



ASA U16, U18, U20 & U23 TRACK & FIELD CHAMPIONSHIPS

26 - 28 March 2026

Germiston Stadium

PROGRAM

Version 3

DAY 1							
No	Time	Group	Event	Pit	Specs	Round	Next Round
1	07:00	Men U20	5000m Walk			Final	
2	07:00	Men U23	10000m Walk			Final	
3	07:00	Boys U18	5000m Walk			Final	
4	08:00	Boys U16	Discus Throw	B	1kg	Qualifying	Final 215
5	08:10	Women U23	5000m			Final	
6	08:10	Women U20	5000m			Final	
7	08:30	Girls U16	Pole Vault			Final	
8	08:30	Boys U18	High Jump	A & B		Qualifying	Final 219
9	08:30	Girls U18	Shot Put	A	3kg	Qualifying	Final 221
10	08:30	Girls U16	Long Jump	B		Qualifying	Final 133
11	08:30	Women U23	Long Jump	A		Final	
12	08:40	Men U23	5000m			Final	
13	08:40	Men U20	5000m			Final	
14	09:10	Women U20	100m Hurdles		83,8cm	Heptathlon	
15	09:20	Women U23	100m Hurdles		83,8cm	Heptathlon	
16	09:30	Girls U18	100m Hurdles		76,2cm	Heptathlon	
17	09:40	Girls U16	100m			Heats	Semi-Final 44
18	09:55	Boys U16	100m			Heats	Semi-Final 45
19	10:10	Girls U18	100m			Heats	Semi-Final 46
20	10:25	Boys U18	100m			Heats	Semi-Final 55
21	10:40	Women U20	100m			Heats	Semi-Final 56
22	10:55	Men U20	100m			Heats	Semi-Final 57
23	11:00	Men U20	Discus Throw	A	1,75kg	Final	
24	11:00	Women U20	Shot Put	A	4kg	Final	
25	11:00	Women U23	Shot Put	A	4kg	Final	
26	11:10	Women U23	100m			Heats	Final 89
27	11:25	Men U23	100m			Heats	Final 90
28	11:30	Women U23	High Jump	A & B		Heptathlon	
29	11:30	Women U20	High Jump	A & B		Heptathlon	
30	11:30	Girls U18	High Jump	A & B		Heptathlon	
31	11:30	Men U20	Long Jump	A		Qualifying	Final 164
32	11:30	Girls U18	Long Jump	B		Qualifying	Final 186
33	11:45	Girls U16	400m			Heats	Semi-Final 157
34	12:00	Boys U16	400m			Heats	Semi-Final 158
35	12:00	Women U20	Javelin Throw		600g	Final	
36	12:00	Women U23	Javelin Throw		600g	Final	
37	12:15	Girls U18	400m			Heats	Semi-Final 159
38	12:30	Boys U18	400m			Heats	Semi-Final 165
39	12:30	Girls U18	Pole Vault			Final	
40	12:45	Women U20	400m			Heats	Semi-Final 166
41	13:00	Men U20	400m			Heats	Semi-Final 167
42	13:15	Women U23	400m			Heats	Final 200
43	13:30	Men U23	400m			Heats	Final 201
44	13:40	Girls U16	100m			Semi-Finals	Final 83
45	13:50	Boys U16	100m			Semi-Finals	Final 84
46	14:00	Girls U18	100m			Semi-Finals	Final 85
47	14:00	Women U23	Shot Put	B	4kg	Heptathlon	
48	14:00	Women U20	Shot Put	B	4kg	Heptathlon	
49	14:00	Girls U18	Shot Put	B	3kg	Heptathlon	
50	14:00	Boys U18	Discus Throw	B	1,5kg	Qualifying	Final 152
51	14:00	Men U23	Long Jump	A		Final	
52	14:00	Men U23	Discus Throw	A	2kg	Final	
53	14:00	Boys U16	Shot Put	A	4kg	Qualifying	Final 111
54	14:00	Boys U18	Long Jump	B		Qualifying	Final 132
55	14:10	Boys U18	100m			Semi-Finals	Final 86
56	14:20	Women U20	100m			Semi-Finals	Final 87
57	14:30	Men U20	100m			Semi-Finals	Final 88
58	14:40	Girls U16	1500m			Heats	Final 179

59	14:55	Boys U16	1500m			Heats	Final 180
60	15:00	Girls U18	High Jump	A & B		Qualifying	Final 267
61	15:10	Girls U18	1500m			Heats	Final 183
62	15:25	Boys U18	1500m			Heats	Final 184
63	15:40	Women U20	1500m			Heats	Final 185
64	15:55	Men U20	1500m			Heats	Final 188
65	16:00	Girls U16	Javelin Throw		500g	Final	
66	16:10	Men U23	1500m			Heats	Final 190
67	16:30	Men U23	110m Hurdles		106,7cm	Heats	Final 168
68	16:30	Women U20	Pole Vault			Final	
69	16:30	Women U23	Pole Vault			Final	
70	16:30	Girls U18	Discus Throw	B	1kg	Qualifying	Final 100
71	16:40	Men U20	110m Hurdles		99,1cm	Heats	Final 169
72	16:50	Boys U18	110m Hurdles		91,4cm	Heats	Final 170
73	17:00	Boys U16	100m Hurdles		83,8cm	Heats	Final 171
74	17:00	Boys U16	Long Jump	A		Qualifying	Final 163
75	17:00	Boys U16	Hammer Throw	A	4kg	Final	
76	17:10	Women U23	100m Hurdles		83,8cm	Heats	Final 172
77	17:20	Women U20	100m Hurdles		83,8cm	Heats	Final 175
78	17:30	Girls U18	100m Hurdles		76,2cm	Heats	Final 176
79	17:40	Girls U16	90m Hurdles		76,2cm	Heats	Final 177
80	17:50	Girls U18	200m			Heptathlon	
81	18:00	Women U20	200m			Heptathlon	
82	18:10	Women U23	200m			Heptathlon	
83	18:20	Girls U16	100m			Final	
84	18:25	Boys U16	100m			Final	
85	18:30	Girls U18	100m			Final	
86	18:35	Boys U18	100m			Final	
87	18:40	Women U20	100m			Final	
88	18:45	Men U20	100m			Final	
89	18:50	Women U23	100m			Final	
90	18:55	Men U23	100m			Final	
91	19:10	Girls/Boys U18	4*400m Mixed Relay			Final	
92	19:25	Women/Men U20	4*400m Mixed Relay			Final	
93	19:40	Women/Men U23	4*400m Mixed Relay			Final	
94	20:00	Girls/Boys U16	4*100m Mixed Relay			Final	
95	20:10	Girls/Boys U18	4*100m Mixed Relay			Final	
96	20:20	Women/Men U20	4*100m Mixed Relay			Final	
97	20:30	Women/Men U23	4*100m Mixed Relay			Final	



ASA U16, U18, U20 & U23 TRACK & FIELD CHAMPIONSHIPS

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Germiston Stadium

PROGRAM

Version 3

DAY 2							
No	Time	Group	Event	Pit	Specs	Round	Next Round
98	07:00	Women U20	5000m Race Walk			Final	
99	07:00	Women U23	10000m Race Walk			Final	
100	08:00	Girls U18	Discus Throw	B	1kg	Final	
101	08:00	Boys U18	Javelin Throw		700g	Final	
102	08:15	Men U23	100m			Decathlon	
103	08:20	Men U20	100m			Decathlon	
104	08:25	Boys U18	100m			Decathlon	
105	08:30	Girls U18	Long Jump	B		Heptathlon	
106	08:30	Women U20	Long Jump	B		Heptathlon	
107	08:30	Women U23	Long Jump	B		Heptathlon	
108	08:30	Boys U16	Pole Vault			Final	
109	08:30	Girls U16	High Jump	B		Final	
110	08:30	Men U23	High Jump	A		Final	
111	08:30	Boys U16	Shot Put	A	4kg	Final	
112	08:35	Men U23	400m Hurdles		91,4cm	Heats	Final 254
113	08:45	Men U20	400m Hurdles		91,4cm	Heats	Final 255
114	09:00	Boys U18	400m Hurdles		83,8cm	Heats	Final 259
115	09:15	Girls U18	400m Hurdles		76,2cm	Heats	Final 263
116	09:30	Women U20	400m Hurdles		76,2cm	Heats	Final 265
117	09:30	Boys U18	Long Jump	A		Decathlon	
118	09:30	Men U20	Long Jump	A		Decathlon	
119	09:30	Men U23	Long Jump	A		Decathlon	
120	09:45	Women U23	400m Hurdles		76,2cm	Heats	Final 264
121	09:55	Girls U16	300m Hurdles		76,2cm	Heats	Final 268
122	10:00	Women U23	Hammer Throw	A	4kg	Final	
123	10:00	Women U20	Hammer Throw	A	4kg	Final	
124	10:10	Boys U16	300m Hurdles		83,8cm	Heats	Final 269
125	10:25	Men U20	200m			Heats	Semi-Final 253
126	10:40	Women U20	200m			Heats	Semi-Final 252
127	10:55	Men U23	200m			Heats	Final 304
128	11:00	Men U20	Javelin Throw		800g	Final	
129	11:00	Men U23	Javelin Throw		800g	Final	
130	11:10	Women U23	200m			Heats	Final 303
131	11:25	Boys U18	200m			Heats	Semi-Final 251
132	11:30	Boys U18	Long Jump	A		Final	
133	11:30	Girls U16	Long Jump	B		Final	
134	11:30	Girls U16	Discus Throw	B	1kg	Final	
135	11:30	Boys U16	High Jump	A		Final	
136	11:30	Women U23	High Jump	B		Final	
137	11:40	Girls U18	200m			Heats	Semi-Final 250
138	11:55	Boys U16	200m			Heats	Semi-Final 249
139	12:00	Boys U18	Shot Put	A	5kg	Decathlon	
140	12:00	Men U20	Shot Put	A	6kg	Decathlon	
141	12:00	Men U23	Shot Put	A	7,26kg	Decathlon	
142	12:05	Girls U16	200m			Heats	Semi-Final 248
143	12:15	Girls U16	800m			Heats	Final 283
144	12:25	Boys U16	800m			Heats	Final 284
145	12:30	Boys U18	Pole Vault			Final	
146	12:35	Girls U18	800m			Heats	Final 285
147	12:45	Boys U18	800m			Heats	Final 290
148	12:55	Women U20	800m			Heats	Final 291
149	13:05	Men U20	800m			Heats	Final 292
150	13:15	Women U23	800m			Heats	Final 295
151	13:25	Men U23	800m			Heats	Final 296
152	13:30	Boys U18	Discus Throw	B	1,5kg	Final	
153	13:30	Girls U18	Javelin Throw		500g	Heptathlon	
154	13:30	Women U20	Javelin Throw		600g	Heptathlon	
155	13:30	Women U23	Javelin Throw		600g	Heptathlon	

156	13:30	Girls U18	Hammer Throw	A	3kg	Final	
157	13:35	Girls U16	400m			Semi-Finals	Final 194
158	13:45	Boys U16	400m			Semi-Finals	Final 195
159	13:55	Girls U18	400m			Semi-Finals	Final 196
160	14:00	Boys U18	High Jump	A & B		Decathlon	
161	14:00	Men U20	High Jump	A & B		Decathlon	
162	14:00	Men U23	High Jump	A & B		Decathlon	
163	14:00	Boys U16	Long Jump	B		Final	
164	14:00	Men U20	Long Jump	A		Final	
165	14:05	Boys U18	400m			Semi-Finals	Final 197
166	14:15	Women U20	400m			Semi-Finals	Final 198
167	14:25	Men U20	400m			Semi-Finals	Final 199
168	14:45	Men U23	110m Hurdles		106,7cm	Final	
169	14:55	Men U20	110m Hurdles		99,1cm	Final	
170	15:05	Boys U18	110m Hurdles		91,4cm	Final	
171	15:15	Boys U16	100m Hurdles		83,8cm	Final	
172	15:25	Women U23	100m Hurdles		83,8cm	Final	
173	15:30	Men U20	Shot Put	A	6kg	Final	
174	15:30	Men U23	Shot Put	B	7,26kg	Final	
175	15:35	Women U20	100m Hurdles		83,8cm	Final	
176	15:45	Girls U18	100m Hurdles		76,2cm	Final	
177	15:55	Girls U16	90m Hurdles		76,2cm	Final	
178	16:00	Boys U16	Javelin Throw		600g	Final	
179	16:10	Girls U16	1500m			Final	
180	16:20	Boys U16	1500m			Final	
181	16:30	Men U20	Pole Vault			Final	
182	16:30	Men U23	Pole Vault			Final	
183	16:30	Girls U18	1500m			Final	
184	16:40	Boys U18	1500m			Final	
185	16:50	Women U20	1500m			Final	
186	17:00	Girls U18	Long Jump	B		Final	
187	17:00	Women U20	Long Jump	A		Final	
188	17:00	Men U20	1500m			Final	
189	17:10	Women U23	1500m			Final	
190	17:20	Men U23	1500m			Final	
191	17:30	Girls U18	800m			Heptathlon	
192	17:40	Women U20	800m			Heptathlon	
193	17:50	Women U23	800m			Heptathlon	
194	18:00	Girls U16	400m			Final	
195	18:05	Boys U16	400m			Final	
196	18:10	Girls U18	400m			Final	
197	18:15	Boys U18	400m			Final	
198	18:20	Women U20	400m			Final	
199	18:25	Men U20	400m			Final	
200	18:30	Women U23	400m			Final	
201	18:35	Men U23	400m			Final	
202	18:45	Boys U18	400m			Decathlon	
203	18:55	Men U20	400m			Decathlon	
204	19:05	Men U23	400m			Decathlon	
205	19:20	Girls U16	4*100m Relay			Final	
206	19:30	Boys U16	4*100m Relay			Final	
207	19:40	Girls U18	4*100m Relay			Final	
208	19:50	Boys U18	4*100m Relay			Final	
209	20:00	Women U20	4*100m Relay			Final	
210	20:10	Men U20	4*100m Relay			Final	
211	20:20	Women U23	4*100m Relay			Final	
212	20:30	Men U23	4*100m Relay			Final	



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DAY 3

No	Time	Group	Event	Pit	Specs	Round	Next Round
213	07:00	Girls U16	5000m Walk			Final	
214	07:40	Girls U18	5000m Walk			Final	
215	08:00	Boys U16	Discus Throw	B	1kg	Final	
216	08:00	Men U20	Triple Jump	A	13m	Final	
217	08:00	Girls U18	Triple Jump	B	9m	Final	
218	08:00	Women U20	High Jump	A		Final	
219	08:00	Boys U18	High Jump	B		Final	
220	08:20	Boys U16	5000m Walk			Final	
221	08:30	Girls U18	Shot Put	A	3kg	Final	
222	09:00	Men U23	110m Hurdles		106,7cm	Decathlon	
223	09:00	Women U20	Discus Throw	A	1kg	Final	
224	09:00	Women U23	Discus Throw	A	1kg	Final	
225	09:10	Men U20	110m Hurdles		99,1cm	Decathlon	
226	09:20	Boys U18	110m Hurdles		91,4cm	Decathlon	
227	09:30	Boys U16	100m Hurdles		83,8cm	Pentathlon	
228	09:40	Girls U16	90m Hurdles		76,2cm	Pentathlon	
229	09:50	Women U20	3000m			Final	
230	09:50	Women U23	3000m			Final	
231	10:05	Men U20	3000m			Final	
232	10:20	Men U23	3000m			Final	
233	10:30	Boys U18	Discus Throw	B	1,5kg	Decathlon	
234	10:30	Men U20	Discus Throw	B	1,75kg	Decathlon	
235	10:30	Men U23	Discus Throw	B	2kg	Decathlon	
236	10:30	Girls U16	High Jump	A		Pentathlon	
237	10:30	Boys U16	High Jump	B		Pentathlon	
238	10:30	Women U20	Triple Jump	A	9m	Final	
239	10:30	Women U23	Triple Jump	A	9m	Final	
240	10:30	Girls U16	Triple Jump	B	7m	Final	
241	10:35	Girls U16	3000m			Final	
242	10:50	Boys U16	3000m			Final	
243	11:00	Girls U16	Shot Put	A	3kg	Final	
244	11:00	Girls U18	Javelin Throw		500g	Final	
245	11:05	Girls U18	3000m			Final	
246	11:20	Boys U18	3000m			Final	
247	11:30	Boys U18	Hammer Throw	A	5kg	Final	
248	11:35	Girls U16	200m			Semi-Finals	Final 297
249	11:45	Boys U16	200m			Semi-Finals	Final 298
250	11:55	Girls U18	200m			Semi-Finals	Final 299
251	12:05	Boys U18	200m			Semi-Finals	Final 300
252	12:15	Women U20	200m			Semi-Finals	Final 301
253	12:25	Men U20	200m			Semi-Finals	Final 302
254	12:40	Men U23	400m Hurdles		94,4cm	Final	
255	12:50	Men U20	400m Hurdles		91,4cm	Final	
256	13:00	Boys U18	Pole Vault			Decathlon	
257	13:00	Men U20	Pole Vault			Decathlon	
258	13:00	Men U23	Pole Vault			Decathlon	
259	13:00	Boys U18	400m Hurdles		83,8cm	Final	
260	13:00	Girls U16	Shot Put	A	3kg	Pentathlon	
261	13:00	Boys U16	Shot Put	B	4kg	Pentathlon	
262	13:00	Boys U16	Triple Jump	A	9m	Final	
263	13:10	Girls U18	400m Hurdles		76,2cm	Final	
264	13:20	Women U23	400m Hurdles		76,2cm	Final	
265	13:30	Women U20	400m Hurdles		76,2cm	Final	
266	13:30	Men U20	High Jump	A		Final	
267	13:30	Girls U18	High Jump	B		Final	
268	13:40	Girls U16	300m Hurdles		76,2cm	Final	
269	13:50	Boys U16	300m Hurdles		83,8cm	Final	
270	14:00	Men U20	Hammer Throw	A	6kg	Final	

271	14:00	Men U23	Hammer Throw	A	7,26kg	Final	
272	14:00	Girls U16	1500m Steeple Chase		76,2cm	Final	
273	14:15	Boys U16	1500m Steeple Chase		76,2cm	Final	
274	14:30	Girls U18	2000m Steeple Chase		76,2cm	Final	
275	14:45	Women U20	3000m Steeple Chase		76,2cm	Final	
276	15:00	Women U23	3000m Steeple Chase		76,2cm	Final	
277	15:00	Boys U16	Long Jump	A		Pentathlon	
278	15:00	Girls U16	Long Jump	B		Pentathlon	
279	15:00	Boys U18	Shot Put	A	5kg	Final	
280	15:15	Boys U18	2000m Steeple Chase		83,8cm	Final	
281	15:30	Men U20	3000m Steeple Chase		91,4cm	Final	
282	15:45	Men U23	3000m Steeple Chase		91,4cm	Final	
283	16:00	Girls U16	800m			Final	
284	16:10	Boys U16	800m			Final	
285	16:20	Girls U18	800m			Final	
286	16:30	Boys U18	Javelin Throw		700g	Decathlon	
287	16:30	Men U20	Javelin Throw		800g	Decathlon	
288	16:30	Men U23	Javelin Throw		800g	Decathlon	
289	16:30	Girls U16	Hammer Throw	A	3kg	Final	
290	16:30	Boys U18	800m			Final	
291	16:40	Women U20	800m			Final	
292	16:50	Men U20	800m			Final	
293	17:00	Boys U18	Triple Jump	B	11m	Final	
294	17:00	Men U23	Triple Jump	A	13m	Final	
295	17:00	Women U23	800m			Final	
296	17:10	Men U23	800m			Final	
297	17:20	Girls U16	200m			Final	
298	17:25	Boys U16	200m			Final	
299	17:30	Girls U18	200m			Final	
300	17:35	Boys U18	200m			Final	
301	17:40	Women U20	200m			Final	
302	17:45	Men U20	200m			Final	
303	17:50	Women U23	200m			Final	
304	17:55	Men U23	200m			Final	
305	18:00	Girls U16	800m			Pentathlon	
306	18:10	Boys U16	1000m			Pentathlon	
307	18:20	Boys U18	1500m			Decathlon	
308	18:30	Men U20	1500m			Decathlon	
309	18:40	Men U23	1500m			Decathlon	
310	19:00	Girls U16	Medley Relay			Final	
311	19:15	Boys U16	Medley Relay			Final	
312	19:30	Girls U18	4*400m Relay			Final	
313	19:45	Boys U18	4*400m Relay			Final	
314	20:00	Women U20	4*400m Relay			Final	
315	20:15	Men U20	4*400m Relay			Final	
316	20:30	Women U23	4*400m Relay			Final	
317	20:45	Men U23	4*400m Relay			Final	