



PAUL ROOS
GIMNASIUM | GYMNASIUM

PRG Interhouse Athletics

Date: 21 January 2026

Time: 07:30 – 14:20

Venue: Markötter Sport Complex



Welcome Message

Dear Students, Parents, and Staff,

Welcome to the 2026 Interhouse Athletics Meeting! On 21 January 2026, Markotter transforms into an arena of talent, teamwork, and high-octane energy. From the first starting pistol to the final relay, this day belongs to the students who have trained hard to represent their houses with pride.

Let's celebrate the spirit of healthy competition and the joy of coming together as a community. To our athletes: run with heart, jump with conviction, and throw with purpose.

Sincerely,

Ryno Niemand

Head of Athletics



Event details:

Schedule:

07:30 AM: Arrival

07:40 AM: Register - You must be early for attendance and sit down in your class order.

Line up as follows on the Markotter main field:

- Gr.8 - On the small field next to the parking lot.
- Gr.9 - Behind the Rugby field on Bloemhof's side.
- Gr.10 - On the touchline on the opposite side of the pavilion.
- Gr.11 - On the main straight of the track.
- Gr.12 - On the try line on the Clubhouse side of the rugby field.

After roll-call, the boys sit on the pavilion in their Houses:

- Braid – Closest to Bloemhof
- Hofmeyr
- Murray
- Neethling – Closest to Longroom

08:05 AM: Cheerleaders and Gr.8 marching.

08:30 AM: Opening Scripture

09:00 AM: Let the Games Begin!

12:45 PM: Everyone on the pavilion

12:50 PM: 4 x 100m Relays

13:10 PM: Cheerleaders vs Staff relay 4 x 100m Relay

13:15 PM: Swedish Relays

13:40 PM: Cheerleader 4 x 100m Relay

13:45 PM: Matric Mile

2:00 PM: Awards and Winning Team Announcement

2:15 PM: School song

2:20 PM: End of the meeting.

Participants:

House Name and Colours:

- Braid (White)
- Hofmeyr (Blue)
- Murray (Red)
- Neethling (Yellow)





Interhouse Events:

Tuesday – 20 January

Track: Short Hurdles, Long Hurdles, 3000m

Field: Triple Jump, Hammer Throw, Pole Vault

Wednesday – 21 January

Track: 100m, 200m, 400m, 800m, 1500m, 4 x 100m relay, Swedish relay

Field: Long Jump, High Jump, Shot Put, Discus, Javelin

Scoring System:

Points awarded per event:

1st place - 8 Points

2nd place - 7 Points

3rd place - 6 Points

4th place - 5 Points

5th place - 4 Points

6th place - 3 Points

7th place - 2 Points

8th place - 1 Point

General Information:

Entries, Rules and Guidelines:

- Entries close Monday 19 January 2025 at 17:00.
- Athletes can only enter for 3 events and a relay.
- Make sure you sign up for the correct team!
- Links for entries have been sent on each grade's mass WhatsApp group.
- Please be at your event 10 minutes before the start.
- Always warm up before competing.
- Always practice good sportsmanship!!

Dress code:

- Please wear appropriate athletic attire.
- PRG PT clothes, Interhouse T-shirt, or PRG Athletic clothes.
- Athletes may wear the official PRG athletics vest with maroon tights and white socks.
- **No other clothes will be allowed!**
- **No water guns or balloons will be allowed. It will be confiscated!**

What to bring with:

- Refillable water bottle to drink water throughout the day.
- Healthy snacks or pocket money.
- Hat and sunscreen.
- GEES!

Special Highlights:

Watch out for the following athletes:

- Joey Calitz – Junior Victor Ludorum in 2025.
- Johan Swart – Junior who contributed the most points for his team in 2025.
- Marcus Viljoen – Best o/17 Track Individual performance in 2025.
- Do not miss the Cheerleaders relay.



Closing remarks:

As we head into Wednesday's Interhouse Meeting, I encourage every learner to compete with heart and every parent to cheer with passion. This event is about more than just house points; it is our preparation ground for the **PRESTIGE** event. Facing the region's best will take everything we've got, so let's use Wednesday to set the standard for the rest of our season.

As always, run fast, jump high, and throw far!!