



PAUL ROOS GIMNASIUM | GYMNASIUM

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Term 3 & 4 athletics season launch – Important info and event schedule

Dear Parents and Students,

Following our highly anticipated Winter Interschools against Grey College on **16 August**, we are excited to officially launch the **2025/2026 Track and Field season** at Paul Roos Gymnasium.

Training will begin immediately in the week after Interschools, and we strongly encourage all athletes to join from day one. Early preparation is essential, as the season is filled with high-level competitions that demand focus, consistency, and commitment from the outset.

Attached to this letter is the **Term 3 and 4 athletics schedule** that has been planned so far. Please take note of the key dates and ensure availability, especially for our major team events.

Planned Events – Term 3 & 4

- **9 September** – Swellendam Aflos
- **23 September** – PRG Games
- **26/27 September** – UWC/Fairmont Invitational
- **6 October** – Wildeklaar Noord vs Suid
- **17/18 October** – Kwagga Top 10
- **25 October** – Curro Podium South Regionals
- **29 October** – HMS Relays
- **1 November** – Bredasdorp Top 10

Key events & selection criteria

- The **Wildeklawer Noord vs Suid** will be our **first major meet** of the season and an important stepping stone for all athletes.
- This leads into the **Kwagga Top 10**, where **40 top athletes** will be selected to represent the school.
- Performances at the Kwagga meeting will serve as **trials for the most important event of the term**, the **Curro Podium South Regionals** on 25 October 2025. Only **two teams of 14 athletes** can be selected to attend, making the competition for places extremely high.

Selection for all events will be based on:

- Meet performances.
- Consistent attendance and effort in training.
- Coach feedback and team requirements.

We are entering a key phase in our athletics calendar, and this is a chance for all committed athletes to set the tone for the season ahead. Let's build on the pride and spirit of Interschools and carry that energy into a focused and high-performance track and field campaign.

If you have any questions about training, events, or logistics, please feel free to get in touch with me directly.

We look forward to seeing everyone on the track.

Kind regards,

Ryno Niemand

Head of Athletics

Paul Roos Gymnasium

Term 3 & 4 athletics calendar:

Datum / Date	Byeenkoms / Event	Plek / Place
19 September	Hoërskool Swellendam Aflos	Hoërskool Swellendam
TBC	PRG Games	Markotter, Paul Roos Gymnasium
26-27 September	FHS/UWC	UWC
6 Oktober	Wildeklaar Noord vs Suid	Dal Josaphat Stadium
17-18 Oktober	Kwagga Top 10	De Jager Sport Complex, Outshoorn
25 October	Curro Podium South	Dal Josaphat Stadium, Paarl
29 Oktober	HMS Aflos Byeenkoms	Brugstraat, Paarl
1 November	Bredasdorp Top 10	Bredasdorp