



**BOLAND**ATHLETICS

**BOLAND RACE WALKING CHAMPIONSHIPS  
SATURDAY 9 SEPTEMBER 2017 - DAL JOSAPHAT STADIUM, PAARL**

On Saturday 9 September 2017, the 2017 Boland Race Walking Championships will take place on the Dal Josaphat Stadium in Paarl.

The results of the 2017 Boland Race Walking Championships will be used to select a Race Walking Team to represent Boland Athletics at the 2017 ASA Race Walking Championships in October 2017 in Oudtshoorn (SWD).

Please note that only athletes in possession of a 2017 ASA License, obtained from a club registered with Boland Athletics, will be considered for the Boland Athletics Team to the 2017 ASA Race Walking Championships

**COMPETITION RULES**

1. The competition is organized in accordance with the rules of Athletics South Africa and Boland Athletics.
2. Officials must be obeyed at all times, failing which, disqualification may follow.
3. Athletes can enter up to 30 minutes prior to the start of the item.
4. Entry fee will be R10:00 per person. The entry fee is non-refundable
5. Results will be available on [www.liveresults.co.za](http://www.liveresults.co.za) after the competition
6. Proof of age is required for all age categories.
7. No advertising, in the form of tattoos, or any other form will be permitted to be displayed by athletes other than that of the official club/school vest.
8. **INDEMNITY: The Athlete** agree to the terms above and will not hold the Organizers or any sponsors, any person assisting in the organization or hosting the Competition, liable for any injury or illness, which the athlete may suffer directly or indirectly as a result of participating in the competition or for any damage/loss of property, which the Athlete may suffer directly or indirectly as a result of participating in the Competition. By entering for the competition, the Athlete confirm that this special agreement is entered into for the benefit of the above-mentioned races, the sponsors and the persons assisting in the organizing and holding of the Competition.

**EVENT LIST: SATURDAY 9 SEPTEMBER 2017**

ITEM NO.	TIME	AGE GROUP	EVENT	HEAT/FINAL
1	08:30	Sub Youth Girls – 13yrs And Younger	3 000mW	FINAL
2	08:30	Sub Youth Boys - 13yrs And Younger	3 000mW	FINAL
3	09:00	Sub Youth Girls - 15	5 000mW	FINAL
4	09:00	Sub Youth Boys - 15	5 000mW	FINAL
5	09:30	Youth Girls - 17	5 000mW	FINAL
6	10:00	Kidz Fun Walk 8-9yrs and 10-11yrs	1 000W	FINAL
7	10:15	Boys - 17	10 000mW	FINAL
8	10:15	Girls - 19	10 000mW	FINAL
9	11:20	Boys - 19	10 000mW	FINAL
10	12:20	Open Event – Masters Women And Men	10 000mW	FINAL

- A. Lapped athletes will to the concideration of the track referee be removed from the track if deemed necessary**



## **STAP KAMPIOENSKAPBEKER KOMPETISIE 2017**

**AAN: PRINSIPALE VAN SKOLE  
ATLETIEKSAMEROEPERS VAN SKOLE  
VOORSITTERS VAN KLUBS  
AFRIGTERS, OUERS, ATLETE**

**Geagte Heer/Dame**

## **STAP KAMPIOENSKAPBEKER Saterdag 09 September 2017 DAL JOSAPHAT STADION, PAARL**

- **Hierdie byeenkoms is daarop gemik om die standaard van stap in die Boland te verhoog.**
- **'n Bolandse Stapspan sal gekies word wat aan die SA Stap Kampioenskappe te Oudtshoorn gaan deelneem.(Detail sal op 'n latere stadium deurgegee word)**



## STAP KAMPIOENSKAP 2017 BAAN & VELD

Datum	Plek	Kontak Persoon	Kontak Nommer
9 September 2017	Dal Josaphat Stadion, PAARL	Sean September	084 655 9090

### OUDERDOMSGROEPE

Sub Jeug	13	2004 / 2005
Sub Jeug	15	Gebore 2002 / 2003
Jeug	17	Gebore 2000 / 2001
Junior	19	Gebore 1999 / 1998
OPE	20+	

### DEELNAME

- Aangeheg vind die tydtabel (Bylae A) vir die stap kompetisie.
- Slegs ingeskrewe lede aan skole en klubs in die Boland Streke mag aan die kompetisie deelneem. Atlete neem deel in skool- en klubkleure.
- Inskrywings geskied deur die skool of klub.
- Geen beperking op aantal inskrywings per skool of klub.
- Geen beperking op aantal items waaraan n atleet kan deelneem nie (Neem asseblief 'n realistiese deelname program in ag)
- Atlete moet soos volg by die wegspringpunt aanmeld:
  - **30 minute** voor aanvang van item
- Geen toeskouers,ouers,spanbestuurders of afrigters sal binne die arena toegelaat word nie. Dit geld vir atlete ook wat nie deelneem op daardie tydstip nie
- Noodhulp sal deur byeenkomsorganiseerder gereël word.

## **TOEGANGS FOOIE**

Atlete betaal 'n inskrywingsfooie van **R10-00**. Betaalbaar by die hek.

Hek:               **R20 – Volwassenes**  
                      **R10-00 – Leerders**

## **REGISTRASIE**

1. Vooraf inskrywings kan elektronies aan organiseerders ge-epos word:  
***Elektroniese inskrywings geskied voor en op 07 September 2017*** – Me M Dirkse – bolhsath@gmail.com
2. Inskrywings moet voltooi word op die amptelike Sarel Bekker blad (aanhangsel B)
3. **Atlete kan ook op die dag van die byeenkoms inskryf. Hou asseblief by aanmeldtye**

## **BEAMPTES**

- **Skole en klubs - name van beamptes moet inskrywings vergesel (bolhsath@gmail.com)**
- Kleredrag vir byeenkoms is donkerbroek/romp (navy of swart) en wit T-hemp.
- Beamptes ontvang hul akkreditasie by die toegangshek.
- Beamptes vergader Saterdagoggend om 08h00 in die beampte lokaal.

Vir verdere navrae, kontak Me M Dirkse – 082 5733 755 of Mnr S September – 084 655 9090.

Atletiekgroete.

Sean September  
084 655 9090