



**BOLAND ATHLETICS
RACEWALKING CHAMPIONS CUP
ATHLETICS MEETING**

FRIDAY 14 SEPTEMBER 2014

**DAL JOSAPHAT
STADIUM, PAARL**

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 R15:00 per person. The entry fee is non-refundable
5. Results will be available on www.bolandathletics.com 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.

EVENTS LIST: FRIDAY 14 SEPTEMBER 2018

EVENT NO.	TIME	AGE GROUP	EVENT	HEAT/FINAL	POSITION
1	16:00	GIRLS – 13	3 000mW	FINAL	
2	16:00	BOYS - 13	3 000mW	FINAL	
3	16:30	GIRLS – 15	5 000mW	FINAL	
4	16:30	BOYS - 15	5 000mW	FINAL	
5	17:10	GIRLS - 17	10 000mW	FINAL	
6	17:10	BOYS - 17	10 000mW	FINAL	
7	18:15	GIRLS - 19	10 000mW	FINAL	
8	18:15	BOYS - 19	10 000mW	FINAL	
9	19:15	SENIOR WOMEN	10 000mW	FINAL	
10	19:15	SENIOR MEN	10 000mW	FINAL	

- A racewalk team will be selected immediately after the completion to compete at the SA Race Walking Championships that will be held in October 2018. Date and venue to be announced at the competition.

