Athletics Colours Criteria – Diocesan College



This policy document sets out the official standards, qualification pathways, and performance criteria for the award of Half Colours and Full Colours in Athletics at Diocesan College. The framework evaluates athletic achievement across recognised interschool and championship competitions, while upholding the school's standards of sportsmanship, leadership, and athletic commitment. As of 2026, the athletics meetings, available to Bishops athletes, are the following:

1. General Eligibility & Core Qualification Requirements
   To be eligible for consideration for Athletics Colours, candidates must meet foundational grade, participation, and performance criteria:

- Candidates must be enrolled in a senior grade (Grade 10 to Grade 12).
- Athletes must actively compete in a minimum of three recognised athletics meetings during the official athletics season, which runs from September to March.
- Athletes qualifying via event standards must achieve or exceed the specified minimum standards in at least two of these recognised meetings.

Meeting the numerical or performance criteria is a necessary prerequisite but does not automatically guarantee an award; final conferral remains subject to administrative review and behavioural criteria.

2. Qualification Pathways (Performance Standards, Zonals, and Provincial Representation)
   Athletes can satisfy the athletic performance criteria for Half Colours or Full Colours through the following official pathways:

   An athlete qualifies for Half Colours by fulfilling either of the following requirements:

- Achieving the designated u17 or u19 Half Colours performance standard in their respective track or field event across at least two recognised meetings during the season.
- Qualifying for the WPSA Championships by progressing through the Zonal trials (zonals).

   An athlete qualifies for Full Colours by fulfilling either of the following requirements:

- Achieving the designated u17 or u19 Full Colours performance standard in their respective track or field event across at least two recognized meetings during the season.
- Achieving official Western Province (WP) colours in athletics.

3. Recognised Athletics Meetings (2026 Season)

Performance standards must be achieved at official, sanctioned athletics competitions. The recognised meetings available to Bishops athletes comprise:

- Including the Athletics Spring Meetings and Quadrangular meetings.
- Sports Day competitions (noting explicitly that Heats Week is excluded and does not count as an official meeting).
- Western Province (WP) Junior Championships (accessed via school zonals or club representation), South African (SA) National Championships, and other sanctioned interprovincial or prestige meetings.

4. Minimum Event Performance Standards

- The following tables detail the quantitative benchmarks required across track and field events for u17 and u19 age categories.

Track Event	Half Colours		Full Colours	
	u17	*u19*	*u17*	*u19*
100m	11.85 s	11.7 s	11.45 s	11.3 s
200m	24.6 s	24.3 s	23.4 s	23.2 s
400m	55.2 s	54.5 s	53.1 s	52.5 s
800m	02:10,0 s	02:07,0 s	02:06,0 s	02:03,0 s
1500m	04:37,0 s	04:30,0 s	04:27,0 s	04:20,0 s
3000m	10:00,0 s	09:45,0 s	09:38,0 s	09:25,0 s
5000m Walk		29:00,0 s		27:00,0 s
10000m Walk		59:31,0 s		56:53,0 s
100m H	16.4 s		15.1 s	
110m H		17.4 s		16.1 s
300m H		44.2 s		41.8 s
400m H		62 s		59 s
1500m Steeplechase		05:00,0 s		04:46,0 s
2000m Steeplechase		06:52,0 s		06:31,0 s

Field Event	Half Colours		Full Colours	
	u17	*u19*	*u17*	*u19*
High Jump	1.7 m	1.75 m	1.8 m	1.85 m
Long Jump	6 m	6.15 m	6.4 m	6.56 m
Pole Vault		3.4 m		3.75 m
Triple Jump		12.2 m		13 m
Shot Put (6kg)		12.8 m		13.8 m
Shot Put (5kg)	12.9 m		13.9 m	
Discus (1.75kg)		36 m		40 m
Discus (1.5kg)		37.6 m		42 m
Javelin (800g)		47 m		54.1 m
Javelin (700g)	46.7 m		53.8 m	
Hammer Throw (6.3kg)		35 m		39 m
Pentathlon		2200 points		2700 points

5. Sportsmanship, Commitment, and Administrative Responsibilities

Athletic achievement alone does not guarantee the award of colours. The following behavioural and administrative conditions apply to all potential recipients:

- Athletes must consistently demonstrate exemplary sportsmanship, dedication to the athletics program, and active commitment toward the mentorship and development of junior athletes.
- It remains the sole responsibility of the athlete to ensure that official evidence of standards attained, or qualifications achieved, is submitted to the Head of Athletics promptly.
- Meeting the numerical benchmarks or championship qualification criteria makes an athlete eligible for consideration, but final approval rests with the Head of Athletics and the Colours Committee.