





Athletics:

Men: Akani Simbine (100m), Gift Leotlela (100m), Shaun Maswanganyi (100m, 200m), Clarence Munyai (200m), Anaso Jobodwana (200m), Wayde van Niekerk (400m), Zakhithi Nene (400m), Thapelo Phora (400m), Precious Mashele (5,000m), Antonio Alkana (110m hurdles), Sokwakhana Zazini (400m hurdles), Cheswill Johnsonson (long jump), Ruswahl Samaai (long jump), Kyle Bignaut (shot put), Jason van Rooyen (shot put), Rocco van Rooyen (javelin), Stephen Mokoka (marathon), Desmond Mokgobu (marathon), Elroy Gelant (marathon), Wayne Snyman (20km race walk), Marc Mundell (50km race walk), Men's 4x100m, Men's 4x400m.
 Women: Dominique Scott (5,000m, 10,000m), Wenda Nel (400m hurdles), Gerda Steyn (marathon), Irvette van Zyl (marathon), Jo-Ane van Dyk (javelin).
 Coaches and management: Jean Verster, Hezekiel Sepeng, Paul Gorries, Irma Reyneke, Hendrik Ramaala, Pierre Bignaut, Jennifer Kingwell

Climbing:

Men: Chris Cossier
 Women: Erin Sterkenburg
 Coach/Manager: James Barnes

Cycling:

Men: Johan Spies (track), David Maree (track), Stefan de Bod (road), Ryan Gibbons (road), Nicholas Dlamini (road), Alan Hatherly (mountain bike), Alex Limberg (BMX)
 Women: Ashleigh Moolman-Pasio (road), Charlene du Preez (track), Carla Oberholzer (road), Candice Lill (mountain bike)
 Officials: Elton Davids (team manager and BMX coach), Ian Goetham (road coach), Moosa Classen (track mechanic), Jean-Pierre Jacobs (mountain bike manager, coach and mechanic), Carl Pasio (road coach), Brigitte Mileson (track coach/manager), Gary Blem (road mechanic).

Gymnastics:

Caitlin Rookkrantz, Naveen Daries
 Coach/manager: Ilse Laing, Leeland Christian

Hockey

Women: Quanita Bobbs, Erin Christie, Lisa Deetlefs, Lilian du Plessis, Nicole Erasmus, Tarryn Glasby, Robyn Johnson, Charne Maddocks, Lerato Mahole, Phumelela Mbande, Edith Molikoe, Kristen Paton, Tarryn Potts, Cella Seerane, Nomnikelo Veto, Onthatile Zulu.
 Officials: Gillian Doig (manager), Robin van Ginkel (head coach), Nkuliso Zondi (assistant coach), Taren Naidoo (video analyst).

Men: Erasmus Pieterse, Timothy Drummond, Austin Smith, Mohamed Mea, Matthew Guise-Brown, Jethro Eustice, Nluduzo Lembethe, Taine Paton, Nicholas Spooner, Clinton Panther, Samkelo Mvimbi, Abdud Cassiem, Mustaphaa Cassiem, Nqobile Ntuli, Keenan Horne, Tevin Kok.
 Officials: Martin van Staden (manager), Garreth Ewing (head coach), Siphesihle Ntuli (assistant coach), Ashlin Freddy.



Sailing:
 Alex Burger and Benjamin Daniel
 Coach/manager: Aseanathi Jim

Surfing:
 Bianca Butendag
 Coach: Greg Emslie

Blitz Boks:
 Sakoyisa Makata, Dylan Sage, Impi Visser, Zain Davids, Angelo Davids, JC Pretorius, Branco du Preez, Selvyn Davids, Justin Geduld, Kurt-Lee Arendse, Siwele Soyizwapi, Stedman Gans
 Coaches and management: Neil Powell, Renfred Dazel, Ghafoer Luckan, Ashley Evert



Women's water polo:
 Amica Hallenndorff, Shakira January, Meghan Maartens, Chloe Meecham, Georgie Moir, Boati Motau, Hannah Muller, Daniela Passoni, Megan Sileno, Ashleigh Vaughn, Jordan Wedderburn, Kelsey White
 Coaches and management: Candice Williams, Delaine Mentor, Duncan Woods

Men's water polo:
 Ignardus Badenhorst, Devon Card, Jason Evezzard, Cameron Laurensen, Lwazi Madi, Farouk Mayman, Yaseen Margro, Liam Neill, Roarke Oliver, Nicholas Rodds, Donn Stewart, Ross Stone
 Coaches and management: Rowen Meth, Paul Martin, Vaughan Marlow

Swimming:
 Tatjana Schoenmaker, Kaylene Corbett, Emma Chelius, Erin Gallagher, Ethan du Preez, Chad le Clos, Pieter Coetzee, Bradley Tandy, Michael Houle, Matthew Sates, Women's 4x100m medley relay (Manella Venter, Tatjana Schoenmaker, Erin Gallagher, Aimee Carney)

Artistic swimming:
 Laura Strugnell, Clarissa Johnston
 Coaches and management: Vicky Drinkwater

Skateboarding:
 Melissa Williams, Andre Oberholzer, Boipelo Awuah, Brandon Valjalo
 Coach/manager: Wendy Gila

Triathlon:
 Gillian Sanders, Henri Schoeman, Simon Ackermann, Richard Murray
 Coaches and management: Kate Murray, Lindsey Pany



Sailing:
 Leo Davis
 Coach/manager: Victor Davis

Rowing:
 Lawrence Britain (men's four), John Smith (men's four), Sandro Torrento (men's four), Kyle Schoonbee (men's four), Jake Green (men's pair), Luc Daffam (men's pair)
 Coaches and management: Roger Barrow, Marco Galeone

Golf:
 Men: Garrick Higgo, Christiaan Bezuidenhout
 Women: Ashleigh Buhai
 Coaches, management and caddies: Tanya Paterson (caddy), Johan Swanepoel (caddy), Nick Cavendish-Pell (caddy) and Joanne Newell (manager)

Equestrian:
 Tanya Seymour, Victoria Legendre-Scott
 Coaches and management: Ingeborg Sanne, Rudolphe Scherer, Colin Scott

Judo:
 Geronay Whitebooi
 Coach: Nikola Filipov


Open water swimming:
 Men: Michael McGlynn,
 Women: Michelle Weber
 Coaches: Wayne Riddin, Cedric Finch

Diving:
 Julia Vincent, Micaela Bouter
 Coach: William Sherritt


Football:
 Ronwen Williams, Mondli Mpotu, Sifiso Mlungwana, Tercious Malepe, Luke Fleurs, Sibusiso Mabiliso, Abubaker Mobara, Thabiso Monyane, Katlego Mohammed, Teboho Mokoena, Thabo Cele, Nkosiniphile Ngcobo, Siphso Mbule, Goodman Mosele, Kamohele Mahlatsi, Fagrie Lakay, Luther Singh, Evidence Makgopa, Lyle Foster and Kobamelo Kodisang.
 Coaches and management: David Notoane, Mxolisi Sibam, Kwanele Kopo, Wendell Robinson and Northandazo Ncube.



July 22

 **Football:** Group match: SA v Japan (13h00)

July 23

 **Opening Ceremony**

TOKYO 2020



SUB10

July 24

Cycling

Men's road race: Nic Dlamini, Stefan de Bod, Ryan Gibbons **Final** (4am)

Hockey

Men: Group match: SA v Britain (11.30am)

Women: Group match: SA v Ireland (14.15pm)

Judo

Women's -48kg: Geronay Whitebooi (4am and 10am)

Rowing

Men's pair, heats: Jake Green & Luc Daffarn (3.20am)

Men's four, heats: Lawrence Brittain, John Smith, Kyle Schoonbee, Sandro Torrente (5.10am)

Water polo

Women, group match: SA v Spain (11.20am)

Equestrian

Dressage qualifier: Tanya Seymour (10.00am)

Swimming:

Men's 400m individual medley heats: Matthew Sates (12.02pm)

Women's 100m butterfly heats: Erin Gallagher (12.28pm)

Men's 100m breaststroke heats: Michael Houlie (13.55pm)

*South African time



SUB10



Swimming

Men's 400m individual medley **Final** (3.30am);
Women's 100m butterfly semi-finals (3.40am);
Men's 100m breaststroke semi-finals (4.33am)
Men's 200m freestyle heats: Chad Le Clos (12.22pm);
Women's 100m breaststroke heats: Tatjana Schoenmaker (12.59pm);
Men's 100m backstroke heats: Pieter Coetzé (13.22pm)

Water polo

Men, group match: SA v Italy (3am)

Gymnastics

Qualification: Caitlyn Rooskrantz, Naveen Daries (3am)

Cycling

Women's road race: Ashleigh Moolman-Pasio (6am)

Football

Group match: SA v France (10am)

Equestrian

Dressage qualifier: Tanya Seymour (10am)

Hockey

Men: Group match: SA v Holland (14.15pm)

Skateboarding

Men's Street, prelims and **Final**: Brandon Valjalo (2am & **5.25am**)

Surfing

Women, rounds 1&2: Bianca Buitendag (3.20am & 8am)

July 26



Triathlon

Men Henri Schoeman, Richard Murray **Final** (23.30 July 25)

Surfing

Women, rounds 3: Bianca Buitendag (0.00am)

Swimming

Women's 100m butterfly **Final** (3.30am);
Men's 200m freestyle semi-finals (3.37am);
Women's 100m breaststroke semi-finals (3.50am);
Men's 100m breaststroke **Final** (4.12am);
Men's 100m backstroke semi-finals (4.31am)
Men's 200m butterfly heats: Chad Le Clos, Ethan du Preez (12.29pm);
Women's 200m individual medley heats: Rebecca Meder (12.56pm)

Rugby

Group matches:
SA v Ireland (4am);
SA v Kenya (12.00pm)

Skateboarding

Women's Street, prelims and **Final**: Boipelo Awuah (2am & **5.25pm**)

Hockey

Women: Group match: SA v Britain (11.30am)

Cycling:

Mountain bike Men: Alan Hatherly **Final** (8am)



*South African time

July 27

Triathlon:

Women: Gill Sanders, Simone Ackerman **Final** (23.30 26 July)

Surfing:

Women, quarterfinals & semi-finals (2.24am & 6am)

Water polo:

Men, group match: SA v US (3am)

Swimming:

Men's 200m freestyle **Final** (3.43am);

Women's 100m breaststroke **Final** (4.17am);

Men's 200m butterfly semi-finals (4.35am);

Women's 200m individual medley semi-finals (4.58am)

Rugby:

Group match: SA v US (4.30am); playoffs (9.30am)

Sailing:

Men's Finn - 2 races: Leo Davis (6.05am)

Men's Skiff 49er - 3 races: Alex Burger, Benjamin Daniel (7.50am)

Hockey:

Men: Group match: SA v Belgium (11.30am)

Cycling:

Mountain bike, women: Candice Lill **Final** (8am)

*South African time



JULY 28



Rowing:
Men's four, **Final** (3.10am)

Swimming:
Men's 200m butterfly **Final** (3.49am);
Women's 200m individual medley **Final** (4.45am)
Women's 100m freestyle heats: Erin Gallagher (12.02pm);
Men's 200m backstroke heats: Martin Binedell (12.25pm);
Women's 200m breaststroke heats: Tatjana Schoenmaker, Kaylene Corbett (12.52pm)
Women's 4x200m freestyle relay heats (13.34)

Cycling:
Women's individual time trial: Ashleigh Moolman-Pasio **Final** (4.30am)

Rugby:
Medal matches (10.30am)

Men's Skiff 49er - 3 races: Alex Burger, Benjamin Daniel (5.05am)
Men's Finn - 2 races: Leo Davis (5.05pm)

Water polo:
Women, group match: SA v Canada (8.30am)

Football:
Group match: SA v Mexico (13.30pm)

Hockey: Women:
Group match: SA v Netherlands (2.30am)

Surfing:
Women **Medals** (1am and 3.15am)

July 29



Golf:

Men's strokeplay round 1: Garrick Higgo, Christiaan Bezuidenhout (00.30am)

Water polo:

Men, group match: SA v Hungary (3am)

Swimming:

Women's 100m freestyle semi-finals (3.53);

Men's 200m backstroke semi-finals (4.04am);

Women's 200m breaststroke semi-finals (4.54am);

Women's 4x200m freestyle relay **Final** (5.31pm)

Men's 100m butterfly heats: Chad Le Clos (12.50pm)

Sailing:

Men's Finn - 2 races: Leo Davis (7.35am)

Hockey:

Men: Group match: SA v Germany (4.45am)

Cycling: BMX,

Men's quarterfinals: Alex Limberg (3am)

*South African time

July 30



Swimming:

Men's 100m butterfly semi-finals (3.30am);
Women's 200m breaststroke **Final** (3.41am);
Men's 200m backstroke **Final** (3.50am);
Women's 100m freestyle **Final** (3.59am)
Men's 50m freestyle heats: Brad Tandy (12.02pm); Women's
50m freestyle heats: Emma Chelius (12.24pm);
Women's 4x100m medley relay heats (14.36pm)

Athletics:

Men's 400m hurdles, round 1: Soks Yazini (3.55am)
Women's 5,000m qualification: Dom Scott (12.00pm)

Water polo:

Women, group match: SA v Netherlands (7am)

Equestrian:

Eventing, sessions 1&2: Victoria Legendre-Scott
(1.30am & 10.30am)

Sailing:

Men's Skiff 49er - 3 races: Alex Burger, Benjamin Daniel
(5.05am)

Golf:

Men's Strokeplay, round 2:
Garrick Higgo, Christiaan Bezuidenhout (00.30am)

Hockey:

Women, group match: SA v Germany (2.30am)
Men, group match: SA v Canada (5.15am)

Diving:

Women's 3m preliminary: Julia Vincent, Micaela Bouter (8am)

Cycling:

BMX, men's semifinals & final (3am & 4.40am)



*South African time

SUB10

July 31

Triathlon:

Mixed relay **Final** (00.30am)

Swimming:

Men's 100m butterfly **Final** (3.30am);

Men's 50m freestyle semi-finals (4.11am);

Women's 50m freestyle semi-finals (4.32am)

Equestrian:

Eventing, session 3: Victoria Legendre-Scott (1.30am)

Athletics:

Women's 400m hurdles, round 1: Wenda Nel (2am)

Men's long jump, qualification: Ruswahl Samaai, Cheswill Johnson (12.10pm)

Men's 100m, round 1: Akani Simbine, Gift Leotlela, Shaun Maswanganyi (12.45pm)

Sailing:

Men's Skiff 49er - 3 races: Alex Burger, Benjamin Daniel (5.05am)

Men's Finn - 2 races: Leo Davis (5.05pm)

Golf:

Men's stroke play, round 3: Garrick Higgs, Christiaan Bezuidenhout (00.30am)

Hockey:

Women, group match: SA v India (5.15pm)

Diving:

Women's 3m semi-finals: Julia Vincent, Micaela Bouter (8am)

Water polo:

Men, group match: SA v Greece (12.50pm)



AUGUST 1

Swimming:

Men's 50m freestyle **Final** (3.30am);
Women's 50m freestyle **Final** (3.37am);
Women's 4x100m medley relay **Final** (4.15am)

Sailing:

Men's Finn - 2 races: Leo Davis (8.05am)

Golf:

Men's strokeplay, round 4: Garrick Higgo, Christiaan Bezuidenhout (00.30am)

Hockey:

Men's quarterfinals (2.30am)

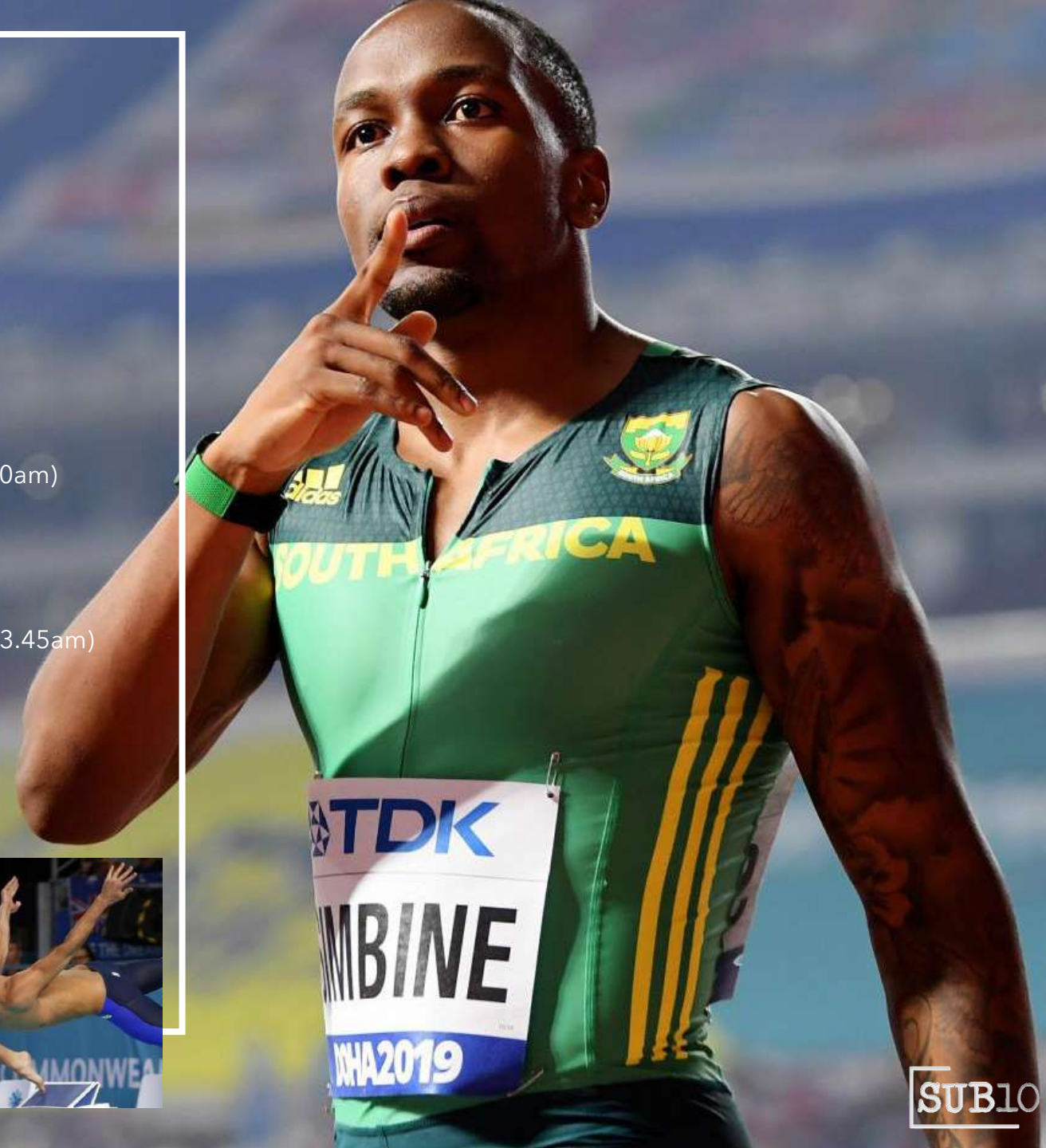
Athletics:

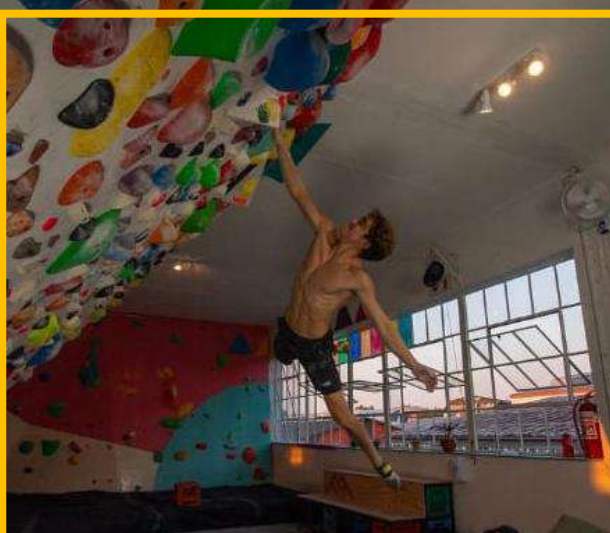
Men's 400m, round 1: Wayde van Niekerk, Thapelo Phora, Zakhiti Nene (3.45am)
Men's 400m hurdles, semifinals (14.05pm)
Men's 100m semifinals **and Final** (12.15pm & **14.50pm**)

Water polo:

Women, group match: SA v Australia (12.50pm)

*South African time





August 2

Synchronised swimming:

Duet free routine, preliminary: Clarissa Johnston & Laura Strugnell (12.30)

Hockey:

Women's quarterfinals (2.30am)

Athletics:

Men's long jump **Final** (3.20am)
Women's 400m semi-finals (13.05)
Women's 5,000m **Final** (14.40)

Water polo:

Men, group match: SA v Japan (11.20am)

*South African time

August 3

Synchronised swimming:

Duet technical routine, preliminary: Clarissa Johnston & Laura Strugnell (12.30pm)

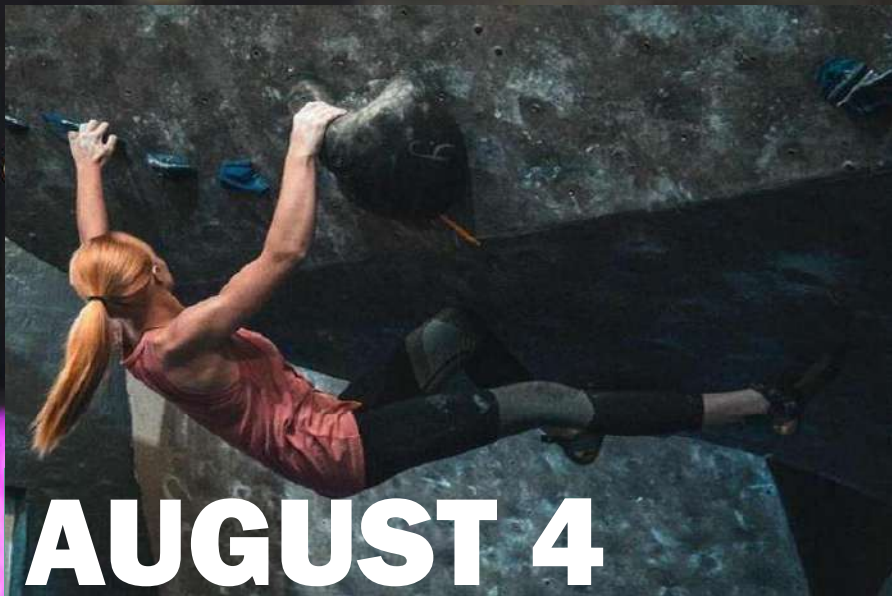
Climbing:

Men, qualification: Chris Cosser (10am)

Athletics:

Women's javelin qualification: Jo-Ane van Dyk (2.20am)
Men's 200m heats: Clarence Munyai, Anaso Jobodwana, Shaun Maswanganyi (4.05am)
Men's 400m hurdles **Final** (5.20pm)
Men's 110m hurdles, round 1 (12.10pm)
Men's shot put qualification: Kyle Blignaut, Jason van Rooyen (12.15pm)
Men's 5,000m, round 1: Precious Mashele (13.00)
Men's 200m semi-finals (13.50)

SUB10



AUGUST 4

Swimming:

Women's 10km: Michelle Weber (23.30 3 Aug)

Golf:

Women's stroke play, round 1: Ahleigh Buhai (00.30am)

Skateboarding:

Women's Park, prelims and **Final**: Melissa Williams (2am & **5.30am**)

Cycling: Sprint,

Men, qualifying: Johan Spies (8.30am)

Women, first round: Charlene du Preez (9.10am)

Climbing:

Women, qualification: Erin Sterkenburg (10am)

Athletics:

Men's Javelin, qualification: Rocco van Rooyen (2.05am)

Men's 110m hurdles, semi-finals (4am)

Women's 400m hurdles **Final** (4.30am)

Men's 200m **Final** (14.55)



AUGUST 5

Swimming:

Men's 10km: Michael Mcglynn (23.30 4 Aug)

Skateboarding:

Men's Park, prelims and **Final**: Andre Oberholzer (2am & **5.30am**)

Golf:

Women's stroke play, round 2: Ahleigh Buhai (00.30am)

Cycling:

Omnium Men: David Maree (8.30am)

Athletics:

Men's shot put **Final** (4.05am)

Men's 4x100m relay, heats (4.30am)

Men's 110m hurdles **Final** (4.55am)

Men's 20km walk: Wayne Snyman, Lebo Shange **Final** (9.30am)

Men's 400m **Final** (14.00)

August 6

Golf:

Women's stroke play, round 3: Ahleigh Buhai (00.30am)

Cycling:

Sprint, women, qualifying: Charlene du Preez (8.30am)

Athletics:

Men's 50km walk **Final** : Marc Mundell (22.30 5 Aug)

Men's 4x400m relay heats (13.25)

Women's javelin **Final** (13.50)

Men's 5,000m **Final** (14.00)

Men's 4x100m relay **Final** (15.50)

August 7

Golf:

Women's stroke play, round 4: Ahleigh Buhai (00.30am)

Cycling:

Keirin, men, first round: Johan Spies (8.48am)

Athletics:

Women's marathon: Gerda Steyn, Irvette van Zyl **Final** (00.00am)

Women's 10,000m **Final**: Dom Scott (12.45)

Men's 4x400m relay **Final** (14.50)

August 8

Athletics:

Men's marathon **Final** (00.00am)

Stephen Mokoka, Desmond Mokgobu Elroy Gelant



WOMEN'S OLYMPIC TOURNAMENT

24 JULY - 7 AUGUST 2021 TOKYO TATSUMI INTERNATIONAL SWIMMING CENTER

WOMEN'S OLYMPIC TOURNAMENT

24 JULY - 7 AUGUST 2021 TOKYO TATSUMI INTERNATIONAL SWIMMING CENTER

GROUP A

- AUSTRALIA
- SOUTH AFRICA
- NETHERLANDS
- SPAIN
- CANADA

GROUP B

- RUSSIA
- JAPAN
- HUNGARY
- USA
- CHINA

MEN'S OLYMPIC TOURNAMENT

25 JULY - 8 AUGUST 2021 TOKYO TATSUMI INTERNATIONAL SWIMMING CENTER

GROUP A

- SOUTH AFRICA
- USA
- HUNGARY
- GREECE
- JAPAN
- ITALY

GROUP B

- AUSTRALIA
- CROATIA
- SERBIA
- SPAIN
- KAZAKHSTAN
- MONTENEGRO

POOL A

- NEW ZEALAND
- AUSTRALIA
- ARGENTINA
- R.O. KOREA

POOL B

- FIJI
- GREAT BRITAIN
- CANADA
- JAPAN

POOL C

- SOUTH AFRICA
- USA
- KENYA
- IRELAND

POOL A

- NEW ZEALAND
- RUSSIAN O.C.
- GREAT BRITAIN
- KENYA

POOL B

- CANADA
- FRANCE
- FIJI
- BRAZIL

POOL C

- AUSTRALIA
- USA
- CHINA
- JAPAN

2021 OLYMPIC TOKYO (MEN'S FOOTBALL)

DRAW RESULT

GROUP A

- JPN
- RSA
- MEX
- FRA

GROUP B

- NZL
- KOR
- HON
- ROM

GROUP C

- EGY
- ESP
- ARG
- AUS

GROUP D

- BRA
- GER
- COI
- KSA

WOMEN'S HOCKEY AT TOKYO 2020

GROUP A

- GERMANY
- GREAT BRITAIN
- INDIA
- IRELAND
- NETHERLANDS
- SOUTH AFRICA

GROUP B

- ARGENTINA
- AUSTRALIA
- CHINA
- JAPAN
- NEW ZEALAND
- SPAIN

MEN'S HOCKEY AT TOKYO 2020

GROUP A

- ARGENTINA
- AUSTRALIA
- INDIA
- JAPAN
- NEW ZEALAND
- SPAIN

GROUP B

- BELGIUM
- CANADA
- GERMANY
- GREAT BRITAIN
- NETHERLANDS
- SOUTH AFRICA