



Established 1903

CAPE TOWN EISTEDDFOD
SPEECH and DRAMA Syllabus
2026

CHAIRPERSON

Ballet & Dance, Speech & Drama - Gregg Vos

EXECUTIVE COMMITTEE

Mr. Gregg Vos

Mr. Pieter Marais Mrs. Jillian Marais

Mrs. Vanessa Brink Mrs. Faye Swanepoel

Ms. Natalie Swanepoel Mrs. Lyn Conway

Enquiries & SPEECH & DRAMA CONVENOR

Mrs Sunette Theunissen

cptdramaisteddfod@gmail.com

WhatsApp: +27 83 371 8919

www.capetowneisteddfod.com



CONTENTS:

Venue:	3
Important Dates:	3
Entry Guidelines:	3
Entry Fees:	3
Banking Details:	3
Grades:	4
Adjudicators:	4
Available Awards:	4
RULES AND IMPORTANT NOTES FOR ENTRANTS and TEACHERS:	5
Drama Classes & Sections:	5
SECTION A: SOLOPERFORMANCES:	6
Unprepared Reading:	6
SOLO POETRY: OWN CHOICE:	6
SOLO POETRY SET PIECE:	7
SOLO DRAMATISED PROSE:	8
SOLO MONOLOGUE:	8
SOLO MIME:	9
SECTION B: GROUP PREPARED PERFORMANCE:	9
DUOLOGUES:	10
GROUP DRAMATIC EXTRACT / ACTED STORIES:	10
GROUP THEME / RECITAL:	11
GROUP POETRY:	11
GROUP MIME:	12
SECTION C: COMUNICATION:	13
PUBLIC SPEAKING:	13

VENUE FOR THE CPT SPEECH AND DRAMA EISTEDDFOD

The Wave Theatre
44 Long Street Cape Town.

IMPORTANT DATES

Closing dates for entry forms: 5 June 2026 (LATE ENTRIES WILL NOT BE ACCEPTED)

Adjudication: 31 July 2026 - 02 August 2026 AND 07 - 08 August 2026

Awards Ceremony: 09 August 2026

Entry Guidelines:

- All entries shall only be accepted when made on the Provided Link.
- PLEASE EMAIL: cptdramaisteddfod@gmail.com to receive the link to the valid entry form

OR

FOLLOW THE LINK BELOW FOR SOLO OUR GROUP PERFORMANCE:

[2026 CPT DRAMA EISTEDDFOD SOLO ENTRY FORM](#)

[2026 CPT DRAMA EISTEDDFOD GROUP ENTRY FORM](#)

- No entry will be accepted unless accompanied by the stipulated Proof of Payment please upload pdf or jpeg on the form provided.
- Entry fees are NOT REFUNDABLE except where the class has been cancelled.
- Candidates' names must be correctly spelled on the entry forms as this is how they will appear on Certificate and Report.

Closing dates for entry forms: 5 June 2026

1. The convenor reserves the right to refuse late entries.
2. Dates and times are set to the availability of adjudicators.
3. These dates are subject to change due to unforeseen circumstances.
4. DETAILS Of Performance times and day will be released on **26 JUNE 2026**

If you have not received details of dates and times of entries by 30 JUNE 2026 please contact the

Convenor: cptdramaisteddfod@gmail.com

ENTRY FEES 2026:

R230 per Solo Candidate

R380 per Duologue group

R650 per Group performance of 3 or more (UP to 20 Performers ONLY)

Entry fees are not refundable except where the class has been cancelled by the Eisteddfod.

All payments must be made by EFT.

BANKING DETAILS:

Account Name: The Cape Town Eisteddfod (Current Account)

Bank / Branch: Standard Bank, Rondebosch

Branch Code: 025 009

Account No: 071417303

Reference: DRAMA and FULL NAME or SCHOOL (IE: DRAMA Sunette Theunissen or DRAMA STAR STUDIO)

Proof of payment must be emailed to the convenor no entry will be processed until proof of payment has been received. Email: cptdramaisteddfod@gmail.com

Performances will be graded as follows:

GRADES:

- Pass: (60 % -69%)
- Merit: (70 % - 79%)
- Honours: (80% - 89%)
- Gold: (90% - 95%)
- Cum Laude: (95% - 100%)

CERTIFICATES and Reports:

All certificates will be sent Digitally.

Each candidate will receive a Digital certificate and detailed report according to the grade achieved. Groups will receive **ONE** detailed report only but will each receive a digital certificate according to the grade achieved. (PLEASE ENSURE ALL GROUP Members Full NAMES ARE ON THE ENTRY FORM.)

ADJUDICATORS

1. The Executive Committee shall have the power to appoint Adjudicators in place of any who are unable to attend and to appoint additional Adjudicators wherever necessary.
2. Adjudicators are obligated to give percentages for award purposes, but these will not be made public.
3. The Adjudicator's decision is final. Any queries should be directed to the Convenor only.

AVAILABLE BURSARY AWARDS

JUNIOR BURSARY: AGES 7 - 9

A cash bursary of **R450** donated by the Cape Town Eisteddfod will be awarded to the Highest overall achievement **Junior candidate**. Bursary contenders must participate in at least **TWO classes**.

PRE - INTERMEDIATE BURSARY: Ages 10- 12.

A cash bursary of **R650** donated by the Cape Town Eisteddfod will be awarded to the Highest overall achievement **Intermediate candidate**. Bursary contenders must participate in at least **TWO classes**.

INTERMEDIATE BURSARY: Ages 13 - 15.

A cash bursary of **R850** donated by the Cape Town Eisteddfod will be awarded to the Highest overall achievement **Intermediate candidate**. Bursary contenders must participate in at least **TWO classes**.

SENIOR BURSARY : Age 16 - Adult.

A cash bursary of **R1100** donated by the Cape Town Eisteddfod will be awarded to the Highest overall achievement **Senior candidate**. Bursary contenders must participate in at least **TWO classes**.

CERTIFICATES AND HIGHEST ACHIEVEMENT AWARDS

1. Each candidate will receive a certificate digitally according to the grade achieved.
2. Irrespective of the number of candidates, awards will be given if the standard is sufficiently high.
3. The highest achieving candidate of every age group for each Eisteddfod class entered into will receive a medal during the Awards ceremony.
4. The Highest overall achiever of each age group will receive a bursary as listed above.

Top achievers and Bursary winners will be invited back to the theatre to perform their piece and receive their award, on: **09 August 2026**.

RULES AND IMPORTANT NOTES FOR CANDIDATES, PARENTS and TEACHERS (please read carefully)

1. CHOICE OF MATERIAL:

No offensive language or material may be used. The material must be suitable for the age group in which the candidate is entered. The candidate should fully connect and understand the themes, motivations and emotions depicted in the scene being performed.

No piece depicting extreme scenes or situations of e.g., D.V. - Substance abuse - Self-harm - SV will be allowed and will be disqualified. Should you be unsure of material please contact the convener to review the piece.

A broad selection of material is encouraged, drawn from a variety of cultures and performance styles. The use of local writing is encouraged

2. Rules for Candidates:

No candidate will be allowed to enter more than once in the **same class in the same year**.

No candidate will be allowed to substitute for another.

No candidate may perform the same work twice.

No candidate may repeat material they have done in the previous year.

3. RECOMMENDED TIME:

Performance times per age group must be adhered to.

Should a performance run over the maximum time limit it will be stopped and not be allowed to continue to the end.

Please state length of group presentations on the entry form. Set up and breakdown of Props and sets are limited to 3 minutes (not included in performance time)

4. LANGUAGE:

Presentations and adjudication will be in **English**.

6. SETS:

Setting up and striking of props, furniture and rostra should not take longer than 3 minutes and should be carried out by the candidates. Please inform the convener of all sets, props etc being used.

7. DOCUMENTATION:

Typed copies of **all prepared** work must be PROVIDED TO THE CONVENOR ON THE DAY OF PERFORMANCE.

8. ENTRIES:

All candidates are allowed and encouraged to enter more than once class.

To qualify for the cash bursary candidates must participate in at least **TWO classes**.

Schools with multiple solo entries are encouraged to enter a group performance piece.

Any queries regarding the rules or the interpretation of the rules should be made in writing to the CONVENOR of the Speech and Drama section of the Cape Town Eisteddfod.

cptdramaisteddfod@gmail.com

DRAMA SECTIONS AND CLASSES FOR 2026:

SECTION A: Class Code	Solo Performance
SDUR	UNPREPARED READING
SDSPO	SOLO POETRY OWN CHOICE
SDSPS	SOLO POETRY SET PIECE
SDSDP	SOLO DRAMATISED PROSE
SDM	SOLO MONOLOGUE
SDSM	SOLO MIME
SECTION B: Class Code	GROUP PREPARED PERFORMANCE
SDGD	DUOLOGUES
SDGDA	GROUP DRAMA / ACTED SHORT STORY
SDGT	GROUP THEME / RECITAL
SDGP	POETRY PERFORMANCE
SDGM	GROUP MIME
SECTION C: Class Code	COMMUNICATION
SDPS	PUBLIC SPEAKING

SECTION A: SOLO PERFORMANCE

UNPREPARED READING

Awards:

CT EIST Medal for Highest achieving UNPREPARED READING Junior

CT EIST Medal for Highest achieving UNPREPARED READING Intermediate

CT EIST Medal for Highest achieving UNPREPARED READING Senior

A prose extract will be given by the adjudicator to each candidate.

The same piece will be given to each candidate in a grade to ensure a fair standard of marking.

The Convenor will take all candidates into a separate holding area.

Groups will be selected from the different ages and given time to prepare. (All groups will be granted the same time for preparation according to age.)

They will then be called for their individual reading and will remain in the hall after they have read.

CLASS	GRADE
SDUR 1	Grade 2 - 3 (Junior)
SDUR 2	Grade 4 - 5 (Intermediate)
SDUR 3	Grade 6 - 7 (Intermediate)
SDUR 4	Grade 8 - 10 (Senior)
SDUR 5	Grade 11 -12 (Senior)

SOLO POETRY: OWN CHOICE (SDSPO)

Awards:

CT EIST Medal for Highest achieving Poem (age 6 - 8 years)

CT EIST Medal for Highest achieving Poem (age 9 - 10 years)

CT EIST Medal for Highest achieving Poem (age 11 - 12 years)

CT EIST Medal for Highest achieving Poem (age 13 -15 years)

CT EIST Medal for Highest achieving Poem (age 16 - ADULT)

Poetry choices may include lyric or narrative poems, as well as indigenous forms such as praise poetry, as long as they are spoken in English.

Poetry must be fully memorised.

Appropriate gestures must be used but should not detract from the spoken word.

The candidate should fully connect and understand the themes, motivations and emotional shifts depicted in the poem. Appropriate pace, pitch, and pause should be displayed throughout. Voice should be strongly projected with good breath control. Beware of acting as poetry is about the use of voice and gestures NOT acting out a character. Ensure that the rhythm does not go into a sing song delivery but remains varied and adds value to the delivery of the piece.

Please ensure that the own choice poem does not appear on the list of set poems in the next section.

CLASS	AGE	MAXIMUM TIME
SDSPO 1	6 - 8 years	1½ minutes
SDSPO 2	9 - 10 years	1½ minutes
SDSPO 3	11 - 12 years	2 minutes
SDSPO 4	13 - 15 years	3 minutes
SDSPO 5	16 - ADULT	4 minutes

SOLO POETRY: SET PIECES (SDSPS)

Awards:

- CT EIST Medal for Highest achieving Set Poem (age 7 - 8 years)
- CT EIST Medal for Highest achieving Set Poem (age 9 - 10 years)
- CT EIST Medal for Highest achieving Set Poem (age 11 - 12 years)
- CT EIST Medal for Highest achieving Set Poem (age 13 - 15 years)
- CT EIST Medal for Highest achieving Set Poem (age 16 - 18 years)

Poetry must be fully memorised.

Appropriate gestures should be used but should not detract from the spoken word.

The candidate should fully connect and understand the themes, motivations and emotional shifts depicted in the poem. Appropriate pace, pitch, and pause should be displayed throughout. Voice should be strongly projected with good breath control. Beware of overacting as poetry is about the use of voice and gestures NOT acting out a character. Ensure that the rhythm does not go into a sing song delivery but remains varied and adds value to the delivery of the piece.

The following poems are set for each age group and are available from the convenor on request:

- 7 - 8 years: I taught my cat to clean my room by Ken Nesbitt
- 9 years: Skin by David Campbell
- 10 years: First on the Beach by Geoffrey Dutton
- 11 years: Ghost story by Bill Scott
- 12 years: Super-spy dreaming by Matthew Rodger
- 13 years: Where the Sidewalk Ends by Shel Silverstein
- 14 years: Hope" is the thing with feathers By Emily Dickinson
- 15 years: Mulga Bill's bicycle by Banjo Paterson
- 16 years: The Side Way Back by Phillip Gross
- 17 - 18 years: The Raven (extract) by Edgar Allan Poe

CLASS	AGE	MAXIMUM TIME
SDSPS 1	7 - 8 years	1½ minutes
SDSPS 2	9 years	1½ minutes
SDSPS 3	10 years	2 minutes
SDSPS 4	11 years	2 minutes
SDSPS 5	12 years	3 minutes
SDSPS 6	13 years	3 minutes
SDSPS 7	14 years	3 minutes
SDSPS 8	15 years	4 minutes
SDSPS 9	16 years	4 minutes
SDSPS 10	17 - 18 years	4 minutes

SOLO DRAMATISED PROSE (SDSDP)

Awards:

CT EIST Medal for Highest achieving DRAMATISED PROSE (age 9 - 10 years)

CT EIST Medal for Highest achieving DRAMATISED PROSE (age 11 - 12 years)

CT EIST Medal for Highest achieving DRAMATISED PROSE (age 13 -15 years)

CT EIST Medal for Highest achieving DRAMATISED PROSE (age 16 - ADULT)

The prose piece may be an extract from any form of prose writing.

Piece must be fully memorised.

Appropriate gestures should be used but should not detract from the spoken word.

The candidate should fully connect and understand who is speaking and to whom, what the relationships are and the emotional shifts within the piece. Appropriate shifts in character, maintaining clarity and focus throughout. Keep in mind that prose is about storytelling not acting and the characterisation should reflect this through voice and gestures being well thought out and controlled. Voice should be strongly projected with good breath control. Beware of excessive movement and gestures. Ensure that narration and character voice is sustained, and audience connection is achieved through sincerity in presentation rather than overacting and losing the true quality of delivering prose.

Appropriate gestures and movement must be used and selections must be appropriately staged.

CLASS	AGE	MAXIMUM TIME
SDSDP 1	9 - 10 years	1½ minutes
SDSDP 2	11 - 12 years	2 minutes
SDSDP 3	13 - 15 years	3 minutes
SDSDP 4	16 - ADULT	4 minutes

SOLO MONOLOGUE (SDM)

Awards:

CT EIST Medal for Highest achieving Monologue (age 8 - 10 years)

CT EIST Medal for Highest achieving Monologue (age 11 - 12 years)

CT EIST Medal for Highest achieving Monologue (age 13 - 15 years)

CT EIST Medal for Highest achieving Monologue (age 16 - ADULT)

In solo monologue performance the entrant should play ONE character only.

A brief introduction must be given at the start.

The candidate should fully understand the dramatic situation they are in, by fully understanding their character's thoughts, feelings and relationships. They need to know the who, what and where of their character and act this out with clear intention. Simplicity over unclear motivation will always have a better result. Candidates should have a deep understanding of the emotional, physical and intellectual state of their character, and be able to interpret and deliver it with sincerity. Appropriate pace, pitch, and pause should be displayed throughout. Movement should be well planned and motivated and the character should be clearly defined. Voice should be strongly projected with good breath control. Beware of overacting and moving for the sake of movement, there is power in grounded stillness and candidates should identify these moments and use them. Ensure that the voice, character and body is sustained throughout.

CLASS	AGE	MAXIMUM TIME
SDM 1	8 - 10 years	2 minutes
SDM 2	11 - 12 years	3 minutes
SDM 3	13 - 15 years	4 minutes
SDM 4	16 - ADULT	5 minutes

SOLO MIME (SDSM)

Awards:

CT EIST Medal for Highest achieving Mime (GRADE 6 - 7)

CT EIST Medal for Highest achieving Mime (GRADE 8 - 10)

CT EIST Medal for Highest achieving Mime (GRADE 11 - ADULT)

A prepared mime performance can be one of the following: it can show a character dealing with conflict in a particular situation. The situation may be comic or tragic. The mime must present a series of realistic occurrences.

OR

The mime may present an abstract idea or emotion and be set to music. The music should enhance the theme of the mime and movement must work in accordance with the music. Music must be instrumental only.

Performers may create sound effects with their voices, but no words may be spoken.

Chairs and rostra may be used.

No props are allowed.

Performers should wear black.

Make-up is optional.

Each mime must have a title, to be announced before the performance.

Maximum time: 3 minutes.

CLASS	GRADE	MAXIMUM TIME
SDSM 1	Grade 6 - 7	3 minutes
SDSM 2	Grades 8 - 10	3.5 minutes
SDSM 3	Grade 11 - ADULT	4 minutes

SECTION B: GROUP PERFORMANCES

DUOLOGUES (SDGD)

Awards:

CT EIST Medal for Highest achieving Duologue (Grade 3 - 5)

CT EIST Medal for Highest achieving Duologue (Grade 6 - 7)

CT EIST Medal for Highest achieving Duologue (Grade 8 - 10)

CT EIST Medal for Highest achieving Duologue (Grade 11 - 12)

Duologue extracts should be performed by two actors only. Each of the 2 candidates per group should play **ONE character only**. A brief introduction must be given at the start.

The extract may be taken from any play adapted into a script. There should be no narration. Extracts must be fully memorised. **Appropriate gestures and movement must be used and the performance must be appropriately staged.** The candidates should fully understand the dramatic situation they are in, by fully understanding their character's thoughts, feelings and relationships. They need to know the who, what and where of their character and act this out with clear intention. Simplicity over unclear motivation will always have a better result. Candidates should have a deep understanding of the emotional, physical and intellectual state of their character, and be able to interpret and deliver it with sincerity. Appropriate pace, pitch, and pause should be displayed throughout. Movement should be well planned and motivated and the character should be clearly defined. Voice should be strongly projected with good breath control. Beware of overacting and moving for the sake of movement, there is power in grounded stillness and candidates should identify these moments and use them. Ensure that the voice, character and body is sustained throughout.

CLASS	GRADE	MAXIMUM TIME
SDGD 1	GRADE 3 - 5	4 minutes
SDGD 2	GRADE 6 - 7	6 minutes
SDGD 3	GRADE 8 - 10	8 minutes
SDGD 4	GRADE 11 - 12	10 minutes

GROUP DRAMATIC EXTRACT / ACTED STORY (SDGDA)

Awards:

CT EIST Medal for Highest achieving GROUP DRAMATIC PERFORMANCE (Grade 3 - 5)

CT EIST Medal for Highest achieving GROUP DRAMATIC PERFORMANCE (Grade 6 - 7)

CT EIST Medal for Highest achieving GROUP DRAMATIC PERFORMANCE (Grade 8 - 10)

CT EIST Medal for Highest achieving GROUP DRAMATIC PERFORMANCE (Grade 11 - ADULT)

Group dramatic extracts may include musicals, plays and short stories as well as extracts and excerpts from plays. The extract may be taken from any play or from prose adapted into a script. Group dramatic extracts should be performed by 3 or more actors. A brief introduction must be given at the start.

Extracts must be fully memorised. **Appropriate gestures and movement must be used and the performance must be appropriately staged.** The candidates should fully understand the dramatic situation they are portraying. They need to know the who, what and where of their characters and act this out with clear intention. Appropriate pace, pitch, and pause should be displayed throughout. Movement should be well planned and motivated and the characters should be clearly defined. Voice should be strongly projected with good breath control. Beware of overacting and moving for the sake of movement. Ensure that the voice, character and body is sustained throughout

CLASS	GRADE	MAXIMUM TIME
SDGDA 1	Grade 3 - 5	8 minutes
SDGDA 2	Grade 6 - 7	10 minutes
SDGDA 3	Grade 8 - 10	15 minutes
SDGDA 4	Grade 11 - ADULT	20 minutes

GROUP THEME / RECITAL (SDGT)

Awards:

- CT EIST Medal for Highest achieving GROUP RECITAL (Grade 3 - 5)**
- CT EIST Medal for Highest achieving GROUP RECITAL (Grade 6 - 7)**
- CT EIST Medal for Highest achieving GROUP RECITAL (Grade 8 - 10)**
- CT EIST Medal for Highest achieving GROUP RECITAL (Grade 11 - ADULT)**

Group recital should be a selection of poetry, prose, drama, and movement all linked together around a central theme.

Groups must consist of 3 or more actors.

Material must be memorised.

Please look at the notes for Poetry, prose and acted stories for insight on how to perform the piece to the best of your ability and highest level of performance skills.

Appropriate gestures and movement must be used and the performance must be appropriately staged.

CLASS	AGE	MAXIMUM TIME
SDGT 1	Grade 3 - 5	8 minutes
SDGT 2	Grade 6 - 7	10 minutes
SDGT 3	Grade 8 - 10	15 minutes
SDGT 4	Grade 11 - ADULT	20 minutes

GROUP POETRY (SDGP)

Awards:

- CT EIST Medal for Highest achieving GROUP POETRY (Grade 1 - 2)**
- CT EIST Medal for Highest achieving GROUP POETRY (Grade 3 - 5)**
- CT EIST Medal for Highest achieving GROUP POETRY (Grade 6 - 7)**
- CT EIST Medal for Highest achieving GROUP POETRY (Grade 8 - 10)**
- CT EIST Medal for Highest achieving GROUP POETRY (Grade 11 - ADULT)**

The group poetry performance should consist of a selection of **TWO** contrasting pieces of poetry.

Groups must consist of 5 or more performers (UP TO 20 PERFORMERS PER ENTRY).

Poetry must be fully memorised.

The candidates should fully connect and understand the themes, motivations and emotional shifts depicted in the poem. Appropriate pace, pitch, and pause should be displayed throughout. Voice should be strongly projected with good breath control. Beware of overacting as poetry is about the use of voice and gestures NOT acting out a character. Ensure that the rhythm does not go into a sing song delivery but remains varied and adds value to the delivery of the piece.

Appropriate gestures and movement must be used and the performance must be appropriately staged.

CLASS	AGE	MAXIMUM TIME
SDGP 1	Grade 1 - 3	4 minutes
SDGP 2	Grade 4 - 5	6 minutes
SDGP 3	Grade 6 - 7	8 minutes
SDGP 4	Grade 8 - 10	10 minutes
SDGP 5	Grade 11 - ADULT	12 minutes

GROUP MIME (SDGM)

Awards:

CT EIST Medal for Highest achieving Group Mime (GRADE 6 - 7)

CT EIST Medal for Highest achieving Group Mime (GRADE 8 - 10)

CT EIST Medal for Highest achieving Group Mime (GRADE 11 - ADULT)

GROUP MIME

A minimum of 3 members in a group is required. A prepared group mime performance can be one of the following: it can show two or more characters dealing with conflict in a particular situation. The situation may be comic or tragic. The mime must present a series of realistic occurrences.

OR

The mime may present an abstract idea or emotion and be set to music. The music should enhance the theme of the mime and movement must work in accordance with the music.

Music must be instrumental only.

Performers may create sound effects with their voices, but no words may be spoken.

Chairs and rostra may be used.

No props are allowed.

Performers should wear black.

Make-up is optional.

Each mime must have a title, to be announced before the performance.

CLASS	GRADE	MAXIMUM TIME
SDGM 1	Grade 6 - 7	4 minutes
SDGM 2	Grades 8 - 10	4.5 minutes
SDGM 3	Grade 11 - ADULT	5 minutes

SECTION C: COMMUNICATION

PUBLIC SPEAKING (SDPS)

Award:

CT EISTAward for Highest achieving Junior Public Speaker

CT EISTAward for Highest achieving Senior Public Speaker

PREPARED PUBLIC SPEAKING

Prepare a speech on one of the following topics:

Maximum time limits may NOT be exceeded. Use of filing cards for brief notes is permitted.

The key to delivering an effective motivational talk is to focus on the idea of progress. Talk about how something good can be accomplished over time if dedication and hard work are continually applied. Present stories of real-life successes, as well as struggles to illustrate these points and increase the audience's engagement level. Make sure to inject positive energy into your speech.

By presenting topics in a motivational manner, you can help ensure that members of your audience feel encouraged, empowered, and inspired.

TOPIC 1: Social media and the influence on the youth today. When should young people be allowed to enter the world of social media and which safety measures should be in place.

TOPIC 2: Should the school week only be 4 days long? What will the benefits be, and what are the possible downfalls.

TOPIC 3: Spending time in nature can be healing and create a more positive mindset, how can this be explained and what can we do to ensure that we spend enough time outside.

CLASS	AGE	MAXIMUM TIME
SDPS 1	GRADE 8 - 10	4 minutes (JUNIOR)
SDLP2	GRADE 11 - ADULT	6 minutes (SENIOR)