ADDENDUM F

WESTERN CAPE HIGH SCHOOLS/ LSEN ATHLETICS CHAMPIONSHIP

COETZENBURG STADIUM

13 & 14 MARCH 2026

Preliminary Programme - Revised
The Final Programme will issued at the Technical Meeting

FRIDAY 13 MARCH 2026 - (DAY 1)

EVENT	TIME	GENDER AND AGE	ITEM	AREA	STATUS
1	07:30	Boys – 17	10000m walk		Final
2	08:00	Girls -13,14,15 (LSEN)	LJ	Area A	Final
3	08:00	Boys -14,15 (LSEN)	JAVELIN		Final
4	08:00	Boys -13,14,15 (LSEN)	HJ	Area A	Final
5	08:00	Boys 17 (LSEN)	HJ	Area B	Final
6	08:00	Girls-17 (LSEN)	SP	Circle A	Final
7	08:00	Boys -17 (LSEN)	SP	Circle B	Final
8	08:00	Girls – 15	PV		Final
9	08:00	Girls – 14,15	HAMMER - 3 kg	Area B	Final
10	08:00	Girl – 19 (LSEN)	Discus	Area A	Final
11	09:00	Girls – 15	5000m walk		Final
12	09:15	Boys 19 (LSEN)	HJ	Area A	Final
13	09:30	Girls-13,14,15 (LSEN)	SP	Circle A	Final
14	09:30	Boys-13,14,15 (LSEN)	SP	Circle B	Final
15	09:30	Boys-13,14,15 (LSEN)	LJ	Area B	Final
16	09:30	Girls -14,15 (LSEN)	JAVELIN		Final
17	09:40	Boys – 19	400mH - 91,4 cm		Semi-Final
18	09:47	Boys – 17	400mH - 84,0 cm		Semi-Final
19	09:55	Girls – 19	400mH - 76,2 cm		Semi-Final
20	10:00	Girls – 17	PV		Final
21	10:00	Girls – 17	HAMMER - 3 kg		Final
22	10:00	Girls 15 (LSEN)	Discus – 1kg	Area A	Final
23	10:00	Girls – 17	400mH - 76,2 cm		Semi-Final

EVENT	TIME	GENDER AND AGE	ITEM	AREA	STATUS
24	10:07	Boys – 14	300mH - 84,0 cm		Semi-Final
25	10:14	Boys – 15	300mH - 84,0 cm		Semi-Final
26	10:21	Girls - 14	300mH - 76,2 cm		Semi-Final
27	10:28	Girls - 15	300mH - 76,2 cm		Semi-Final
28	10:35	Girls-13,14 (LSEN)	1500m		Final
29	10:42	Boys-13.14 (LSEN)	1500m		Final
30	10:45	Girls-13,14,15 (LSEN)	HJ	Area A	Final
31	10:50	Girls-15 (LSEN)	1500m		Final
32	10:57	Boys-15 (LSEN)	1500m		Final
33	11:00	Girls 17 (LSEN)	LJ	Area A	Final
34	11:00	Girls 19 (LSEN)	LJ	Area B	Final
35	11:00	Boys -17 (LSEN)	JAVELIN		Final
36	11:00	Girls-19 (LSEN)	SP	Circle A	Final
37	11:00	Boys -19 (LSEN)	SP	Circle B	Final
38	11:00	Girls 17 (LSEN)	HJ	Area A	Final
39	11:00	Girls 19 (LSEN)	HJ	Area B	Final
40	11:00	Girls 15	Discus	Area A	Final
41	11:04	Girls-17,19 (LSEN)	1500m		Final
42	11:11	Boys-17,19 (LSEN)	1500m		Final
43	11:18	Girls – 17	5000m walk		Final
44	12:00	Girls - 14	100m		Semi-Final
45	12:00	Girls – 19	HAMMER - 4 kg	Area B	Final
46	12:00	Boys – 15	POLE VAULT		Final
47	12:07	Boys-14	100m		Semi-Final
48	12:14	Girls-15	100m		Semi-Final
49	12:21	Boys-15	100m		Semi-Final
50	12:28	Girls 17	100m		Semi-Final
51	12:30	Girls – 14,15	HJ	Area A	Final
52	12:30	Boys – 14,15	SP - 4 kg	Circle B	Final
53	12:30	Boys 17 (LSEN)	LJ	Area B	Final
54	12:30	Boys 19 (LSEN)	JAVELIN		Final
55	12:30	Girls- 19	HJ	Area B	Final
56	12:30	Boys 19 (LSEN)	LJ	Area A	Final
57	12:35	Boys-17	100m		Semi-Final
58	12:42	Girls 19	100m		Semi-Final
59	12:49	Boys-19	100m		Semi-Final
60	13:00	Girls 17 (LSEN)	Discus	Area A	Final
61	13:07	Girls-19	5000m		Final
62	13:20	Boys – 19	400mH - 91,4 cm		Final
63	13:25	Boys – 17	400mH - 84,0 cm		Final
64	13:30	Girls – 19	400mH - 76,2 cm		Final
65	13:30	Boys – 14,15	HAMMER - 4 kg	Area B	Final
66	13:35	Girls – 17	400mH - 76,2 cm		Final
67	13:40	Boys– 15	300mH - 84,0 cm		Final
68	13:45	Boys– 14	300mH - 84,0 cm		Final
69	13:50	Girls– 15	300mH - 76,2 cm		Final
70	13:55	Girls– 14	300mH - 76,2 cm		Final
71	14:00	Girls – 14,15	JAVELIN - 500 gm		Final

EVENT	TIME	GENDER AND AGE	ITEM	AREA	STATUS
72	14:00	Girls – 17	LJ	Area A	Final
73	14:00	Girls– 14,15	SP - 3 kg	Circle A	Final
74	14:00	Girls – 19	POLEVAULT		Final
75	14:00	Boys – 19	SP- 6 kg	Circle B	Final
76	14;00	Girls – 13 (LSEN)	100m		Final
77	14:05	Girls - 14 (LSEN)	100m		Final
78	14:10	Boys - 13 (LSEN)	100m		Final
79	14:15	Boys -14 (LSEN)	100m		Final
80	14:20	Girls -15 (LSEN)	100m		Final
81	14:25	Boys -15 (LSEN)	100m		Final
82	14:30	Girls - 17 (LSEN)	100m		Final
83	14:30	Boys – 19	DISCUS - 1,75 kg		Final
84	14:35	Boys - 17 (LSEN)	100m		Final
85	14:40	Girls – 19 (LSEN)	100m		Final
86	14:45	Boys - 19 (LSEN)	100m		Final
87	14:50	Girls– 14	100m		Final
88	14:55	Girls– 15	100m		Final
89	15:00	Boys – 14	100m		Final
90	15:05	Boys – 15	100m		Final
91	15:10	Girls– 17	100m		Final
92	15:15	Boys – 17	100m		Final
93	15:20	Girls – 19	100m		Final
94	15:25	Boys – 19	100m		Final
95	15:30	Boys- 19	JAVELIN - 800 gm		Final
96	15:30	Boys- 17	LJ	Area A	Final
97	15:30	Boys – 19	LJ	Area B	Final
98	15:30	Boys-19	HAMMER- 6kg	Area B	Final
99	15:35	Girls – 14	800m		Final
100	15:40	Boys– 14	800m		Final
101	15:45	Girls – 15	800m		Final
102	15:50	Boys– 15	800m		Final
103	15:55	Girls – 17	800m		Final
104	16:00	Boys – 17	800m		Final
105	16:05	Girls – 19	800m		Final
106	16:10	Boys – 19	800m		Final
107	16:15	Boys -15	5000m Race Walk		Final
108	16:30	Boys - 19 (LSEN)	DISCUS- 1,75 kg		Final
109	16:55	Girls -15	5000m Race Walk		Final
110	17:00	Boys- 17	HAMMER – 5kg	Area B	Final
111	17:00	Girls– 14	LJ		Final
112	17:25	Girls - 17	DISCUS- 1kg		Final
113	17:40	Boys - 19	5000m		Final
114	18:00	Girls – 19	10km Race Walk		Final
115	18:00	Boys – 14,15	TJ - 9m	Area B	Final
116	18:30	Girls – 19	DISCUS- 1 kg		Final
117	18:30	Girls – 19	TJ - 11 m	Area A	Final
118	19:30	Boys – 19	10km Race Walk		Final

SATURDAY 14 MARCH 2026 - (DAY 2)

EVENT	TIME	GENDER AND AGE	ITEM	AREA	STATUS
EVENT	TIME	GENDER AND AGE	ITEM	AREA	STATUS
119	07:30	Boys – 19 (LSEN)	5000m		Final
120	08:00	Girls 17	3000m		Final
121	08:00	Girls – 14	DISCUS - 1 kg		Final
122	08;00	Boys- 14	POLEVAULT		Final
123	08:00	Girls - 19 (LSEN)	JAVELIN- 600 gm		Final
124	08:00	Boys – 17	SP - 5 kg	Circle B	Final
125	08:00	Boys – 17	HJ	Area B	Final
126	08:00	Girls – 19	LJ	Area A	Final
127	08:00	Boys – 17	TJ- 11 m	Area B	Final
128	08:00	Girls – 17	SP - 3 kg	Circle A	Final
129	08:25	Girls – 14	90mH - 76,2 cm		Semi-Final
130	08:35	Girls – 15	90mH - 76,2 cm		Semi-Final
131	08:45	Boys-14,15	HJ	Area B	Final
132	08:55	Boys – 14	100mH - 84,0 cm		Semi-Final
133	09:05	Boys – 15	100mH - 84,0 cm		Semi-Final
134	09:15	Girls – 17	100mH - 76,2 cm		Semi-Final
135	09:25	Girls – 19	100mH - 84,0 cm		Semi-Final
136	09:30	Girls – 19	SP - 4 kg	Circle A	Final
137	09:30	Girls- 14,15	TJ - 9m	Area B	Final
138	09:30	Boys- 17	JAVELIN-700gr		Final
139	09:30	Girls – 17	HJ	Area A	Final
140	09:35	Boys – 17	110mH - 91,4 cm		Semi-Final
141	09:45	Boys – 19	110mH - 99,5 cm		Semi-Final
142	09:50	Girls – 13 (LSEN)	200m		Final
143	09:55	Boys- 13 (LSEN)	200m		Final
144	10:00	Girls – 14 (LSEN)	200m		Final
145	10:00	Boys 15	DISCUS - 1 kg		Final
146	10:00	Girls- 14	POLEVAULT		Final
147	10:05	Boys- 14 (LSEN)	200m		Final
148	10:10	Girls- 15 (LSEN)	200m		Final
149	10:15	Boys - 15 (LSEN)	200m		Final
150	10:20	Girls - 17 (LSEN)	200m		Final
151	10:25	Boys - 17 (LSEN)	200m		Final
152	10:30	Girls- 19 (LSEN)	200m		Final
153	10:35	Boys - 19 (LSEN)	200m		Final
154	10:40	Boys – 14	3000m		Final
155	10:40	Boys – 15	3000m		Final
156	10:50	Girls- 14 (LSEN)	800m		Final
157	10:55	Girls- 15 (LSEN)	800m		Final
158	11:00	Girls- 14 (LSEN)	800m		Final
159	11:00	Boys-15 (LSEN)	800m		Final
160	11:00	Boys – 19	TJ - 13 m	Area B	Final
161	11:00	Boys – 14,15	JAVELIN - 600 gm		Final
162	11:00	Boys – 19	HJ		Final
163	11:05	Girls-17 (LSEN)	800m		Final
164	11:10	Boys-17 (LSEN)	800m		Final
165	11:15	Girls - 19 (LSEN)	800m		Final

EVENT	TIME	GENDER AND AGE	ITEM	AREA	STATUS
166	11:20	Boys - 19 (LSEN)	800m		Final
167	11:25	Boys-17 (LSEN)	3000m		Final
168	11:30	Boys 14	DISCUS- 1 kg		Final
169	11:35	Boys 17	3000m		Final
170	11:45	Girls – 14	400m		Semi-Final
171	11:50	Boys – 14	400m		Semi-Final
172	11:55	Girls – 15	400m		Semi-Final
173	12:00	Boys – 15	400m		Semi-Final
174	12:00	Boys- 19	POLEVAULT		Final
175	12:05	Girls – 17	400m		Semi-Final
176	12:10	Boys – 17	400m		Semi-Final
177	12:15	Girls – 19	400m		Semi-Final
178	12:20	Boys – 19	400m		Semi-Final
179	12:25	Boys – 17	2000m SC -		Final
180	12:30	Girls – 19	JAVELIN - 600 gm		Final
181	12:30	Girls– 17	TJ - 9m	Area B	Final
182	12:30	Boys – 14,15	LJ	Area A	Final
183	12:35	Girls – 17	2000m SC		Final
184	12:45	Girls 14	3000m		Final
185	12:45	Girls 15	3000m		Final
186	12:55	Girls- 14	90mH - 76,2 cm		Final
187	13:00	Girls- 15	90mH - 76,2 cm		Final
188	13:05	Boys – 14	100mH - 84,0 cm		Final
189	13:05	Boys 15 (LSEN)	DISCUS – 1 kg		Final
190	13:10	Boys – 15	100mH - 84,0 cm		Final
191	13:15	Girls – 17	100mH - 76,2 cm		Final
192	13:20	Girls – 19	100mH - 84,0 cm		Final
193	13:25	Boys – 17	110mH - 91,4 cm		Final
194	13:30	Boys- 19	110mH - 99,5 cm		Final
195	13:37	Girls – 14	200m		Semi-Final
196	13:44	Boys – 14	200m		Semi-Final
197	13:51	Girls – 15	200m		Semi-Final
198	13:58	Boys – 15	200m		Semi-Final
199	14:00	Girls – 17	JAVELIN - 500 gm		Final
200	14:00	Boys- 17	POLEVAULT		Final
201	14:00	Girls-17 (LSEN)	JAVELIN- 500g		Final
202	14:00	Girls –15	LJ	Area A	Final
203	14:05	Girls – 17	200m		Semi-Final
204	14:12	Boys – 17	200m		Semi-Final
205	14:19	Girls – 19	200m		Semi-Final
206	14:26	Boys – 19	200m		Semi-Final
207	14:30	Boys- 17	DISCUS - 1,5 kg		Final
208	14:33	Girls – 14	1500m		Final
209	14:39	Boys- 14	1500m		Final
210	14:45	Girls – 15	1500m		Final
211	14:50	Boys- 15	1500m		Final
212	14:56	Girls – 17	1500m		Final
213	15:02	Boys – 17	1500m		Final

EVENT	TIME	GENDER AND AGE	ITEM	AREA	STATUS
214	15:08	Girls – 19	1500m		Final
215	15:14	Boys – 19	1500m		Final
216	15:20	Girls – 14	400m		Final
217	15:25	Boys – 14	400m		Final
218	15:30	Girls – 15	400m		Final
219	15:35	Boys – 15	400m		Final
220	15:40	Girls – 17	400m		Final
221	15:45	Boys – 17	400m		Final
222	15:50	Girls- 19	400m		Final
223	15:55	Boys- 19	400m		Final
224	16:00	Boys-17 (LSEN)	DISCUS- 1,5 kg		Final
225	16:00	Girls – 14	1500m SC		Final
226	16:00	Girls – 15	1500m SC		Final
228	16:10	Boys- 14	1500m SC		Final
229	16:10	Boys- 15	1500m SC		Final
230	16:20	Girls – 14, 15 LSEN	400m		Final
231	16:25	Boys -14,15 LSEN	400m		Final
232	16:30	Girls – 17 LSEN	400m		Final
233	16:35	Boys – 17 LSEN	400m		Final
234	16:40	Girl – 19 LSEN	400m		Final
235	16:45	Boys – 19 LSEN	400m		Final
236	16:50	Girls- 14	200m		Final
237	16:55	Boys – 14	200m		Final
238	17:00	Girls- 15	200m		Final
239	17:05	Boys – 15	200m		Final
240	17:10	Girls – 17	200m		Final
241	17:15	Boys – 17	200m		Final
242	17:20	Girls – 19	200m		Final
243	17:25	Boys – 19	200m		Final
243	17:30	Girls-19	3000SC		Final
244	17:45	Boys- 19	3000SC		Final
245	18:00	Girls LSEN	4x100 Relay		Final
246	18:05	Boys LSEN	4x100 Relay		Final
247	18:10	Girls -19	Swedish Relay 100/200/300/400		Final
248	18:20	Boys -19	Swedish Relay 100/200/300/400		Final
TROPHY PRESENTATION					