Program | 10 Feb 2026

PRESTIGE

Atletiek | Athletics



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MANZI
WATER GIVING LIFE

Meeting :PRESTIGE

2026/02/09 to 2026/02/10 at DAL JOSAPHAT, PAARL

PAUL ROOS GIMNASIUM – GYMNASIUM

PROGRAM

Performance Scores: ASA 2020 table, Electronic Time, Height above sea=120

Seq	Time	Pit	Event	Category	Record	Next	Spec
START OF DAY 1							
1	15:00		**Final Girls 19 Hammer**		PR 2026: 42.97 (Felrie-OETTLE, GIM, 2012)		**4kg**
2	16:00		**Final Boys 17 Hammer**		PR 2026: 59.50 (Zak-HICKMAN, BR, 2024)		**5kg**
3	17:00		**Final Boys 19 Hammer**		PR 2026: 59.80 (Damian-BOTHMA, GIM, 2017)		**6kg**
4	18:00		**Final Boys 15 Hammer**		PR 2026: 60.32 (Damian-BOTHMA, GIM, 2019)		**4kg**

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START OF DAY 2

5	08:00		Final Girls 19 3000m	PR 2026: 10:08.00 (Erna-Mari-CONRADIE, GHBH, 2024)	
6	08:00		Final Girls 14 Polevault		
7	08:00		Final Girls 15 Polevault	PR 2026: 3.00 (Alanda-RADEMEYER, GIM, 2024)	
8	08:00		Final Girls 17 Polevault	PR 2026: 4.03 (Sydney-ROTHMAN, GHBH, 2024)	
9	08:00		Final Girls 19 Polevault	PR 2026: 3.71 (Sydney-ROTHMAN, GHBH, 2023)	
10	08:00		Final Boys 14 Discus	PR 2026: 51.76 (TYRON-ONCKE, GIM, 2025)	1kg
11	08:00		Final Girls 14 Javelin	PR 2026: 44.51 (Jana-VAN SCHALKWYK, GIM, 2015)	500g
12	08:20		Final Boys 15 3000m	PR 2026: 09:21.70 (McMarshall-HARTZENBERG, DF, 2012)	
13	08:40		Final Boys 19 3000m	PR 2026: 09:01.50 (Leonardo-VAN DER WERF, GHBH, 2011)	
14	09:15		Final Boys 15 Discus	PR 2026: 58.12 (JOEY-CALITZ, BR, 2025)	1kg
15	09:15		Final Girls 15 Javelin	PR 2026: 48.55 (Jana-VAN SCHALKWYK, GIM, 2016)	500g

OPTOGTE

16	10:45		Final Boys 14 Polevault	PR 2026: 2.60 (RIAAN-LOUIS-EHLERS, GIM, 2025)	
17	10:45		Final Boys 15 Polevault	PR 2026: 4.11 (Kyle-RADEMEYER, GIM, 2017)	
18	10:45		Final Boys 17 Polevault	PR 2026: 4.92 (Echardt-VAN DER WALT, GHBH, 2017)	
19	10:45		Final Boys 19 Polevault	PR 2026: 4.81 (Valco-VAN WYK, GIM, 2017)	
20	10:45		Final Boys 19 Discus	PR 2026: 57.77 (Jan Louw-KOTZE, GIM, 2012)	1.75kg
21	10:45	A	Final Boys 17 HighJump	PR 2026: 2.10 (Breyton-POOLE, BR, 2016)	
22	10:45	B	Final Boys 19 HighJump	PR 2026: 2.05 (Luke-VAN DER MERWE, BR, 2024)	
23	10:45	A	Final Girls 14 LongJump	PR 2026: 5.24 (LACHE-HAAS, GHBH, 2025)	
24	10:45	B	Final Boys 15 TripleJump	PR 2026: 12.79 (Reinhard-VAN HEERDEN, GHBH, 2024)	9m
25	10:45	A	Final Girls 15 Shotput	PR 2026: 12.40 (HARIOL-STUART, GHBH, 2025)	3kg
26	10:45	B	Final Girls 17 Shotput	PR 2026: 17.14 (Chris Mari-NEL, GIM, 2023)	3kg
27	10:45		Final Boys 15 Javelin	PR 2026: 63.38 (Niklaus-ESA, GHBH, 2022)	600g
28	11:10		Final Girls 14 90m Hurdles	PR 2026: 12.96 (IMKE-ROUX, GIM, 2025)	76.2cm
29	11:15		Final Girls 15 90m Hurdles	PR 2026: 13.05 (Nienka-DU TOIT, BR, 2012)	76.2cm
30	11:25		Final Girls 17 100m Hurdles	PR 2026: 13.92 (Lana-OBERHOLZER, BR, 2023)	76.2cm
31	11:30		Final Boys 14 100m Hurdles	PR 2026: 13.44 (JENO-JACOBS, GHBH, 2025)	84.0cm
32	11:40		Final Boys 15 100m Hurdles	PR 2026: 13.31 (Jaythan-WYNGAARD, BR, 2010)	84cm
33	11:45		Final Girls 17 Javelin	PR 2026: 50.11 (Jana-VAN SCHALKWYK, GIM, 2017)	500g
34	11:45	A	Final Boys 14 LongJump	PR 2026: 6.29 (BURGERT-MATTHEE, GIM, 2025)	
35	11:45	B	Final Girls 15 LongJump	PR 2026: 5.71 (CARA MIA-NEL, GIM, 2025)	
36	11:45		Final Girls 19 Discus	PR 2026: 43.23 (Cara-COETZEE, GIM, 2019)	1kg
37	11:45		Final Girls 19 100m Hurdles	PR 2026: 13.49 (Lana-OBERHOLZER, BR, 2024)	84cm
38	11:55		Final Boys 17 110m Hurdles	PR 2026: 13.65 (Tiaan-SMIT, BR, 2012)	91.4cm
39	12:05		Final Boys 19 110m Hurdles	PR 2026: 14.23 (Tiaan-SMIT, BR, 2013)	99.5cm
40	12:15	A	Final Girls 19 HighJump	PR 2026: 1.75 (Kristi-SNYMAN, GHBH, 2019)	
41	12:15	B	Final Boys 15 HighJump	PR 2026: 1.98 (Breyton-POOLE, BR, 2015)	
42	12:15	A	Final Girls 14 Shotput	PR 2026: 13.79 (Uanita-ENGELBRECHT, GIM, 2020)	3kg
43	12:15	B	Final Boys 14 Shotput	PR 2026: 16.27 (Joshua-ACKER, BR, 2019)	4kg
44	12:15		Final Girls 14 200m	PR 2026: 25.69 (Zynzhia-BROWN, GHBH, 2019)	
45	12:20		Final Boys 14 200m	PR 2026: 23.41 (Gabriel-SMALL, GIM, 2024)	
46	12:25		Final Girls 15 200m	PR 2026: 24.67 (Faith-KONDE, GHBH, 2024)	
47	12:30		Final Boys 15 200m	PR 2026: 22.46 (GABRIEL-SMALL, GIM, 2025)	
48	12:35		Final Girls 17 200m	PR 2026: 25.04 (Barbara-DE KOCK, GHBH, 2023)	
49	12:40		Final Boys 17 200m	PR 2026: 21.67 (Muller-DU PLESSIS, GIM, 2016)	
50	12:45	A	Final Girls 17 LongJump	PR 2026: 5.95 (Maryke-BRITS, BR, 2010)	

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51	12:45	B	Final Boys 19 TripleJump	PR 2026: 14.85 (Jason-TITO, GIM, 2020)	13m
52	12:45		Final Boys 17 Discus	PR 2026: 64.09 (Jan Louw-KOTZE, GIM, 2011)	1.5kg
53	12:45		Final Boys 19 Javelin	PR 2026: 69.30 (Morne-MOOLMAN, DF, 2012)	800g
54	12:45		Final Girls 19 200m	PR 2026: 24.72 (Rese-SMIT, GIM, 2014)	
55	12:50		Final Boys 19 200m	PR 2026: 21.42 (BRENTLEE-DAMON, GHBH, 2025)	
56	12:55		Final Girls 14 800m	PR 2026: 2:18.98 (MIA-KRIEK, GHBH, 2025)	
57	13:00		Final Boys 14 800m	PR 2026: 2:01.63 (Jordin-GABRIELS, GIM, 2024)	
58	13:05		Final Girls 15 800m	PR 2026: 2:13.66 (LARA-STANDER, GHBH, 2025)	
59	13:10		Final Boys 15 800m	PR 2026: 1:58.88 (JORDIN-MATTHYS, GIM, 2025)	
60	13:15		Final Girls 17 800m	PR 2026: 2:11.59 (DANIELA-VILJOEN, BR, 2025)	
61	13:20		Final Boys 17 800m	PR 2026: 1:56.10 (Luan-VAN DER VYVER, BR, 2014)	
62	13:25		Final Girls 19 800m	PR 2026: 2:13.21 (Anneken-VILJOEN, BR, 2020)	
63	13:30		Final Boys 19 800m	PR 2026: 1:54.10 (Francois-BRUWER, GHBH, 2017)	
64	13:35		Final Girls 14 100m	PR 2026: 12.33 (Zynzhia-BROWN, GHBH, 2019)	
65	13:40		Final Boys 14 100m	PR 2026: 11.07 (Mo Eek-ABRAHAMS, GIM, 2019)	
66	13:45	A	Final Girls 19 LongJump	PR 2026: 5.69 (Mignonne-DE BEER, BR, 2024)	
67	13:45	B	Final Boys 17 TripleJump	PR 2026: 13.92 (Jason-TITO, GIM, 2019)	11m
68	13:45		Final Boys 17 Javelin	PR 2026: 71.82 (Morne-MOOLMAN, DF, 2011)	700g
69	13:45	A	Final Boys 15 Shotput	PR 2026: 17.05 (Joshua-ACKER, BR, 2020)	4kg
70	13:45	B	Final Girls 19 Shotput	PR 2026: 12.05 (LOUISE-VAN ROOYEN, GHBH, 2025)	4kg
71	13:45	A	Final Girls 14 HighJump	PR 2026: 1.68 (Janke-DE NECKER, GHBH, 2024)	
72	13:45	B	Final Boys 14 HighJump	PR 2026: 1.80 (Jean-SERFONTEIN, GIM, 2023)	
73	13:45		Final Girls 14 Discus	PR 2026: 38.68 (Uanita-ENGELBRECHT, GIM, 2020)	1kg
74	13:45		Final Girls 15 100m	PR 2026: 12.24 (Amorie-SERFONTEIN, BR, 2012)	
75	13:50		Final Boys 15 100m	PR 2026: 11.08 (Christopher-HENDRICKS, GHBH, 2019)	
76	13:55		Final Girls 17 100m	PR 2026: 12.20 (Alex Heerink-VAN BREDA, GHBH, 2019)	
77	14:00		Final Boys 17 100m	PR 2026: 10.54 (Curwin-GERTZE, GIM, 2019)	
78	14:05		Final Girls 19 100m	PR 2026: 12.13 (Shelomi-TRUTER, GHBH, 2019)	
79	14:10		Final Boys 19 100m	PR 2026: 10.46 (Adrian-SWARTS, GIM, 2019)	
80	14:25		Final Boys 14 300m Hurdles	PR 2026: 0:39.70 (Clemond-NEL, GIM, 2019)	84.0cm
81	14:30		Final Girls 14 300m Hurdles	PR 2026: 0:45.65 (IMKE-ROUX, GIM, 2025)	76.2cm
82	14:35		Final Girls 15 300m Hurdles	PR 2026: 45.82 (Helene-SWANEPOEL, GIM, 2011)	76.2cm
83	14:40		Final Girls 14 1500m	PR 2026: 04:54.03 (Lara-STANDER, GHBH, 2024)	
84	14:45		Final Boys 14 Javelin	PR 2026: 57.84 (Gustav-MARAIS, GIM, 2011)	600g
85	14:45	A	Final Boys 19 LongJump	PR 2026: 7.36 (Stefan-BRITS, BR, 2010)	
86	14:45	B	Final Boys 15 LongJump	PR 2026: 6.57 (Muller-DU PLESSIS, GIM, 2014)	
87	14:45		Final Girls 17 Discus	PR 2026: 45.54 (Chris Mari-NEL, GIM, 2023)	1kg
88	14:48		Final Boys 14 1500m	PR 2026: 04:28.58 (Jordin-GABRIELS, GIM, 2024)	
89	14:55		Final Girls 17 400m Hurdles	PR 2026: 1:00.02 (Helene-SWANEPOEL, GIM, 2013)	76.2cm
90	15:00		Final Girls 19 400m Hurdles	PR 2026: 0:59.93 (Jean Marie-SENEKAL, GIM, 2011)	76.2cm
91	15:05		Final Girls 15 1500m	PR 2026: 04:43.56 (LARA-STANDER, GHBH, 2025)	
92	15:12		Final Boys 15 1500m	PR 2026: 04:22.30 (Llewellyn-GROENEVELD, BR, 2010)	
93	15:15	A	Final Boys 19 Shotput	PR 2026: 16.98 (DAVID-KRIEL, GIM, 2025)	6kg
94	15:15	B	Final Boys 17 Shotput	PR 2026: 19.23 (Joshua-ACKER, BR, 2022)	5kg
95	15:15	A	Final Girls 17 HighJump	PR 2026: 1.74 (ANJA-SMIT, GIM, 2025)	
96	15:15	B	Final Girls 15 HighJump	PR 2026: 1.75 (Anja-SMIT, GIM, 2023)	
97	15:20		Final Boys 15 300m Hurdles	PR 2026: 38.72 (Africa-MICAH, GHBH, 2024)	84cm
98	15:25		Final Girls 17 1500m	PR 2026: 04:39.67 (LISA-STEENKAMP, BR, 2025)	
99	15:32		Final Boys 17 1500m	PR 2026: 04:11.00 (Luan-VAN DER VYVER, BR, 2014)	

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100	**15:40**	**Final Boys 17 400m Hurdles**	PR 2026: 0:53.40 (Linford-MAREE, GIM, 2015)	**84cm**
101	**15:45**	**Final Boys 17 LongJump**	PR 2026: 7.03 (Jason-WORREL, BR, 2011)	
102	**15:45**	**Final Girls 19 TripleJump**	PR 2026: 12.05 (SKYLER-VAN DYK, GHBH, 2025)	**11m**
103	**15:45**	**Final Girls 19 Javelin**	PR 2026: 46.50 (Jana-VAN SCHALKWYK, GIM, 2019)	**600g**
104	**15:45**	**Final Girls 15 Discus**	PR 2026: 35.44 (Nielke-MATTHEE, GIM, 2011)	**1kg**
105	**15:45**	**Final Boys 19 400m Hurdles**	PR 2026: 0:52.77 (Schalk-BURGER, GIM, 2011)	**91.4cm**
106	**15:50**	**Final Girls 19 1500m**	PR 2026: 04:41.39 (Christine-BOSCH, GIM, 2014)	
107	**15:57**	**Final Boys 19 1500m**	PR 2026: 04:07.90 (Leonardo-VAN DER WERF, GHBH, 2023)	
108	**16:05**	**Final Girls 14 400m**	PR 2026: 0:59.48 (Elke-VAN DER WESTHUIZEN, GIM, 2017)	
109	**16:10**	**Final Boys 14 400m**	PR 2026: 0:52.54 (Jordin-GABRIELS, GIM, 2024)	
110	**16:15**	**Final Girls 15 400m**	PR 2026: 0:58.25 (Pippa-VILJOEN, BR, 2023)	
111	**16:20**	**Final Boys 15 400m**	PR 2026: 0:50.10 (Linford-MAREE, GIM, 2014)	
112	**16:25**	**Final Girls 17 400m**	PR 2026: 0:56.61 (Barbara-DE KOCK, GHBH, 2023)	
113	**16:30**	**Final Boys 17 400m**	PR 2026: 0:48.40 (Luciano-CIJSTODIO, GHBH, 2019)	
114	**16:35**	**Final Girls 19 400m**	PR 2026: 0:56.94 (NELL-BASSON, BR, 2025)	
115	**16:40**	**Final Boys 19 400m**	PR 2026: 0:47.55 (ABELINES-SCHOEMAN, GHBH, 2025)	
116	**16:50**	**Final Girls 14 4x100m Relay**	PR 2026: 0:51.09 (A-RELAY TEAM, GHBH, 2025)	
117	**16:55**	**Final Boys 14 4x100m Relay**	PR 2026: 0:45.51 (A-RELAY TEAM, GIM, 2025)	
118	**17:00**	**Final Girls 15 4x100m Relay**	PR 2026: 0:50.11 (A-RELAY TEAM, GHBH, 2024)	
119	**17:05**	**Final Boys 15 4x100m Relay**	PR 2026: 0:43.72 (A-RELAY TEAM, GIM, 2025)	
120	**17:10**	**Final Girls 17 4x100m Relay**	PR 2026: 0:48.90 (A-RELAY TEAM, GHBH, 2025)	
121	**17:15**	**Final Boys 17 4x100m Relay**	PR 2026: 0:43.10 (A-RELAY TEAM, GHBH, 2023)	
122	**17:20**	**Final Girls 19 4x100m Relay**	PR 2026: 0:47.96 (A-RELAY TEAM, BR, 2024)	
123	**17:25**	**Final Boys 19 4x100m Relay**	PR 2026: 0:42.07 (A-RELAY TEAM, GIM, 2025)	

DANCERS