



**CURRO**   
**PODIUM**  
**ATHLETICS**

**18 February 2023**  
**PROGRAMME**



**Athletics**  
Gauteng North

**#CurroPodium**



**Tshwane University**  
of Technology  
*We empower people*

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# WELCOME

## to the Curro Podium Athletics

I grew up in Pretoria and attended many athletics events at Pilditch during my high school years. I fondly recall the excitement of exceptional athletic performances and the 'gees' amongst enthusiastic spectators in the stands.

It is therefore a particular privilege to be back here and to share that Curro is honoured and thrilled to host 45 top schools at one of South Africa's biggest and most prestigious school events!

We believe that every athlete and every spectator here have a dream. But it is not the act of dreaming nor their raw talent that sets the athletes gathered here today apart.

'Hope is not a strategy. We must plan and take action to turn our hopes and dreams into reality.' – Roy T Bennett (author)

You've exerted yourself in countless hours of training to reduce your times by fractions of a second or to add crucial millimetres to pursue your goals. It is this discipline and dedication to your goals and dreams that inspire us all, not just whether you win a race or set a record.

Congratulations to the athletes participating today on developing not only your athletic prowess but the life skills that will stand each of you in good stead, whatever you pursue in the future.

Thank you especially to all the coaches, parents and guardians who supported the development of our young heroes.

### Podium awards

We will watch schools compete in events such as middle-distance heats, sprints, hurdles, discus throws, and high jumps. The competition will be fierce as these talented athletes go all out to claim team trophies for the best boys' and best girls' athletics team, as well as the best combined athletics team.



The most outstanding male and female track athletes, as well as the best field athlete, will be honoured with individual trophies. Finally, the junior victor and victrix ludorum and the senior victor and victrix ludorum awards will recognise the most exceptional performers.

### **Classic shoot-out**

Today we will not only applaud the future of athletics in southern Africa, but also its present. Keep your eyes peeled for the classic shoot-out events during the day where some of the most phenomenal athletes in the region will be taking the field to showcase their remarkable abilities.

These 'stars of the present' include South African Olympians Akani Simbine, Clarence Munyai, Tlotliso Gift Leotlela, Zakhiti Nene, Thapelo Phora, and Carina Horn, World Junior 400-m champion Lythe Pillay, World Junior 100-m champion Letsile Tebogo, and African 400-m champion Miranda Coetzee.

And let's not forget about the international talent, including Norwegian Olympian Line Kloster, Namibian Olympian Beatrice Masilingi, and DRC Olympian Oliver Mwimba!

### **Curro**

Curro is the leading independent school network in southern Africa with more than 72 000 learners. In Latin, Curro means 'I run' and so we have a particular affection for athletics.

We are deeply committed to extending educational opportunities for young South Africans in all spheres of life. In this instance, we plan to support and nurture the future of South Africa's athletics in events such as this one where we can celebrate excellence and inspire camaraderie across many communities.

We trust you will enjoy this with us!

**Cobus Loubser**

**CEO of Curro**



**#CurroPodium**



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# PROGRAMME

Seq.	Time	Pit	Event		Spec.
1	07:00		Final girls' u.15 3 000 m		
2	07:15	B	Final girls' u.15 high jump		
3	07:15	A	Final boys' u.15 high jump		
4	07:15	A	Final boys' u.19 long jump		
5	07:15	B	Final girls' u.19 triple jump		11 m
6	07:15	B	Final 1 of 2 girls' u.17 discus	(no final)	1 kg
7	07:15	A	Final 1 of 2 boys' u.15 discus	(no final)	1 kg
8	07:15		Final boys' u.19 javelin		800 g
9	07:15		Final boys' u.15 3 000 m		
10	07:30		Final boys' u.17 3 000 m		
11	07:45		Final girls' u.17 3 000 m		
12	08:00		Final girls' u.19 3 000 m		
13	08:15	B	Final girls' u.17 triple jump		9 m
14	08:15		Final boys' u.19 3 000 m		
15	08:15	A	Final 2 of 2 girls' u.17 discus	(no final)	1 kg
16	08:15	A	Final 2 of 2 boys' u.15 discus	(no final)	1 kg
17	08:15	A	Final girls' u.19 shotput		4 kg
18	08:30		Final 1 of 2 boys' u.19 400 m hurdles	(no final)	91,4 cm
18	08:30		Final 2 of 2 boys' u.19 400 m hurdles	(no final)	91,4 cm
19	08:38		Final u.1 of 3 boys' u.17 400 m hurdles	(no final)	84 cm
19	08:38		Final 2 of 3 boys' u.17 400 m hurdles	(no final)	84 cm
19	08:38		Final 3 of 3 boys' u.17 400 m hurdles	(no final)	84 cm
20	08:47		Final 1 of 3 boys' u.15 300 m hurdles	(no final)	84 cm
20	08:47		Final 2 of 3 boys' u.15 300 m hurdles	(no final)	84 cm
20	08:47		Final 3 of 3 boys' u.15 300 m hurdles	(no final)	84 cm
21	08:57		Final 1 of 2 girls' u.19 400 m hurdles	(no final)	76,2cm
21	08:57		Final 2 of 2 girls' u.19 400 m hurdles	(no final)	76,2 cm
22	09:03		Final 1 of 3 girls' u.17 400 m hurdles	(no final)	76,2 cm

22	09:03		Final 2 of 3 girls' u.17 400 m hurdles	(no final)	76,2 cm
22	09:03		Final 3 of 3 girls' u.17 400 m hurdles	(no final)	76,2 cm
23	09:15		Final u.1 of 5 girls' u.15 300 m hurdles	(no final)	76,2 cm
23	09:15		Final 2 of 5 girls' u.15 300 m hurdles	(no final)	76,2 cm
23	09:15		Final 3 of 5 girls' u.15 300 m hurdles	(no final)	76,2 cm
23	09:15		Final 4 of 5 girls' u.15 300 m hurdles	(no final)	76,2 cm
23	09:15		Final 5 of 5 girls' u.15 300 m hurdles	(no final)	76,2 cm
24	09:15	A	Final girls' u.17 high jump		
25	09:15	B	Final girls' u.19 high jump		
26	09:15	A	Final u.1 of 2 boys' u.17 long jump	(no final)	
26	09:15	B	Final 2 of 2 boys' u.17 long jump	(no final)	
27	09:15	A	Final boys' u.15 javelin		600 g
28	09:15	B	Final u.1 of 2 girls' u.17 shotput	(no final)	3 kg
29	09:15	A	Final u.1 of 2 boys' u.17 shotput	(no final)	5 kg
30	09:30		Heat u.1 of 3 men u.25 60 m	(final=51)	
30	09:30		Heat 2 of 3 men u.25 60 m	(final=51)	
30	09:30		Heat 3 of 3 men u.25 60 m	(final=51)	
31	09:40		Final u.1 of 8 girls' u.15 200 m	(no final)	
31	09:40		Final 2 of 8 girls' u.15 200 m	(no final)	
31	09:40		Final 3 of 8 girls' u.15 200 m	(no final)	
31	09:40		Final 4 of 8 girls' u.15 200 m	(no final)	
31	09:40		Final 5 of 8 girls' u.15 200 m	(no final)	
31	09:40		Final 6 of 8 girls' u.15 200 m	(no final)	
31	09:40		Final 7 of 8 girls' u.15 200 m	(no final)	
32	09:52		Final 1 of 5 boys' u.15 200 m	(no final)	
32	09:52		Final 2 of 5 boys' u.15 200 m	(no final)	
32	09:52		Final 3 of 5 boys' u.15 200 m	(no final)	
32	09:52		Final 4 of 5 boys' u.15 200 m	(no final)	
33	10:04		Final 1 of 6 girls' u.17 200 m	(no final)	

33	10:04		Final 2 of 6 girls' u.17 200 m	(no final)	
33	10:04		Final 3 of 6 girls' u.17 200 m	(no final)	
33	10:04		Final 4 of 6 girls' u.17 200 m	(no final)	
33	10:04		Final 5 of 6 girls' u.17 200 m	(no final)	
34	10:15	B	Final 2 of 2 girls' u.17 shotput	(no final)	3 kg
35	10:18		Final 1 of 8 boys' u.17 200 m	(no final)	
35	10:18		Final 2 of 8 boys' u.17 200 m	(no final)	
35	10:18		Final 3 of 8 boys' u.17 200 m	(no final)	
35	10:18		Final 4 of 8 boys' u.17 200 m	(no final)	
35	10:18		Final 5 of 8 boys' u.17 200 m	(no final)	
35	10:18		Final 6 of 8 boys' u.17 200 m	(no final)	
35	10:18		Final 7 of 8 boys' u.17 200 m	(no final)	
36	10:30	A	Final boys' u.19 shotput	6 kg	
37	10:36		Final 1 of 2 girls' u.19 200 m	(no final)	
37	10:36		Final 2 of 2 girls' u.19 200 m	(no final)	
38	10:42		Final 1 of 5 boys' u.19 200 m	(no final)	
38	10:42		Final 2 of 5 boys' u.19 200 m	(no final)	
38	10:42		Final 3 of 5 boys' u.19 200 m	(no final)	

## Opening ceremony (starts at 11:00)

38	10:42		Final 4 of 5 boys' u.19 200 m	(no final)	
39	10:54		Final 1 of 2 boys' u.19 800 m	(no final)	
39	10:54		Final 2 of 2 boys' u.19 800 m	(no final)	
40	10:55		Final girls' u.19 800 m		
41	11:15	A	Final girls' u.17 javelin	500 g	
42	11:30	B	Final boys' u.19 high jump	(no final)	
43	11:30	B	Final boys' u.15 long jump	(no final)	
44	11:30	B	Final girls' u.15 discus	1 kg	
45	11:30	B	Final 2 of 2 boys' u.17 shotput(no final)	5 kg	
46	11:30		Final women u.25 1 000 m		
47	11:35		Final men u.25 1 000 m		

48	11:40		Final women u.25 300 m		
49	11:45		Final men u.25 300 m		
50	11:50		Final women u.25 60 m		
51	11:55		Final men u.25 60 m	(no final)	
52	12:00		Final 1 of 2 girls' u.17 800 m	(no final)	
52	12:00		Final 2 of 2 girls' u.17 800 m	(no final)	
53	12:08		Final 1 of 2 boys' u.17 800 m	(no final)	
53	12:08		Final 2 of 2 boys' u.17 800 m	(no final)	
54	12:16		Final 1 of 2 boys' u.15 800 m	(no final)	
54	12:16		Final 2 of 2 boys' u.15 800 m	(no final)	
55	12:24		Final 1 of 2 girls' u.15 800 m	(no final)	
55	12:24		Final 2 of 2 girls' u.15 800 m	(no final)	
56	12:32		Final 1 of 3 boys' u.19 110 m hurdles	(no final)	99,5 cm
56	12:32		Final 2 of 3 boys' u.19 110 m hurdles	(no final)	99,5 cm
56	12:32		Final 3 of 3 boys' u.19 110 m hurdles	(no final)	99,5 cm
57	12:42		Final 1 of 4 boys' u.17 110 m hurdles	(no final)	91,4 cm
57	12:42		Final 2 of 4 boys' u.17 110 m hurdles	(no final)	91,4 cm
57	12:42		Final 3 of 4 boys' u.17 110 m hurdles	(no final)	91,4 cm
57	12:42		Final 4 of 4 boys' u.17 110 m hurdles	(no final)	91,4 cm
58	12:54		Final 1 of 5 boys' u.15 100 m hurdles	(no final)	84 cm
58	12:54		Final 2 of 5 boys' u.15 100 m hurdles	(no final)	84 cm
58	12:54		Final 3 of 5 boys' u.15 100 m hurdles	(no final)	84 cm
58	12:54		Final 4 of 5 boys' u.15 100 m hurdles	(no final)	84 cm
58	12:54		Final 5 of 5 boys' u.15 100 m hurdles	(no final)	84 cm
59	13:09		Final 1 of 2 girls' u.19 100 m hurdles	(no final)	84 cm
59	13:09		Final 2 of 2 girls' u.19 100 m hurdles	(no final)	84 cm
60	13:12		Final 1 of 3 girls' u.17 100 m hurdles	(no final)	76,2 cm
60	13:12		Final 2 of 3 girls' u.17 100 m hurdles	(no final)	76,2 cm
60	13:12		Final 3 of 3 girls' u.17 100 m hurdles	(no final)	76,2 cm
61	13:20	A	Final 1 of 2 girls' u.15 long jump	(no final)	
61	13:20	B	Final 2 of 2 girls' u.15 long jump	(no final)	
62	13:20	B	Final girls' u.19 discus	1 kg	

63	13:20	A	Final 1 of 2 boys' u.17 discus	(no final)	1,5 kg
64	13:20	A	Final girls' u.15 javelin	500 g	
65	13:20	A	Final 1 of 2 boys' u.15 shotput	(no final)	4 kg
65	13:20	B	Final 2 of 2 boys' u.15 shotput	(no final)	4 kg
66	13:24		Final 1 of 6 girls' u.15 90 m hurdles	(no final)	76,2 cm
66	13:24		Final 2 of 6 girls' u.15 90 m hurdles	(no final)	76,2 cm
66	13:24		Final 3 of 6 girls' u.15 90 m hurdles	(no final)	76,2 cm
66	13:24		Final 4 of 6 girls' u.15 90 m hurdles	(no final)	76,2 cm
66	13:24		Final 5 of 6 girls' u.15 90 m hurdles	(no final)	76,2 cm
66	13:24		Final 6 of 6 girls' u.15 90 m hurdles	(no final)	76,2 cm
67	13:42		Final 1 of 8 girls' u.15 100 m	(no final)	
67	13:42		Final 2 of 8 girls' u.15 100 m	(no final)	
67	13:42		Final 3 of 8 girls' u.15 100 m	(no final)	
67	13:42		Final 4 of 8 girls' u.15 100 m	(no final)	
67	13:42		Final 5 of 8 girls' u.15 100 m	(no final)	
67	13:42		Final 6 of 8 girls' u.15 100 m	(no final)	
67	13:42		Final 7 of 8 girls' u.15 100 m	(no final)	
68	13:56		Final 1 of 7 boys' u.15 100 m	(no final)	
68	13:56		Final 2 of 7 boys' u.15 100m	(no final)	
68	13:56		Final 3 of 7 boys' u.15 100 m	(no final)	
68	13:56		Final 4 of 7 boys' u.15 100 m	(no final)	
68	13:56		Final 5 of 7 boys' u.15 100 m	(no final)	
68	13:56		Final 6 of 7 boys' u.15 100 m	(no final)	
69	14:08		Final 1 of 6 girls' u.17 100 m	(no final)	
69	14:08		Final 2 of 6 girls' u.17 100 m	(no final)	
69	14:08		Final 3 of 6 girls' u.17 100 m	(no final)	
69	14:08		Final 4 of 6 girls' u.17 100 m	(no final)	
69	14:08		Final 5 of 6 girls' u.17 100 m	(no final)	
70	14:18		Final 1 of 9 boys' u.17 100 m	(no final)	
70	14:18		Final 2 of 9 boys' u.17 100 m	(no final)	
70	14:18		Final 3 of 9 boys' u.17 100 m	(no final)	
70	14:18		Final 4 of 9 boys' u.17 100 m	(no final)	



70	14:18		Final 5 of 9 boys' u.17 100 m	(no final)	
70	14:18		Final 6 of 9 boys' u.17 100 m	(no final)	
70	14:18		Final 7 of 9 boys' u.17 100 m	(no final)	
70	14:18		Final 8 of 9 boys' u.17 100 m	(no final)	
71	14:20	B	Final boys' u.17 high jump		
72	14:20	B	Final girls' u.17 long jump		
73	14:20	A	Final boys' u.19 triple jump	13 m	
74	14:20	A	Final 2 of 2 boys' u.17 discus	(no final)	1,5 kg
75	14:20	A	Final girls' u.19 javelin	600 g	
76	14:20	A	Final 1 of 2 girls' u.15 shotput	(no final)	3 kg
76	14:20	B	Final 2 of 2 girls' u.15 shotput	(no final)	3 kg
77	14:34		Final 1 of 2 girls' 19 100 m	(no final)	
77	14:34		Final 2 of 2 girls' 19 100 m	(no final)	
78	14:40		Final 1 of 5 boys' u.19 100 m	(no final)	
78	14:40		Final 2 of 5 boys' u.19 100 m	(no final)	
78	14:40		Final 3 of 5 boys' u.19 100 m	(no final)	
78	14:40		Final 4 of 5 boys' u.19 100 m	(no final)	
79	14:57		Final 1 of 4 girls' u.17 400 m	(no final)	
79	14:57		Final 2 of 4 girls' u.17 400 m	(no final)	
79	14:57		Final 3 of 4 girls' u.17 400 m	(no final)	
79	14:57		Final 4 of 4 girls' u.17 400 m	(no final)	
80	15:09		Final 1 of 6 boys' u.17 400 m	(no final)	
80	15:09		Final 2 of 6 boys' u.17 400 m	(no final)	
80	15:09		Final 3 of 6 boys' u.17 400 m	(no final)	
80	15:09		Final 4 of 6 boys' u.17 400 m	(no final)	
80	15:09		Final 5 of 6 boys' u.17 400 m	(no final)	
80	15:09		Final 6 of 6 boys' u.17 400 m	(no final)	
81	15:27		Final 1 of 2 girls' u.19 400 m	(no final)	
81	15:27		Final 2 of 2 girls' u.19 400 m	(no final)	
82	15:35	B	Final girls' u.19 long jump		
83	15:35	A	Final boys' u.17 triple jump	11 m	
84	15:35		Final 1 of 4 boys' u.19 400 m	(no final)	

84	15:35		Final 2 of 4 boys' u.19 400 m	(no final)	
84	15:35		Final 3 of 4 boys' u.19 400 m	(no final)	
84	15:35		Final 4 of 4 boys' u.19 400 m	(no final)	
85	15:35	A	Final boys' u.19 discus		1,75 kg
86	15:35	A	Final boys' u.17 javelin		700 g
87	15:47		Final 1 of 3 boys' u.15 400 m	(no final)	
87	15:47		Final 2 of 3 boys' u.15 400 m	(no final)	
87	15:47		Final 3 of 3 boys' u.15 400 m	(no final)	
88	15:56		Final 1 of 5 girls' u.15 400 m	(no final)	
88	15:56		Final 2 of 5 girls' u.15 400 m	(no final)	
88	15:56		Final 3 of 5 girls' u.15 400 m	(no final)	
88	15:56		Final 4 of 5 girls' u.15 400 m	(no final)	
88	15:56		Final 5 of 5 girls' u.15 400 m	(no final)	
89	16:11		Final 1 of 2 boys' u.15 1 500 m	(no final)	
89	16:11		Final 2 of 2 boys' u.15 1 500 m	(no final)	
90	16:21		Final girls' u.15 1 500 m		
91	16:31		Final 1 of 2 boys' u.17 1 500 m	(no final)	
91	16:31		Final 2 of 2 boys' u.17 1 500 m	(no final)	
92	16:46		Final girls' u.17 1 500 m		
95	17:25		Final 5 of 5 boys' u.19 200 m	(no final)	
96	17:29		Final 8 of 8 boys' u.17 200 m	(no final)	
97	17:33		Final 6 of 6 girls' u.17 200 m	(no final)	
98	17:37		Final 8 of 8 girls' u.15 200 m	(no final)	
99	17:41		Final 5 of 5 boys' u.15 200 m	(no final)	
100	17:46		Final 8 of 8 girls' u.15 100 m	(no final)	
101	17:50		Final 7 of 7 boys' u.15 100 m	(no final)	
102	17:54		Final 6 of 6 girls' u.17 100 m	(no final)	
103	17:58		Final 9 of 9 boys' u.17 100 m	(no final)	
104	18:02		Final 5 of 5 boys' u.19 100 m	(no final)	
105	18:11		Final 1 of 3 girls' u.19 4 x 100 m relay	(no final)	
105	18:11		Final 2 of 3 girls' u.19 4 x 100 m relay	(no final)	
105	18:11		Final 3 of 3 girls' u.19 4 x 100 m relay	(no final)	

106	18:21	Final 1 of 3 boys' u.19 4 x 100 m relay	(no final)	
106	18:21	Final 2 of 3 boys' u.19 4 x 100 m relay	(no final)	
106	18:21	Final 3 of 3 boys' u.19 4 x 100 m relay	(no final)	
107	18:31	Final 1 of 3 boys' u.19 1,2,3,4-00 m relay	(no final)	
107	18:31	Final 2 of 3 boys' u.19 1,2,3,4-00 m relay	(no final)	
107	18:31	Final 3 of 3 boys' u.19 1,2,3,4-00 m relay	(no final)	
108	18:36	Final 1 of 3 girls' u.19 1,2,3,4-00 m relay	(no final)	
108	18:36	Final 2 of 3 girls' u.19 1,2,3,4-00 m relay	(no final)	
108	18:36	Final 3 of 3 girls' u.19 1,2,3,4-00 m relay	(no final)	

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