



PAUL ROOS
GIMNASIUM – GYMNASIUM

ATHLETICS EVENTS
TERM 4 2023

Date	Event	Venue	Sleeping over?	Team size (Athletes x teams + staff)	Comment
12 October	HMS Paarl Uitnodigingbyeenkoms 1 / Paarl Girls' High Invitational Meeting 1	Paarl Boys' High Brug Street Fields	No	TBC + 2 staff	
19-22 October	NWU Top 30	NWU McArthur Athletics Stadium, Potchefstroom	Yes; 3 evenings	16 athletes + 2 staff	High-Performance event
20-22 October	Kwagga Top 10	Hoërskool Outeniqua, George	Yes; 2 evenings	10 athletes x2 teams + 3 staff	
25 October	Hoërskool Hopefield Aflos/Relay	Hoërskool Hopefield	No	Minimum 12 athletes (TBC) + 2 staff	
25 October	HMS Paarl Aflosbyeenkoms / Paarl Girls' Relay Meeting	Paarl Boys' High Brug Street Fields	No	TBC + 2 staff	
28 October	Curro Podium Southern Qualifier	Dal Josaphat Stadium, Paarl	No	14 athletes +3 staff	High-Performance event
27-29 October	Bredasdorp Top 10	Hoërskool Bredasdorp	Yes; 2 evenings	10 athletes + 3 staff	
1 November	HMS Paarl Uitnodigingbyeenkoms 2 / Paarl Girls' High Invitational Meeting 2	Paarl Boys' High Brug Street Fields	No	TBC + 2 staff	
3-4 November	Hoërskool Dirkie Uys Top 10	Moorresburg	No	10 athletes x 2 teams + 3 staff	

For the **High-Performance events** we select the strongest possible team, as these events are either used to qualify for events in 2024, have significant cost implications or determine “rankings”.

The selections for the rest of the events are based on a combination of factors:

Building depth – especially for Prestige.

Giving all athletes a chance to represent their school.

Rewarding consistency in training.

Given athletes who participate in other sporting and cultural events an opportunity.

We select teams the Monday before the event, except in the case of the High-Performance events.

For any queries, please contact Mr Dorfling Terblanche, head of PRG Athletics at dterblanche@paulroos.co.za or 084-621-7607.