etc. can result in suspension.
- 1.3 **No alcohol or glass bottles will be allowed at the stadium.**
- 1.4 Team Managers and Coaches are responsible for the good conduct and behaviour of their own athletes. Disciplinary action will be taken against any defaulting Province.
- 1.5 Athletes will not be allowed to compete in any event if in the opinion of the officials if he/she is not suitably attired.
- 1.6 First Aid will be provided at the stadium in the case of injuries or emergencies.
- 1.7 A medical doctor will be on standby. The cost of treatment by this doctor will be for the account of the athlete or his/her team/ parents/ school. Teams are requested to provide their own physiotherapist for their team's own general purposes.
- 1.8 Athletes who belong to a medical scheme must bring their membership cards in case of a serious injury.
- 1.9 Doping tests will be done for national and WA records.
- 1.10 Implements for the throwing events must be given in thee purpose of ASIZING. The implement will be returned to the athlete at the start of the event.
- 1.11 No person, except officials, will be allowed to enter the area of competition. The same apply to athletes who are not participating. ONLY Team Managers may enter to launch a protest.

2. RULES FOR THE MEETING

- 2.1 Athletes must report to the officials at the warming up area: Pole-vault 60 minutes, all other field events 30 minutes and all running events 20 minutes, before the event commences, in order to be escorted to the track...
- 2.2 Athletes must leave the arena immediately after they have completed their event.
- 2.3 All track athletes must remain in their lanes after completing their event. Track judges will take them to the recording table.
- 2.4 Athletes who obtain any of the first 3 positions in the final must report to the officials in charge of the medal presentation.



EVENT PROGRAMME & RULES

- 2.5 Teams have no restriction on the number of athletes per event
- 2.6 Athletes may not compete in two different age groups during the same meeting, unless there is no corresponding event within the age group for which they were initially entered.
- 2.7 The two years disparity rule applies for this competition and will be according to the ASA Rules for Technical Standards.
- 2.8 All athletes taking part in the Sprints, Hurdles and Relays must use starting blocks which will be provided at the start.

2.12 PROTEST / APPEAL

Only a Team Manager may lodge an appeal on behalf of the athlete.
A fee of R 500.00 must accompany the written appeal.

- 2.14 WA and ASA RULES will be applied, unless where stated otherwise.

3. COMPETITION PROGRAMME

A copy of the preliminary program is included. The official program will be circulated after registration on 24 April 2025.
See attached.

4. INFORMATION/ WEBSITE

All other relevant information can be accessed at the following website:

www.wwsrelays.com