

*WESTERN CAPE PRIMARY SCHOOLS
ATHLETICS: TRACK & FIELD
CHAMPIONSHIPS
2019*

*COMPETITION MANUAL
(FINAL)*



*DAL JOSAPHAT STADIUM
PAARL
HOST REGION: BOLAND*

02 MARCH 2019

SECTION A

1. **WESTERN CAPE PRIMARY SCHOOLS ATHLETICS: TRACK & FIELD CHAMPIONSHIPS:**

DATE: SATURDAY, 02 MARCH 2019
VENUE: DALJOSAPHAT STADIUM, PAARL

2. **AFFILIATED FIXTURES:**

| FIXTURE / COMPETITION | DATE | VENUE |
|--|----------------------------------|-------------------------------|
| SASA PRIMARY SCHOOLS | 2019:03:14-16 | Germiston, Gauteng Province |
| WESTERN CAPE | 2019:03:02 | Daljosaphat Stadium, Paarl |
| TEAM WESTERN CAPE CAMP | 2019:03:09 | Per REGION/ DISTRICT |
| REGIONAL CHAMPIONSHIPS | | |
| BOLAND | 2019:02:16 | Dal Josaphat Stadium |
| CENTRAL KAROO | 2019:02:23 | Beaufort Town West Town Field |
| EDEN | 2019:02:23 | De Jager Stadium |
| WP | 2019:02:23 | Coetzenberg Stadium |
| <u>INTER SCHOOLS FIXTURES:</u> Boland (25 Events) Central Karoo (?? Events) Eden (?? Events) WP (53 Events) | 2019:01:21 TILL 2019:02:16 | VARIOUS VENUES |
| TOTAL NUMBER OF EVENTS = ?? | | |

3. **CATEGORY, AGE GROUP AND ACTUAL AGE IN 2018**
PRIMARY SCHOOL MAIN STREAM & LSEN

| CATEGORY | AGE GROUP | YEAR OF BIRTH/ ACTUAL AGE IN 2018 |
|-------------------|-------------|---|
| Primary Youth | 13 | Born in 2006 (13 years of age in the year of 1 Jan 2019 - 31 Dec 2019) |
| | 12-13 M.I.D | Born in 2006 & 2007 (12/ 13 years of age in the year of 1 Jan 2019 - 31 Dec 2019) |
| | 12 | Born in 2007 (12 years of age in the year of 1 Jan 2019 - 31 Dec 2019) |
| Sub Primary Youth | 11 | Born in 2008 (11 years of age in the year of 1 Jan 2019 - 31 Dec 2019) |
| | 10 | Born in 2009 (10 years of age in the year of 1 Jan 2019 - 31 Dec 2019) |

4. **CONTINGENT:**

4.1. **TEAM COMPOSITION PER REGION:**

- 4.1.1 **TRACK:** MAXIMUM OF 4 ATHLETES PER EVENT
- 4.1.2 **FIELD:** MAXIMUM OF 4 ATHLETES PER EVENT
- 4.1.3 A maximum of 350 athletes per team - MAINSTREAM
- 4.1.4 A maximum of 50 (25 Girls & 25 Boys) - LSEN

4.2 **TEAM MANAGEMENT PER REGIONAL/DISTRICT TEAM**

- 4.2.1 One (1) Primary Schools Region Athletics Chairperson
- 4.2.2 One (1) General Manager
- 4.2.3 One (1) Girls Manager
- 4.2.4 One (1) Boys Manger
- 4.2.5 Ten (10) Age group managers for MAINSTREAM
- 4.2.6 Four (4) Age group managers for LSEN
- 4.2.7 One (1) Selector Mainstream and One (1) Selector LSEN

4.3 TECHNICAL OFFICIALS:

- 4.3.1 20 Qualified Technical Officials (MAINSTREAM & LSEN) from each region/ district.
- 4.3.2 The rest of the Qualified Technical Officials (80) will be provided by Boland.
- 4.3.3 Total Number of Officials that will be doing duty = 120
- 4.3.4 Complete and submit **Addendum A** not later than 25 February 2019.
- 4.3.5 **NO HONORARIUM WILL BE PAID TO OFFICIALS.**

5. REGISTRATION:

- 5.1 All General Managers must report for **COMPULSORY REGISTRATION** of their teams at 15:00 on Friday, 01 March 2019 at the Daljosaphat Stadium.
- 5.2 General Managers must present one girls file and one boys file in which the duly certified registration documents are filed per age group in the same sequence that the athletes appear on the Bekker registration form.
- 5.3 Withdrawals and substitutes can only be done at this meeting in writing by completing **Addendum B**.
- 5.4 The selectors (one per region/ district) will take charge of the registration and the Western Cape General Manager (Haadie Abrahams) who will also be the Convener of Selectors will coordinate these processes.
- 5.5 Implements for the throws must be handed in for ASIZING at the registration meeting and will be received and receipted by the Technical Manager of the event.
The implement will only be returned to the athlete with the start of the event.

6. PARTICIPATING TEAMS:

- 6.1 The four (4) regions/ districts must conclude their regional competitions not later than 23 February 2019.
- 6.2 The four (4) regions/ districts' teams will be participating at the 2019 Western Cape Primary Schools Athletics: Track & Field Championships.
THE RELEVANT DISTRICTS MUST BE REPRESENTED IN THEIR REGIONAL TEAMS.
- 6.3 **NO INDIVIDUAL ENTRIES WILL BE CONSIDERED.**

7. ACCOMMODATION, CATERING AND TRANSPORT.

- 7.1 Regions/ Districts are responsible for their own transport, accommodation and catering.
- 7.2 Regions/ Districts are encouraged to work in conjunction with the Western Cape Schools Athletics Executive to secure their service providers.
- 7.3 Only the Western Cape Schools Athletics Executive will liaise with the Department of Cultural Affairs and Sport (DCAS).
- 7.4 Transport, catering and accommodation is for the Region's/ District's account if the Western Cape Schools Athletics Executive is not able to source funding.

8. ENTRANCE FEE OF ATHLETES:

- 8.1 A participation fee of **R 20, 00** per athlete will be levied.
- 8.2 The money must be deposited in the account of the Western Cape Schools Athletics Executive not later than 25 February 2019.
- 8.3 Proof of payment must be emailed to the treasurer CHRIS BOONZAIER (chribo@webmail.co.za).
- 8.4 The following banking detail must be used:
Bank: ABSA
Branch: PAARL

Branch Code: 334210

Account Type: CURRENT ACCOUNT (WESTERN CAPE SCHOOLS ATHLETICS)

Account Number: 4059294250

Reference: NAME OF REGION

9. ENTRANCE FEES FOR SPECTATORS

9.1 ADULTS = **R 30, 00**

9.2 LEARNERS = **R 20, 00**

9.3 VEHICLES = **R 20, 00**

10. TEAM ENTRIES:

10.1 Entries must be done in terms of gender and age group for the specific events as stipulated in **Addendum C.**

10.2 Team entries must be validated by the Region/ District Primary Schools Athletics Chairperson by duly completing and signing **Addendum D.**

10.3 **CLOSING DATE: 25 FEBRUARY 2019 @ 15:00**

10.4 Names of athletes must be electronically entered in alphabetical order per gender per age group in the space provided on the **BEKKER REGISTRATION FORM**, which is the only official entry form.

10.5 A duly completed Addendum B must be submitted with the team registration.

10.7 The penalty for late registration will be R 500, 00 per day.

10.8 Direct all entries via email to:

Hurshela Carolissen: Hurshela.Carolissen@wcgschools.gov.za

cc: Deon Wertheim: dg.wertheim@gmail.com

11A. VERIFICATION OF BIRTH:

11.1 Original ID Document, or Copy thereof certified by a Commissioner of Oaths OR

11.2 Passport or Copy thereof certified by a Commissioner of Oaths OR

11.3 Birth Certificate with a recent colour photo (not older than 6 months) attached thereto. After the photo has been attached to the Certificate, a school stamp should overlap the photo and birth certificate signed by the Principal / Commissioner of Oaths.

11.4 Learners from Private Schools, Home Schooling or Independent Schools must conform to the same standards.

11.5 Scanned documents will be allowed.

11.6 The General Manager of each Region/ District must have a list of all Athletes with the relevant information stating the date of birth of each athlete. The list must be verified and duly approved and signed-off by the Region's/ District's Athletics Chairperson.

11.7 All Team Managers must, however, verify their athletes who finish among the top 3 (three) in an event, before the medals are awarded.

11.8 **Athletes will be disqualified if this arrangement is not adhered to by the Manager/Region/District.**

11.9 Regions/Districts will be held responsible if an athlete is entered in the wrong age division.

11.10 **FAILURE TO COMPLY AND/ OR TO PRODUCE DULY COMPLETED VERIFICATION DOCUMENTS AND/OR NOT PRODUCING ANY DOCUMENT TO VERIFY BIRTH WILL LEAD TO SUCH AN ATHLETE (S) NOT PARTICIPATING IN TERMS OF RULE 141.2: "AN ATHLETE SHALL BE ELIGIBLE TO COMPETE IN AN AGE GROUP COMPETITION UNDER THESE RULES IF HE IS WITHIN THE AGE RANGE SPECIFIED IN THE RELEVANT AGE GROUP CLASSIFICATION. AN ATHLETE MUST BE ABLE TO PROVIDE PROOF OF HIS AGE THROUGH PRESENTATION OF A VALID PASSPORT OR OTHER FORM OF EVIDENCE AS PERMITTED BY THE REGULATIONS FOR THE COMPETITION. AN ATHLETE WHO FAILS OR REFUSES TO PROVIDE SUCH PROOF SHALL NOT BE ELIGIBLE TO COMPETE."**

11B. NEW ATHLETE IDENTITY VERIFICATION FORM

11.1 The SASA Executive has been mandated at a General Council Meeting (AGM) held on 9 November 2018, to implement as from 2019 the **NEW Athlete Identity Verification Form**.

11.2 It is compulsory for all athletes to present this document at the National Schools Championship as certified document for identity clarification to participate.

(Please take note that NO athlete will be allowed to participate if this document cannot be presented before the championship started.)

11.3 **The new form must be completed in full. All details** regarding the athlete, his/her original **ID colour photo (NOT OLDER THAN 6 MONTHS) must be** placed on the form with the certified photocopy of Birth certificate/ I.D. document/ Passport/ Smart Card.

Very important: Birth Certificate/ Passport (All athletes younger than 16)

PLEASE NOTE:

11.4 The Principal / Deputy Principal/ SAPS qualified as Commissioner of Oath and **must** be certify the photocopy certificate on this template as a true copy **and** put School Stamp (**NOT OLDER THAN 6 MONTHS**) **partly over** the I.D. photo **and** partly over photocopied certificate. School *Stamp must indicate the date.*

11.5 *NB:* The General Manager of each Province must have a list of all Athletes with the relevant information stating the date of birth of each athlete. The list must be verified and duly approved and signed-off by the Provincial Structure.

11.6 All Team Managers must, however, verify their athletes who finish among the top 3 (three) in an event, before the medals are awarded.

11.7 Any Team Manager, failing to comply with this arrangement, will forfeit the athlete's medal. Provinces will be held responsible if an athlete is entered in the wrong age division.

12. MEETING FOR TEAM MANAGERS AND OFFICIALS:

12.1 A Technical Meeting for General Managers, Girls- and Boys Team Managers (Mainstream & LSEN) will be held on Friday, 01 March 2019, at the Daljosaphat Stadium at 16:00.

12.2 Only withdrawals (accompanied by a medical certificate) will be allowed at this meeting (replacement or changes will be allowed).

12.2 The following documents will be available at this meeting:

12.2.1 Accreditation

12.2.2 Safety Plan

12.2.3 Parking Plan

12.2.4 Selection Criteria and processes for competition day.

12.2.5 Final programme for competition day.

12.3 Competition Day: Technical Officials - One hour (07h30) before start of competition.

12.4 General Mangers' meetings on 02 March 2019 at 08:00, 11:00, 13:00 and 16:00.

12.5 It is imperative that all the relevant managers and technical officials attend these meetings.

12.6 All the relevant Managers and Assistants as well as Technical Officials attending the various meetings must arrange their own transport and attend the meetings as required.

13. SURFACE OF TRACK

13.1 All running and certain field events will take place on a tartan surface.

13.2 Track and Long Jump = 7mm (Maximum length of Spikes)

13.3 High Jump & Javelin = 9mm (Maximum length of Spikes).

14. TECHNICAL OFFICIALS

- 14.1 Officials must be dressed in **BLACK BOTTOMS & WHITE TOPS** for the purpose of officiating.
- 14.2 All officials must report 60 minutes prior to the start of the meeting on Saturday, 02 March 2019.
- 14.3 A list with Technical Officials will be circulated to the regions at least three days before the start of the event.
- 14.4 Indemnity by Technical Officials: All Technical Officials must sign the required Indemnity Form, as approved by ASA, before they can go on the Track or Field to render their services.
- 14.5 Addendum A must be completed.

15. MEDALS

- 15.1 Western Cape Championship Medals will be awarded to the first three (3) athletes in the finals of each event.
- 15.2 A Trophy will be awarded at the end of the competition to:
 - 15.2.1 Best Performer: Track: Girls (MAINSTREAM & LSEN)
 - 15.2.1 Best Performer: Track: Boys (MAINSTREAM & LSEN)
 - 15.2.3 Best Performer: Field: Girls (MAINSTREAM & LSEN) and
 - 15.2.4 Best Performer: Field Boys (MAINSTREAM & LSEN)

16. Western Cape Selection

- 16.1 Each region/district must have two mandated representative selectors (one mainstream and one LSEN) serving on the selection panel.
- 16.2 Haadie Abrahams will be the convener of the selection panel.
- 16.3 The official election policy will be applied as the only criteria for selection.
- 16.4 The convener of selectors must hand the selected team, signed by all the selectors, to the Vice-Chairperson: Primary Schools: Track & Field (Western Cape Executive Schools Athletics Member) not later than thirty minutes after the final event on the competition day.
- 16.5 The Vice-Chairperson: Primary Schools: Track & Field will present the selected team to the Western Cape Schools Athletics Executive for final approval, ratification and sign-off by the Chairperson and Secretary of the organization on Sunday, 03 March 2019.
The signed off team will only than be distributed as the **OFFICIAL TEAM WESTERN CAPE**.
- 16.6 Western Cape Colours (Track Suite and Running Gear) will be awarded to all the selected athletes that will represent the Western Cape at the SASA National Primary Schools Athletics Championships.
- 16.7 The Western Cape Schools Athletics Executive assume the responsibility for the production and issuing of the athletes' colours.

17. RESULTS:

- 17.1 The official results will be posted on the official notice board on competition day.
- 17.2 A Copy of the results will be available after the competition for each general manager of the four regions/districts.

18. REFRESHMENTS:

- 18.1 Regions/Districts must supply catering to their athletes and team management.
- 18.2 Refreshments will be on sale on competition day.

SECTION B

1. GENERAL RULES

- 1.1 No littering will be allowed.
- 1.2 Respect officials - poor behavior etc. can result in suspension.
- 1.3 **No alcohol or glass bottles will be allowed at the stadium.**
- 1.4 Team Managers and Coaches are responsible for the good conduct and behaviour of their own athletes. Disciplinary action will be taken against any defaulting region.
- 1.5 Athletes will not be allowed to compete in any event if in the opinion of the officials if he/she is not suitably attired in the official attire and colours of his/ her region/district.
- 1.6 First Aid will be provided at the stadium in the case of injuries or emergencies.
- 1.7 A medical doctor will be on standby. The cost of treatment by this doctor will be for the account of the athlete or his/her region/district. Regions/Districts are requested to provide their own Physiotherapist for their team's own general purposes.
- 1.8 Athletes who belong to a medical scheme must bring their membership cards in case of a serious injury.
- 1.10 Implements for the throwing events must be submitted at registration for the purpose of asizing. The implement will only be returned to the athlete at the start of the event.
- 1.11 No person, except officials, will be allowed to enter the area of competition. The same apply to athletes who are not participating. Only Team Managers may enter the arena to lodge a protest.

2. RULES FOR THE MEETING

- 2.1 Athletes must report to the officials at the warming up area:
 - 2.1.1 Field events 30 minutes and
 - 2.1.2 Track events 20 minutes, before the event commences, in order to be escorted to the track.
- 2.2 Athletes must leave the arena immediately after they have completed their event.
- 2.3 All track athletes must remain in their lanes after completing their event.
- 2.4 Track judges accompany the relevant athletes to the administration area.
- 2.5 Athletes who obtain any of the first 3 positions in the final must report to the officials in charge of the medal presentation.

2.6 HEATS, SEMI FINALS AND FINALS WILL TAKE PLACE IN ACCORDANCE WITH RULE 141

- 2.6.1 Heats in Sprints and Hurdles (2 heats)
- 2.6.2 2 Heats: NO SEMI-FINALS (Finals only)
- 2.6.3 TO FINALS:
 - 2.6.3.1 First three (3) in each heat plus fastest two (2) fastest times = 8 (8 lanes)
 - 2.6.3.2 First four (4) in each heat plus two (2) fastest times = 10 (10 lanes)
- 2.6.4 All relays will be finals.
- 2.6.5 Middle Distances – 800m, 1 200m and 1 500m: **NO HEATS, ONLY FINALS**

2.7 STARTING RULE (Rule 162.7)

- 2.7.1 Provision is made to allow for one false start in all running events.
- 2.7.2 All athletes participating in the Sprints, Hurdles and Relays must use starting blocks.
- 2.7.3 Starting Blocks will be provided at the start.
- 2.7.4 No starting blocks will be provided in the warm up area.

2.8 ENTRY RULES

2.8.1 All the competitors must be bona fide learners with a minimum age of ten years and a maximum age of thirteen years during the year of the competition.

2.8.2 Athletes may participate in a maximum of three events plus one relay.

2.8.3 Athletes may only participate in the age group that corresponds with the year of birth as stipulated in no. 3, above.

2.8.4 Athletes will not be allowed to participate in two age groups.

2.8.5 A region/district may enter a maximum of four (4) athletes in specific TRACK EVENTS and maximum three (3) athletes per specific FIELD EVENTS.

2.8.6 It is recommended that 40% of all athletes be entered in field events.

2.9 PROTEST/ APPEAL

2.9.1 Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the result of the event.

2.9.2 Any protest shall, in the first instance be made to the relevant referee either by the athlete him-/ herself or by the General Manager of the team.

2.9.3 If no consensus is reached, an appeal may be lodged to the JURY of APPEAL in writing, by completing **Addendum E**.

2.9.4 The duly completed **Addendum E** must be signed by the General Manager on behalf of the athlete and must be accompanied by a deposit of R 200, 00 before the appeal is heard.

2.9.5 The deposit will be forfeited if the protest is considered to be frivolous.

2.10 **ASA RULES** will be applied, unless amended by SASA in an official meeting.

2.11 SIMULTANEOUS ENTRIES:

2.11.1 Rule 142.3 will be applied which reads as follow:

"If an athlete is entered in both a Track and Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee may, for one round of trials at a time, or for each trial in the High Jump and Pole Vault, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed. In the case of the High Jump and Pole Vault, if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed."

2.12 **SEEDING, DRAWS AND QUALIFICATIONS** in all track events will be done in terms of ASA Rule 166.

2.13 **QUALIFYING COMPETITION FOR FIELD EVENTS** will be done in terms of ASA Rule 180.8 – 180.15:

"Shot-put, Discus, Long Jump, Triple Jump, Hammer Throw and Pole-Vault. In Shot-put, Discus, Long Jump, Triple Jump and Hammer Throw, 3 attempts will be allowed and the 8 best performers will proceed to the next 3 attempts."

3. **Addendum F:**

3.1 A copy of the preliminary programme is included, **Addendum F**

3.2 The official programme will be issued to the General Managers at the meeting on 01 March 2019.

4. **Addendum G:**

4.1 Western Cape Primary Schools Athletics: Track & Field records for 2018 which was updated on 2018:04:27.

5. **Addendum H:**

5.1 Approved heights and weights of implements for 2019.

5.2 Age groups for the Western Cape Athletics: Track and Field Championships =
Boys and Girls 10, 11, 12 & 13

6. **Addendum I**

Stipulates the qualifying standards for the SASA competition for 2019 (**UPDATED 20 October 2018**).

7. **Addendum J:**

7.1 South African Schools Athletics (SASA): Track & Field records for 2018 which was updated on 2018:11:18.

8. **Addendum K:** Western Cape Schools Athletics Executive

9. **Addendum L:** Local Organising Committee (LOC)

10. **Addendum M:** Western Cape: Primary Schools Athletics (T & F): Region Chairpersons

11. **Addendum N:** Summary of important dates

12. **Addendum O:** Oaths: Declaration by participants and officials

ADDENDUM A

TECHNICAL OFFICIALS

**OFFICIALS SERVING AT THE WESTERN CAPE PRIMARY SCHOOLS ATHLETICS: TRACK & FIELD
PROVINCIAL CHAMPIONSHIPS – 2019**

RETURN DATE: 25 FEBRUARY 2019

Email to: Reginald Mitchell: mitchellreginald86@yahoo.com

Cc: Hurshela Carolissen: Hurshela.Carolissen@wcgschools.gov.za

| REGION: | | | | | |
|---|----------------------|--|--------------|------------------------------|----------------------------|
| OFFICIAL: NAME & SURNAME | EVENT 1 2 | | LEVEL | ACCREDITATION NO. | MEAL PREFERENCE |
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | | | | | |

Certified by the Regional Athletics Chairperson:

.....

NAME & SURNAME

.....

SIGNATURE

.....

MOBILE NUMBER

.....

EMAIL

ADDENDUM B

WITHDRAWAL & SUBSTITUTION FORM

WESTERN CAPE PRIMARY SCHOOLS
ATHLETICS: TRACK & FIELD CHAMPIONSHIPS - 2019

This form must be used only after entries have been confirmed. It must be submitted at the registration meeting on 01 March 2019.

WITHDRAWAL

Region:

Team Manager:

| Event No | Event | Athlete No | Competitor Name | Reason for Withdrawal |
|----------|-------|------------|-----------------|-----------------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Signature:

Date:

Time:

SUBSTITUTION

Region:

Team Manager:

| Event No | Event | Athlete No | Competitor Name | Reason for substitution |
|----------|-------|------------|-----------------|-------------------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Signature:

Date:

Time:

ADDENDUM C

SASA - PRIMARY SCHOOLS TRACK & FIELD
AGE GROUPS FOR THE 2019 SASA T&F CHAMPIONSHIPS:
BOYS & GIRLS 10, 11, 12, 13 (MAIN STREAM) & LSEN 13

| EVENT | BOYS/ AGE | | | | | | GIRLS/ AGE | | | | |
|-----------------|-----------|----|----|----|---------|--|------------|----|----|----|---------|
| | 10 | 11 | 12 | 13 | LSEN 13 | | 10 | 11 | 12 | 13 | LSEN 13 |
| 80 m | x | x | | | | | x | x | | | |
| 100 m | x | x | x | x | x | | x | x | x | x | x |
| 150 m | | | x | | | | | | x | | |
| 200 m | | | | x | x | | | | | x | x |
| 800 m | | | | x | | | | | | x | |
| 1,200 m | x | x | x | | | | x | x | x | | |
| 1,500 m | | | | x | x | | | | | x | x |
| 70 mH | x | x | | | | | x | x | | | |
| 75 mH | | | x | | | | | | x | x | |
| 80 mH | | | | x | | | | | | | |
| 150 mH | | | x | | | | | | x | | |
| 200 mH | | | | x | | | | | | x | |
| Shot-put | x | x | x | x | x | | x | x | x | x | x |
| Discus | | | x | x | | | | | x | x | |
| High Jump | x | x | x | x | x | | x | x | x | x | x |
| Long Jump | x | x | x | x | x | | x | x | x | x | x |
| Javelin | | | x | x | | | | | x | x | |
| Race Walk 1500m | | | | x | | | | | | x | |
| Relay 4 x 100m | x | x | x | x | x | | x | x | x | x | x |

TOTALS

NUMBER OF EVENTS:

BOYS: Track = 23 + 2 relay (1 M= Medley 10, 11, 12 & 13 & 1 LSEN) &
Field = 19
= 46

GIRLS: Track = 23 + 2 relay (1 M= Medley 10, 11, 12 & 13 & 1 LSEN) &
Field = 19
= 46

MEDALS:

Boys: 44 + 8 (relay) = 52

Girls: 44 + 8 (relay) = 52

Extras = 6

Total = **110 of each medal**

ADDENDUM D
TEAM ENTRIES – COVER PAGE

| REGION | NUMBER OF ENTRIES | |
|-----------|-------------------|-------|
| AGE GROUP | BOYS | GIRLS |
| 10 | | |
| 11 | | |
| 12 | | |
| 13 | | |
| LSEN 13 | | |
| SUB TOTAL | | |
| TOTAL | | |

Print the names and gender of the following officials accompanying the team.

| CAPACITY | NAME & SURNAME | GENDER | MOBILE | EMAIL |
|--------------------------------|----------------|--------|--------|-------|
| Region's Athletics Chairperson | | | | |
| General Manager | | | | |
| Girls Manager | | | | |
| Boys Manager | | | | |
| LSEN Manager | | | | |
| Head Coach | | | | |
| Age group managers: | | | | |
| G 10 | | | | |
| G 11 | | | | |
| G 12 | | | | |
| G 13 | | | | |
| B 10 | | | | |
| B 11 | | | | |
| B 12 | | | | |
| B 13 | | | | |
| LSEN Girls | | | | |
| LSEN Boys | | | | |

REGION ATHLETICS CHAIRPERSON:

DATE:

THIS INFORMATION IS CERTIFIED CORRECT.

ADDENDUM E

PROTEST FORM

(TO APPEAL AGAINST A DECISION TAKEN DURING AN ATHLETICS MEETING)

WESTERN CAPE PRIMARY SCHOOLS ATHLETICS: TRACK & FIELD: 2019

Protest lodged by or on behalf of:

REGION:

Event No: Event:

ACCORDING TO THE RULES OF THIS COMPETITION, ALL PROTESTS PRESENTED TO THE REFEREE MUST INCLUDE A DEPOSIT OF R 200.00.

If the Protest fails, the money may not be returned.

I.A.A.F. rule(s) and or local competition rule(s) alleged to have been contravened

.....

GROUND(S) FOR LODGING PROTEST:

.....
.....
.....
.....

Signature: Date: Time:

Official Use Only

| Time at which result was announced | Time at which protest was made to the Referee | Time Received |
|---|--|----------------------|
| | | |

JURY'S DECISION:

.....
.....
.....

The fee will be: Returned Not Returned

Chairperson: Date: Time:

ADDENDUM F**(SUBJECT TO CHANGE BASED ON THE NUMBER OF ENTRIES)**

| | | | | | |
|----------------------|--------------|--|--------------------|--------------|----------------------------|
| | 08:20 | EVENTS 1 – 16 REPORT TO CALL ROOM | | | |
| | 08:30 | NATIONAL ANTHEM & ATHLETES' OATH | | | |
| NO | TIME | AGE GROUP | EVENT | LEVEL | |
| 1 | 09:00 | Girls 12 | Long Jump A | FINAL | |
| 2 | 09:00 | BOYS 12 | Long Jump B | FINAL | |
| 3 | 09:00 | GIRLS 11 | Shot Put A (2KG) | FINAL | |
| 4 | 09:00 | BOYS 11 | Shot Put B (2KG) | FINAL | |
| 5 | 09:00 | BOYS 13 | Javelin (600G) | FINAL | |
| 6 | 09:00 | GIRLS 10 | High Jump A | FINAL | |
| 7 | 09:00 | BOYS 10 | High Jump B | FINAL | |
| 8 | 09:00 | GIRLS 13 | Discus (750G) | FINAL | |
| 9 | 09:00 | BOYS 10 | 70mH – 68.0cm | HEATS | FINAL: EVENT NO. 37 |
| 10 | 09:05 | GIRLS 10 | 70mH – 68.0cm | HEATS | FINAL: EVENT NO. 38 |
| 11 | 09:10 | BOYS 11 | 70mH – 68.0cm | HEATS | FINAL: EVENT NO. 39 |
| 12 | 09:15 | GIRLS 11 | 70mH – 68.0cm | HEATS | FINAL: EVENT NO. 40 |
| 13 | 09:20 | GIRLS 12 | 75mH – 68.0cm | HEATS | FINAL: EVENT NO. 41 |
| 14 | 09:25 | BOYS 12 | 75mH – 76.2cm | HEATS | FINAL: EVENT NO. 42 |
| 15 | 09:30 | GIRLS 13 | 75mH – 76.2cm | HEATS | FINAL: EVENT NO. 43 |
| 16 | 09:35 | BOYS 13 | 80mH – 76.2cm | HEATS | FINAL: EVENT NO. 44 |
| 17 | 09:40 | LSEN: GIRLS 13 | High Jump A | FINAL | |
| 18 | 09:40 | LSEN: BOYS 13 | High Jump B | FINAL | |
| 19 | 09:40 | BOYS 10 | 1200M | FINAL | |
| 20 | 09:46 | GIRLS 10 | 1200M | FINAL | |
| 21 | 09:52 | BOYS 11 | 1200M | FINAL | |
| 22 | 09:58 | GIRLS 11 | 1200M | FINAL | |
| 23 | 10:04 | BOYS 12 | 1200M | FINAL | |
| 24 | 10:10 | GIRLS 12 | 1200M | FINAL | |
| 25 | 10:16 | GIRLS 13 | 1500M | FINAL | |
| 26 | 10:22 | BOYS 13 | 1500M | FINAL | |
| 27 | 10:30 | LSEN: GIRLS 13 | 1500M | FINAL | |
| 28 | 10:37 | LSEN: BOYS 13 | 1500M | FINAL | |
| 10:40 – 10:55 | | MEDAL PRESENTATION EVENTS 1 – 8 & 17 – 28 | | | |
| 29 | 10:30 | GIRLS 13 | Javelin (500G) | FINAL | |
| 30 | 10:30 | BOYS 13 | Discus (1KG) | FINAL | |
| 31 | 10:30 | GIRLS 11 | High Jump A | FINAL | |
| 32 | 10:30 | BOYS 11 | High Jump B | FINAL | |
| 33 | 10:30 | GIRLS 12 | Shot Put A (3KG) | FINAL | |
| 34 | 10:30 | BOYS 12 | Shot Put B (3KG) | FINAL | |
| 35 | 10:30 | GIRLS 13 | Long Jump A | FINAL | |
| 36 | 10:30 | BOYS 13 | Long Jump B | FINAL | |
| 37 | 11:00 | BOYS 10 | 70mH – 68.0cm | FINAL | |
| 38 | 11:03 | GIRLS 10 | 70mH – 68.0cm | FINAL | |
| 39 | 11:06 | BOYS 11 | 70mH – 68.0cm | FINAL | |
| 40 | 11:09 | GIRLS 11 | 70mH – 68.0cm | FINAL | |
| 41 | 11:12 | GIRLS 12 | 75mH – 68.0cm | FINAL | |
| 42 | 11:15 | BOYS 12 | 75mH – 76.2cm | FINAL | |
| 43 | 11:18 | GIRLS 13 | 75mH – 76.2cm | FINAL | |

| | | | | | |
|----------------------|--------------|--|-------------------------|--------------|---------------------|
| 44 | 11:21 | BOYS 13 | 80mH – 76.2cm | FINAL | |
| 45 | 11:23 | LSEN: GIRLS 13 | Long Jump A | FINAL | |
| 46 | 11:26 | LSEN: BOYS 13 | Long Jump B | FINAL | |
| 11:30 – 11:40 | | MEDAL PRESENTATION EVENTS 29 – 36 | | | |
| 47 | 11:40 | GIRLS 10 | 80M | HEATS | FINAL: EVENT NO. 66 |
| 48 | 11:45 | BOYS 10 | 80M | HEATS | FINAL: EVENT NO. 65 |
| 49 | 11:50 | BOYS 11 | 80M | HEATS | FINAL: EVENT NO. 67 |
| 50 | 11:55 | GIRLS 11 | 80M | HEATS | FINAL: EVENT NO. 68 |
| 51 | 12:00 | BOYS 12 | 100M | HEATS | FINAL: EVENT NO. 69 |
| 52 | 12:05 | GIRLS 12 | 100M | HEATS | FINAL: EVENT NO. 70 |
| 53 | 12:10 | GIRLS 13 | 100M | HEATS | FINAL: EVENT NO. 71 |
| 54 | 12:15 | BOYS 13 | 100M | HEATS | FINAL: EVENT NO. 72 |
| 55 | 12:20 | LSEN: GIRLS 13 | 100M | HEATS | FINAL: EVENT NO. 73 |
| 56 | 12:25 | LSEN: BOYS 13 | 100M | HEATS | FINAL: EVENT NO. 74 |
| 12:30 – 12:40 | | MEDAL PRESENTATION EVENTS 37 - 46 | | | |
| 57 | 12:30 | GIRLS 13 | High Jump A | FINAL | |
| 58 | 12:30 | BOYS 13 | High Jump B | FINAL | |
| 59 | 12:30 | GIRLS 10 | Shot Put A (2KG) | FINAL | |
| 60 | 12:30 | BOYS 10 | Shot Put B (2KG) | FINAL | |
| 61 | 12:30 | GIRLS 11 | Long Jump A | FINAL | |
| 62 | 12:30 | BOYS 11 | Long Jump B | FINAL | |
| 63 | 12:30 | BOYS 12 | Javelin (500G) | FINAL | |
| 64 | 12:30 | GIRLS 12 | Discus (750G) | FINAL | |
| 65 | 12:40 | BOYS 10 | 80M | FINAL | |
| 66 | 12:43 | GIRLS 10 | 80M | FINAL | |
| 67 | 12:46 | BOYS 11 | 80M | FINAL | |
| 68 | 12:49 | GIRLS 11 | 80M | FINAL | |
| 69 | 12:52 | BOYS 12 | 100M | FINAL | |
| 70 | 12:55 | GIRLS 12 | 100M | FINAL | |
| 71 | 12:58 | GIRLS 13 | 100M | FINAL | |
| 72 | 13:01 | BOYS 13 | 100M | FINAL | |
| 73 | 13:04 | LSEN: GIRLS 13 | 100M | FINAL | |
| 74 | 13:07 | LSEN: BOYS 13 | 100M | FINAL | |
| 75 | 13:15 | BOYS 12 | 150mH – 68.0cm | HEATS | FINAL: EVENT NO. 85 |
| 76 | 13:20 | GIRLS 12 | 150mH – 68.0cm | HEATS | FINAL: EVENT NO. 86 |
| 77 | 13:25 | GIRLS 13 | 200mH – 68.0cm | HEATS | FINAL: EVENT NO. 87 |
| 78 | 13:30 | BOYS 13 | 200mH – 68.0cm | HEATS | FINAL: EVENT NO. 88 |
| 79 | 13:35 | GIRLS 13 | 800M | FINAL | |
| 80 | 13:40 | BOYS 13 | 800M | FINAL | |
| 81 | 13:40 | LSEN: GIRLS 13 | Shot Put A (3KG) | FINAL | |
| 82 | 13:40 | LSEN: BOYS 13 | Shot Put B (4KG) | FINAL | |
| 83 | 13:45 | BOYS 13 | 1500m RW | FINAL | |
| 84 | 13:55 | GIRLS 13 | 1500m RW | FINAL | |
| 14:05 – 14:20 | | MEDAL PRESENTATION EVENTS 57 - 74 | | | |
| 85 | 14:20 | BOYS 12 | 150mH – 68.0cm | FINAL | |
| 86 | 14:23 | GIRLS 12 | 150mH – 68.0cm | FINAL | |
| 87 | 14:26 | GIRLS 13 | 200mH – 68.0cm | FINAL | |
| 88 | 14:29 | BOYS 13 | 200mH – 68.0cm | FINAL | |
| 14:30 – 14:40 | | MEDAL PRESENTATION EVENTS 79 - 88 | | | |
| 89 | 14:30 | GIRLS 12 | High Jump A | FINAL | |
| 90 | 14:30 | BOYS 12 | High Jump B | FINAL | |
| 91 | 14:30 | GIRLS 10 | Long Jump A | FINAL | |

| | | | | | |
|--|--------------|---|------------------|--------------|----------------------|
| 92 | 14:30 | BOYS 10 | Long Jump B | FINAL | |
| 93 | 14:30 | GIRLS 12 | Javelin (500G) | FINAL | |
| 94 | 14:30 | GIRLS 13 | Shot Put A (3KG) | FINAL | |
| 95 | 14:30 | BOYS 13 | Shot Put B (4KG) | FINAL | |
| 96 | 14:30 | BOYS 12 | Discus (750G) | FINAL | |
| 97 | 14:40 | BOYS 10 | 100M | HEATS | FINAL: EVENT NO. 107 |
| 98 | 14:45 | GIRLS 10 | 100M | HEATS | FINAL: EVENT NO. 108 |
| 99 | 14:50 | BOYS 11 | 100M | HEATS | FINAL: EVENT NO. 109 |
| 100 | 14:55 | GIRLS 11 | 100M | HEATS | FINAL: EVENT NO. 110 |
| 101 | 15:00 | BOYS 12 | 150M | HEATS | FINAL: EVENT NO. 111 |
| 102 | 15:05 | GIRLS 12 | 150M | HEATS | FINAL: EVENT NO. 112 |
| 103 | 15:10 | GIRLS 13 | 200M | HEATS | FINAL: EVENT NO. 113 |
| 104 | 15:15 | BOYS 13 | 200M | HEATS | FINAL: EVENT NO. 114 |
| 105 | 15:20 | LSEN: GIRLS 13 | 200M | HEATS | FINAL: EVENT NO. 115 |
| 106 | 15:25 | LSEN: BOYS 13 | 200M | HEATS | FINAL: EVENT NO. 116 |
| 15:30 – 15:45 | | MEDAL PRESENTATION EVENTS 89 - 96 | | | |
| 107 | 15:50 | BOYS 10 | 100M | FINAL | |
| 108 | 15:53 | GIRLS 10 | 100M | FINAL | |
| 109 | 15:56 | BOYS 11 | 100M | FINAL | |
| 110 | 15:59 | GIRLS 11 | 100M | FINAL | |
| 16:00 – 16:10 | | MEDAL PRESENTATION EVENTS 107 - 110 | | | |
| 111 | 16:10 | BOYS 12 | 150M | FINAL | |
| 112 | 16:13 | GIRLS 12 | 150M | FINAL | |
| 113 | 16:16 | GIRLS 13 | 200M | FINAL | |
| 114 | 16:19 | BOYS 13 | 200M | FINAL | |
| 115 | 16:21 | LSEN: GIRLS 13 | 200M | FINAL | |
| 116 | 16:24 | LSEN: BOYS 13 | 200M | FINAL | |
| 117 | 16:30 | GIRLS 10 | 4 X 100M | FINAL | |
| 118 | 16:33 | BOYS 10 | 4 X 100M | FINAL | |
| 119 | 16:36 | GIRLS 11 | 4 X 100M | FINAL | |
| 120 | 16:39 | BOYS 11 | 4 X 100M | FINAL | |
| 16:40 – 16:55 | | MEDAL PRESENTATION EVENTS 111 - 116 | | | |
| 121 | 16:55 | GIRLS 12 | 4 X 100M | FINAL | |
| 122 | 16:58 | BOYS 12 | 4 X 100M | FINAL | |
| ANNOUNCEMENT OF VICTOR & VICTRIX: TRACK & FIELD | | | | | |
| 123 | 17:15 | LSEN: GIRLS 13 | 4 X 100M | FINAL | |
| 124 | 17:18 | LSEN: BOYS 13 | 4 X 100M | FINAL | |
| 125 | 17:21 | GIRLS 13 | 4 X 100M | FINAL | |
| 126 | 17:24 | BOYS 13 | 4 X 100M | FINAL | |
| 17:30 – 17:50 | | EVENTS 117 - 126 NO MEDAL PRESENTATION: MEDALS MUST BE COLLECTED AT THE MEDAL TABLE/ ROOM FOR THESE EVENTS DUE TO TIME CONSTRAINTS. TEAM MANAGERS MUST SIGN FOR THE TEAM'S MEDALS UPON COLLECTION. | | | |
| ANNOUNCEMENT OF TENTATIVE TEAM WESTERN CAPE @ 18:15 | | | | | |

ADDENDUM G

WESTERN CAPE PRIMARY SCHOOLS ATHLETICS: TRACK &FIELD RECORDS – 2018

BOYS 13

Updated: 2018:04:27

| EVENT | NAME | REGION | RECORD | DATE | VENUE |
|----------------|---------------------|--------|---------|------------|--------------------|
| 100m | Ethan White | Boland | 11.91 | 2016:02:27 | DE JAGER STADIUM |
| 200m | Dale Martin | Boland | 24.51 | 2018:03:03 | DE JAGER STADIUM |
| 800m | Petrus Lottering | Boland | 2:12.19 | 2017:03:11 | DALJOSAFAT STADIUM |
| 1500m | Petrus Lottering | Boland | 4:16.86 | 2017:03:11 | DALJOSAFAT STADIUM |
| 80m H (76,2cm) | Jacobus De Villiers | Boland | 11.65 | 2016:02:27 | DE JAGER STADIUM |
| 200m H (68cm) | Clemond Nel | WP | 28.38 | 2018:03:03 | DE JAGER STADIUM |
| 1500m Walk | Durando Aweries | SWD | 7:26:53 | 2016:02:27 | DE JAGER STADIUM |
| High Jump | Reece Montsumi | WP | 1.76m | 2016:02:27 | DE JAGER STADIUM |
| Long Jump | Jivanno Melouw | Boland | 5.96m | 2018:03:03 | DE JAGER STADIUM |
| Shot Put (4kg) | Eugene Marx | WP | 14.05m | 2016:02:27 | DE JAGER STADIUM |
| Javelin (600g) | Coetzee Le Roux | Boland | 46.64m | 2016:02:27 | DE JAGER STADIUM |
| Discus (1kg) | Phillipus Kleynhans | Boland | 44.12m | 2016:02:27 | DE JAGER STADIUM |
| Relay: 4X100m | WESTERN PROVINCE | WP | 48.56 | 2016:02:27 | DE JAGER STADIUM |

BOYS 12

| EVENT | NAME | REGION | RECORD | DATE | VENUE |
|----------------|---------------------|--------|---------|------------|--------------------|
| 100m | Dwayne Minnies | WP | 12.17 | 2018:03:03 | DE JAGER STADIUM |
| 150m | Dwayne Minnies | WP | 18.48 | 2018:03:03 | DE JAGER STADIUM |
| 1200m | Petrus Lottering | Boland | 3:41.05 | 2016:02:27 | DE JAGER STADIUM |
| 75mH (76,2cm) | Edward-John Sterley | WP | 11.61 | 2016:02:27 | DE JAGER STADIUM |
| 150m H (68cm) | Edward-John Sterley | WP | 22.10 | 2016:02:27 | DE JAGER STADIUM |
| High Jump | Sebastian Brink | SWD | 1.54m | 2017:03:11 | DALJOSAFAT STADIUM |
| Long Jump | Dwayne Minnies | WP | 5.44m | 2018:03:03 | DE JAGER STADIUM |
| Shot Put (3kg) | Adruan Kotze | Boland | 13.30m | 2017:03:11 | DALJOSAFAT STADIUM |
| Javelin (500g) | Bernado Diedericks | Boland | 37.25m | 2017:03:11 | DALJOSAFAT STADIUM |
| Discus (750g) | Adruan Kotze | Boland | 41.27m | 2017:03:11 | DALJOSAFAT STADIUM |
| Relay: 4X100m | WESTERN PROVINCE | WP | 51.37 | 2016:02:27 | DE JAGER STADIUM |

BOYS 11

| EVENT | NAME | REGION | RECORD | DATE | VENUE |
|----------------|--------------------|--------|---------|------------|--------------------|
| 80m | Dwayne Minnies | WP | 10.47 | 2017:03:11 | DALJOSAFAT STADIUM |
| 100m | Dwayne Minnies | WP | 12.98 | 2017:03:11 | DALJOSAFAT STADIUM |
| 1200m | Irlo Liebenberg | Boland | 3:46.05 | 2017:03:11 | DALJOSAFAT STADIUM |
| 70m H (68cm) | Luan Giliomee | Boland | 11.13 | 2017:03:11 | DALJOSAFAT STADIUM |
| High Jump | Leskin-Lee Samuels | Boland | 1.45m | 2018:03:03 | DE JAGER STADIUM |
| Long Jump | Kealan Milton | Boland | 4.84m | 2017:03:11 | DALJOSAFAT STADIUM |
| Shot Put (2kg) | Constant V/D Merwe | WP | 12.11m | 2018:03:03 | DE JAGER STADIUM |
| Relay: 4X100m | WESTERN PROVINCE | WP | 54.38 | 2017:03:11 | DALJOSAFAT STADIUM |

BOYS 10

| EVENT | NAME | REGION | RECORD | DATE | VENUE |
|----------------|-----------------------|--------|---------|------------|--------------------|
| 80m | Rowan Mafutu | SWD | 11.01 | 2017:03:11 | DALJOSAFAT STADIUM |
| 100m | Kealen Milton | Boland | 13.54 | 2016:02:27 | DE JAGER STADIUM |
| 1200m | Pieter Du Bois | WP | 3:52.41 | 2017:03:11 | DALJOSAFAT STADIUM |
| 70m H (68cm) | Yuvrah George | Boland | 12.04 | 2018:03:03 | DE JAGER STADIUM |
| High Jump | Kevin Kayambe | WP | 1.41m | 2017:03:11 | DALJOSAFAT STADIUM |
| Long Jump | Daniel Von Der Heyden | WP | 4.62m | 2017:03:11 | DALJOSAFAT STADIUM |
| Shot Put (2Kg) | Hairo Baron | Boland | 9.67m | 018:03:03 | DE JAGER STADIUM |
| Relay: 4X100m | WESTERN PROVINCE | WP | 55.54 | 2017:03:11 | DALJOSAFAT STADIUM |

GIRLS 13

| EVENT | NAME | REGION | RECORD | DATE | VENUE |
|----------------|----------------------|--------|---------|------------|--------------------|
| 100m | Rudzani Ramukhubathi | WP | 12.22 | 2016:02:27 | DE JAGER STADIUM |
| 200m | Elke v/d Westhuizen | Boland | 25.75 | 2016:02:27 | DE JAGER STADIUM |
| 800m | Nicola Middleton | WP | 2:22.41 | 2016:02:27 | DE JAGER STADIUM |
| 1500m | Shanique Pedro | Boland | 5:01.05 | 2017:03:11 | DALJOSAFAT STADIUM |
| 75m H (76,2cm) | Jo-Eke Haas | Boland | 11.79 | 2018:03:03 | DE JAGER STADIUM |
| 200m H (68cm) | Leah Swile | WP | 30.72 | 2016:02:27 | DE JAGER STADIUM |
| 1500m Walk | Shaney Webb | SWD | 8:02.87 | 2016:02:27 | DE JAGER STADIUM |
| High Jump | Olivia Behrens | WP | 1.55m | 2017:03:11 | DALJOSAFAT STADIUM |
| Long Jump | Lu-Ann Oliveros | Boland | 5.05m | 2016:02:27 | DE JAGER STADIUM |
| Shot Put (3kg) | Taila Roos | Boland | 12.08m | 2016:02:27 | DE JAGER STADIUM |
| Javelin (500g) | Jessica Hess | Boland | 35.80m | 2017:03:11 | DALJOSAFAT STADIUM |
| Discus (750g) | Taila Roos | Boland | 33.28m | 2016:02:27 | DE JAGER STADIUM |
| Relay: 4X100m | BOLAND | Boland | 51.91 | 2016:02:27 | DE JAGER STADIUM |

GIRLS 12

| EVENT | NAME | REGION | RECORD | DATE | VENUE |
|----------------|-------------------|--------|---------|------------|--------------------|
| 100m | Zynzhia Brown | Boland | 13.02 | 2017:03:11 | DALJOSAFAT STADIUM |
| 150m | Sha-Lian Matthews | Boland | 19.93 | 2018:03:03 | DE JAGER STADIUM |
| 1200m | Janice Jakobus | Boland | 3:53.52 | 2017:03:11 | DALJOSAFAT STADIUM |
| 75m H (68cm) | Zahni Smit | Boland | 12.09 | 2018:03:03 | DE JAGER STADIUM |
| 150m H (68cm) | Jo-Eke Haas | Boland | 22.12 | 2017:03:11 | DALJOSAFAT STADIUM |
| High Jump | Lisa Heyns | WP | 1.54m | 2016:02:27 | DE JAGER STADIUM |
| Long Jump | Kiera Abrahams | WP | 4.83m | 2018:03:03 | DE JAGER STADIUM |
| Shot Put (3kg) | Chloe Serrotti | WP | 10.60m | 2018:03:03 | DE JAGER STADIUM |
| Javelin (500g) | Michaela Birch | WP | 28.36m | 2018:03:03 | DE JAGER STADIUM |
| Discus (750g) | Lisa Terblanche | WP | 29.86m | 2018:03:03 | DE JAGER STADIUM |
| Relay: 4X100m | BOLAND | Boland | 53.19 | 2017:03:11 | DALJOSAFAT STADIUM |

GIRLS 11

| EVENT | NAME | REGION | RECORD | DATE | VENUE |
|----------------|--------------------|--------|---------|------------|--------------------|
| 80m | Sha-Lian Matthews | Boland | 11.01 | 2017:03:11 | DALJOSAFAT STADIUM |
| 100m | Sha-Lian Matthews | Boland | 13.66 | 2017:03:11 | DALJOSAFAT STADIUM |
| 1200m | Kesha October | WP | 4:02.48 | 2017:03:11 | DALJOSAFAT STADIUM |
| 70m H (68cm) | Jordan Boer | WP | 12.10 | 2018:03:03 | DE JAGER STADIUM |
| High Jump | Morgan Cope | WP | 1.38m | 2017:03:11 | DALJOSAFAT STADIUM |
| Long Jump | Kiera-Lee Abrahams | WP | 4.84m | 2017:03:11 | DALJOSAFAT STADIUM |
| Shot Put (2kg) | Cornelia Destroo | Boland | 11.20m | 2018:03:03 | DE JAGER STADIUM |
| Relay: 4X100m | WESTERN PROVINCE | WP | 56.53 | 2017:03:11 | DALJOSAFAT STADIUM |

GIRLS 10

| EVENT | NAME | REGION | RECORD | DATE | VENUE |
|----------------|--------------------|--------|---------|------------|--------------------|
| 80m | Sha-Lian Matthews | Boland | 11.49 | 2016:02:27 | DE JAGER STADIUM |
| 100m | Sha-Lian Matthews | Boland | 14.19 | 2016:02:27 | DE JAGER STADIUM |
| 70m H (68cm) | Lara Ehlers | Boland | 13.07 | 2016:02:27 | DE JAGER STADIUM |
| 1200m | Hilliny Witbooi | SWD | 4:04.81 | 2017:03:11 | DALJOSAFAT STADIUM |
| High Jump | Shakeelah April | WP | 1.28m | 2017:03:11 | DALJOSAFAT STADIUM |
| Long Jump | Kiera Lee Abrahams | WP | 4.23m | 2016:02:27 | DE JAGER STADIUM |
| Shot Put (2Kg) | Mila Ueckermann | WP | 8.96m | 2018:03:03 | DE JAGER STADIUM |
| Relay: 4X100m | BOLAND | Boland | 59.38 | 2017:03:11 | DALJOSAFAT STADIUM |

LSEN - BOYS 13

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|---------------------|--------|--------|------------|--------------------|
| 100m | | | New | | |
| 200m | | | New | | |
| 1500m | | | New | | |
| High Jump | | | New | | |
| Long Jump | | | New | | |
| Shot Put (4kg) | Johannes Du Plessis | Boland | 5.58m | 2017:03:11 | DALJOSAFAT STADIUM |
| Relay: 4X100m | | | New | | |

LSEN - GIRLS 13

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|------|------|--------|------|-------|
| 100m | | | New | | |
| 200m | | | New | | |
| 1500m | | | New | | |
| High Jump | | | New | | |
| Long Jump | | | New | | |
| Shot Put (4kg) | | | New | | |
| Relay: 4X100m | | | New | | |

ADDENDUM H

SASA HEIGHTS AND WEIGHTS OF IMPLEMENTS - 2019 AGE GROUPS: BOYS & GIRLS: 10, 11, 12, 13 (MAIN STREAM) & LSEN 13

| EVENT | BOYS/AGE | | | | GIRLS/AGE | | | |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| | 10 | 11 | 12 | 13 | 10 | 11 | 12 | 13 |
| 70 m H | 68,0 cm | 68,0 cm | | | 68,0 cm | 68,0 cm | | |
| 75 m H | | | 76,2 cm | | | | 68,0 cm | 76,2 cm |
| 80 m H | | | | 76,2 cm | | | | |
| 150 m H | | | 68,0 cm | | | | 68,0 cm | |
| 200 m H | | | | 68,0 cm | | | | 68,0 cm |
| Shot-put | 2,0 Kg | 2,0 Kg | 3,0 Kg | 4,0 Kg | 2,0 Kg | 2,0 Kg | 3,0 Kg | 3,0 Kg |
| Discus | | | 750 g | 1,0 Kg | | | 750 g | 750 g |
| Javelin | | | 500 g | 600 g | | | 500 g | 500 g |

HEIGHTS, DISTANCES BETWEEN HURDLES AND NUMBER OF HURDLES FOR ALL

HURDLE EVENTS 2017

(UPDATED BY SASA ON 2016:12:05)

(NO HURDLE EVENTS FOR LSEN 13 BOYS & GIRLS)

| BOYS | | | | | | |
|------|----------------|-----------|---------------------------------|---------------------------|---------------------------------|-------|
| Age | Distance Meter | Height Cm | Distance: Start to First Hurdle | Distance: Between Hurdles | Distance: Last Hurdle to Finish | Total |
| 10 | 70m H | 68,0 cm | 10,00 M | 7,00 M | 11,00 M | 8 |
| 11 | 70m H | 68,0 cm | 10,00 M | 7,00 M | 11,00 M | 8 |
| 12 | 75m H | 76,2 cm | 11,00 M | 7,50 M | 11,50 M | 8 |
| | 150m H | 68,0 cm | 23,00 M | 19,00 M | 13,00 M | 7 |
| 13 | 80m H | 76,2 cm | 12,00 M | 8,00 M | 12,00 M | 8 |
| | 200m H | 68,0 cm | 16,00 M | 19,00 M | 13,00 M | 10 |

| GIRLS | | | | | | |
|-------|----------------|-----------|---------------------------------|---------------------------|---------------------------------|-------|
| Age | Distance Meter | Height Cm | Distance: Start to First Hurdle | Distance: Between Hurdles | Distance: Last Hurdle to Finish | Total |
| 10 | 70m H | 68,0 cm | 10,00 M | 7,00 M | 11,00 M | 8 |
| 11 | 70m H | 68,0 cm | 10,00 M | 7,00 M | 11,00 M | 8 |
| 12 | 75m H | 68,0 cm | 11,00 M | 7,50 M | 11,50 M | 8 |
| | 150m H | 68,0 cm | 23,00 M | 19,00 M | 13,00 M | 7 |
| 13 | 75m H | 76,2 cm | 11,00 M | 7,50 M | 11,50 M | 8 |
| | 200m H | 68,0 cm | 16,00 M | 19,00 M | 13,00 M | 10 |

ADDENDUM I

SASA PRIMARY SCHOOLS MAIN STREAM & LSEN BOYS & GIRLS 13

TRACK & FIELD CHAMPIONSHIPS 2019

QUALIFYING STANDARDS

(UPDATED BY SASA ON 2018:10:20)

| EVENT | BOYS | | | | | GIRLS | | | | |
|--|--|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| | 10 | 11 | 12 | 13 | 13 LSEN | 10 | 11 | 12 | 13 | 13 LSEN |
| 80m Hand Time Elect Time | 11,20 11,44 | 10,90 11,14 | | | | 11,60 11,84 | 11,30 11,54 | | | |
| 100m Hand Time Elect Time | 13,76 14,00 | 13,60 13,84 | 13,10 13,34 | 12,10 12,34 | 13,66 13,90 | 14,40 14,64 | 14,00 14,24 | 13,50 13,74 | 13,10 13,34 | 14,46 14,70 |
| 150m Hand Time Elect Time | | | 19,44 19,68 | | | | | 20,50 20,74 | | |
| 200m Hand Time Elect Time | | | | 25,00 25,24 | 27,76 28,00 | | | | 27,50 27,74 | 32,36 32,50 |
| 800m Coastal Time Inland Time | | | | 2:16,00 2:18,00 | | | | | 2:26,00 2:28,00 | |
| 1,200m Coastal Time Inland Time | 4:05,00 4:09,00 | 3:54,00 3:58,00 | 3:50,00 3:52,00 | | | 4:20,00 4:24,00 | 4:10,00 4:14,00 | 4:00,00 4:04,00 | | |
| 1,500m Coastal Time Inland Time | | | | 4:40,00 4:44,00 | 5:26,00 5:30,00 | | | | 5:05,00 5:10,00 | 6:36,00 6:40,00 |
| 1500mW Coastal Inland Time | | | | 8:20,00 8:27,00 | | | | | 9:00,00 9:07,00 | |
| 70mH Hand Time Elect Time | 12,20 12,44 | 11,80 12,04 | | | | 13,40 13,64 | 12,20 12,44 | | | |
| 75mH Hand Time Elect Time | | | 12,40 12,64 | | | | | 12,40 12,64 | 12,30 12,54 | |
| 80mH Hand Time Elect Time | | | | 12,30 12,54 | | | | | | |
| 150mH Hand Time Elect Time | | | 22,50 22,74 | | | | | 24,30 24,54 | | |
| 200mH Hand Time Elect Time | | | | 29,20 29,44 | | | | | 32,10 32,34 | |
| Shot Put | 9,00m | 11,30m | 11,00m | 11,50m | 6,50m | 8,00m | 9,70m | 9,60m | 10,20m | 7,20m |
| Discus | | | 32,00m | 36,00m | | | | 25,00m | 30,00m | |
| High Jump | 1,24m | 1,34 m | 1,48m | 1,54m | 1,40m | 1,18m | 1,30m | 1,40m | 1,48m | 1,15m |
| Long Jump | 4,10m | 4,50m | 4,80m | 5,20m | 4,40m | 3,80m | 4,10m | 4,40m | 4,60m | 3,80m |
| Javelin | | | 33,00m | 36,00m | | | | 24,00m | 28,00m | |
| Main Stream - H / J Starting Height | 1,19 | 1,29 | 1,43 | 1,49 | | 1,13 | 1,25 | 1,35 | 1,43 | |
| LSEN - H / J Starting Height | | | | | 1,30m | | | | | 1,15m |
| H = Hand Time C = Coastal Time | E = Electronic Time I = Inland Time | | | | | | | | | |

ADDENDUM J

SASA - PRIMARY SCHOOLS MAIN STREAM T&F RECORDS – 2018

(UPDATED BY SASA ON 2018:11:15)

BOYS 13

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|----------------------------|-------------|----------------|--------------------|------------------------|
| 100m | R Jephtha | WPR | 11,03 | 2001 | Secunda |
| 200m | R Els | GAU | 22,96 | 15/03/2013 | Sasolburg |
| 800m | A Zondwayo | ECA | 2:02,51 | 2002 | Univ. W. Cape |
| 1500m | N Nzimande | KZN | 4:11,28 | 30/03/2009 | Polokwane |
| 80m H (76,2cm) | W Pheiffer | WCA | 11,13 | 20/03/2015 | Germiston |
| 200m H (68cm) | W Pheiffer | WCA | 26,65 | 20/03/2015 | Germiston |
| 1500m Walk | S Jansen | WCA | 7:13,60 | 20/03/2011 | Germiston |
| High Jump | L Rautenbach T Mbembele | NWP GAU | 1,74m 1,74m | 2000 20/03/2015 | Kroonstad Germiston |
| Long Jump | R Pienaar | NWP | 6,18m | 19/03/2006 | Durban |
| Shot Put (4kg) | H Sauer | SGT | 16,06m | 2001 | Secunda |
| Javelin (600g) | J Schlebusch | FS | 55,62m | 15/03/2013 | Sasolburg |
| Discus (1kg) | L Pavier | GAU | 51,50m | 16/03/2018 | Paarl |
| Relay: 4X100m | Gauteng Province | GAU | 46,10 | 15/03/2013 | Sasolburg |

BOYS 12

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|-----------------------|-------------|----------------|-------------|---------------|
| 100m | T York | EPR | 11,21 | 2000 | Kroonstad |
| 150m | C Galant | WCA | 17,70 | 21/03/2014 | Paarl |
| 1200m | S Boyi | WPR | 3:25,24 | 1999 | Paarl |
| 75mH (76,2cm) | W Pheiffer | WCA | 11,30 | 21/03/2014 | Paarl |
| 150m H (68cm) | A Ashaan T Verster | MPU FS | 20,69 20,69 | 20/03/2015 | Germiston |
| High Jump | H Kotze | NGT | 1,71m | 1996 | Bellville |
| Long Jump | K Mintwell | NGT | 5,50m | 2000 | Kroonstad |
| Shot Put (3kg) | L Pavier | GAU | 16,95m | 24/03/2017 | Potchefstroom |
| Javelin (500g) | T Swanepoel | WCA | 43,91m | 28/03/2008 | Bellville |
| Discus (750g) | J van Rensburg | GAU | 44,92m | 24/03/2007 | Pretoria |
| Relay: 4X100m | Western Cape | WCA | 48,97 | 21/03/2014 | Paarl |

BOYS 11

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|-------------|-------------|---------------|-------------|----------------|
| 80m | C Galant | WCA | 10,10 | 15/03/2013 | Sasolburg |
| 100m | M Jonas | ECA | 12,26 | 1998 | Pietersburg |
| 1200m | L Faku | ECA | 3:30,00 | 1997 | East London |
| 70m H (68cm) | H Pienaar | NKN | 10,63 | 1996 | Bellville |
| High Jump | H Kotze | NGT | 1,58m | 1995 | Durban |
| Long Jump | S Mavisela | MPU | 5,22m | 21/03/2014 | Paarl |
| Shot Put (2kg) | D van Dyk | FS | 14,81m | 11/03/2016 | Port Elizabeth |
| Relay: 4X100m | Gauteng | GAU | 51,24 | 30/03/2009 | Polokwane |

BOYS 10

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|---------------|------|---------|------------|---------------|
| 80m | J Booysen | WPR | 10,22 | 1996 | Bellville |
| 100m | L Felton | WPR | 12,03 | 2001 | Secunda |
| 1200m | S Poyne | ECA | 3:41,84 | 2002 | Univ. W. Cape |
| 70m H (68cm) | M Engelbrecht | MPU | 11,60 | 24/03/2017 | Potchefstroom |
| High Jump | J Bartelman | FS | 1,50m | 1997 | East London |
| Long Jump | B Beukes | BOL | 4,82m | 1998 | Pietersburg |
| Shot Put (2Kg) | W Muller | FS | 11,86m | 15/03/2013 | Sasolburg |
| Relay: 4X100m | Gauteng | GAU | 54,02 | 15/03/2013 | Sasolburg |

GIRLS 13

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|--------------|------|---------|------------|---------------|
| 100m | S Gardiner | BOL | 11,93 | 2001 | Secunda |
| 200m | K La Grange | GAU | 25,18 | 24/03/2017 | Potchefstroom |
| 800m | I Bekker | GAU | 2:14,92 | 21/03/2003 | Bloemfontein |
| 1500m | A Nice | GAU | 4:38,40 | 13/03/2004 | Germiston |
| 75m H (76,2cm) | B van As | SFS | 11,07 | 2002 | Univ. W. Cape |
| 200m H (68cm) | E Kriel | FS | 28,27 | 24/03/2007 | Pretoria |
| 1500m Walk | A Oosthuizen | WCA | 7:16,08 | 28/03/2008 | Bellville |
| High Jump | K Rothballer | MPU | 1,74m | 23/03/2012 | Durban |
| Long Jump | T Cupido | WCA | 5,60m | 24/03/2007 | Pretoria |
| Shot Put (3kg) | A Erasmus | MPU | 13,99m | 16/03/2018 | Paarl |
| Javelin (500g) | J van Dyk | WCA | 43,55m | 19/03/2010 | East London |
| Discus (750g) | M Myburgh | FS | 43,83m | 24/03/2017 | Potchefstroom |
| Relay: 4X100m | Gauteng | GAU | 50,41 | 16/03/2018 | Paarl |

GIRLS 12

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|--------------|------|---------|------------|----------------|
| 100m | G October | SWD | 12,28 | 2001 | Secunda |
| 150m | A Fourie | FS | 18,09 | 21/03/2014 | Paarl |
| 1200m | A van Staden | GAU | 3:38,18 | 16/03/2018 | Paarl |
| 75m H (68cm) | S Mofokeng | FS | 11,22 | 21/03/2003 | Bloemfontein |
| 150m H (68cm) | E Botha | GAU | 21,33 | 18/03/2005 | Royal Bafokeng |
| High Jump | M Jacobs | NGT | 1,65m | 1996 | Bellville |
| Long Jump | C Jenkins | GAU | 5,11m | 24/03/2017 | Potchefstroom |
| Shot Put (3kg) | S du Toit | SGT | 14,37m | 2000 | Kroonstad |
| Javelin (500g) | L Jacobs | SWD | 35,02m | 2000 | Kroonstad |
| Discus (750g) | L de Wet | NWP | 38,84m | 16/03/2018 | Paarl |
| Relay: 4X100m | Western Cape | WCA | 51,94 | 21/03/2014 | Paarl |

GIRLS 11

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|------------------|-------------|---------------|-------------|---------------|
| 80m | A Conley | GAU | 10,08 | 2002 | Univ. W. Cape |
| 100m | W Jacobs | BOL | 12,50 | 2001 | Secunda |
| 1200m | M Dimond | GAU | 3:47,02 | 24/03/2017 | Potchefstroom |
| 70m H (68cm) | M Compaan | GAU | 11,07 | 21/03/2014 | Paarl |
| High Jump | M Jacobs | NGT | 1,56m | 1995 | Durban |
| Long Jump | KL Abrahams | WCA | 4,94m | 24/03/2017 | Potchefstroom |
| Shot Put (2kg) | R Slump | WCA | 12,62m | 20/03/2015 | Germiston |
| Relay: 4X100m | Western Province | WCA | 53,70 | 1998 | Pietersburg |

GIRLS 10

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|------------------|-------------|---------------|-------------|----------------|
| 80m | H Walker | WCA | 10,09 | 30/03/2009 | Polokoane |
| 100m | M Dankwa | SGT | 12,34 | 1996 | Bellville |
| 70m H (68cm) | A Sauer | GAU | 11,52 | 2002 | Univ. W. Cape |
| 1200m | M Dimond | GAU | 3:53,89 | 11/03/2016 | Port Elizabeth |
| High Jump | A Herbst | FS | 1,40m | 23/03/2012 | Durban |
| Long Jump | R Cleophas | WPR | 4,48m | 1995 | Durban |
| Shot Put (2Kg) | C Olivier | GAU | 10.09m | 24/03/2017 | Potchefstroom |
| Relay: 4X100m | Western Province | WCA | 55,10 | 1995 | Durban |

SASA - LSEN BOYS & GIRLS 13
T&F RECORDS – 2018
(UPDATED BY SASA ON 2018:11:15)

L.S.E.N. - BOYS 13

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|---------------|------|---------|------------|---------------|
| 100m | J-Leigh Carls | FS | 12.73 | 16/03/2018 | Paarl |
| 200m | J-Leigh Carls | FS | 26,71 | 16/03/2018 | Paarl |
| 1500m | G Valtyn | ECA | 5:13,91 | 16/03/2018 | Paarl |
| High Jump | M Hadebe | MPU | 1,55m | 24/03/2017 | Potchefstroom |
| Long Jump | O Lecoko | FS | 5,10m | 24/03/2017 | Potchefstroom |
| Shot Put (4kg) | S Sithole | MPU | 8,28m | 16/03/2018 | Paarl |
| Relay: 4X100m | | | | | |

L.S.E.N. - GIRLS 13

| EVENT | NAME | PROV | RECORD | DATE | VENUE |
|----------------|----------|------|---------|------------|---------------|
| 100m | BJ Nunes | MPU | 14,45 | 24/03/2017 | Potchefstroom |
| 200m | J Eze | MPU | 31,33 | 16/03/2018 | Paarl |
| 1500m | I Yanxa | ECA | 5:54.68 | 16/03/2018 | Paarl |
| High Jump | BJ Nunes | MPU | 1,20m | 24/03/2017 | Potchefstroom |
| Long Jump | P Zulu | MPU | 3,85m | 24/03/2017 | Potchefstroom |
| Shot Put (4kg) | | | | | |
| Relay: 4X100m | | | | | |

ADDENDUM K
WESTERN CAPE SCHOOLS ATHLETICS: EXECUTIVE

| NAME AND SURNAME | PORTFOLIO | EMAIL | CONTACT NUMBERS |
|-------------------------|--------------------------------------|--|------------------------|
| BRANDON DU PLESSIS | CHAIRPERSON | bduplessisathletics@gmail.com | 084 698 6860 |
| VACANT | VICE-CHAIRPERSON | | |
| DEON WERTHEIM | SECRETARY | dg.wertheim@gmail.com | 079 550 6086 |
| CHRIS BOONZAAIER | TREASURER | chribo@webmail.co.za | 082 404 8244 |
| CLARENCE COMBRINCK | VICE-CHAIRPERSON: HIGH SCHOOLS | clarencecombrinck@gmail.com | 082 775 8910 |
| HURSHELE CAROLISSEN | VICE-CHAIRPERSON: PRIMARY SCHOOLS | Hurshele.Carolissen@wcgschools.gov.za | 082 341 5414 |
| FRANKLIN SEPTEMBER | VICE-CHAIRPERSON: CROSS COUNTRY | septemberfranklin61@gmail.com | 082 350 2406 |
| REJANE WILLEMSE | VICE-CHAIRPERSON: LSEN | wrejani@yahoo.com | 083 959 1369 |
| LLEWELLYN ARENDSE | MINUTE SECRETARY | arendsellewellyn09@gmail.com | 074 867 2091 |
| RONALD ABRAHAMS | DEVELOPMENT OFFICER (COACHING) | ronaldabrahams5@gmail.com | 083 788 5900 |
| VACANT | DEVELOPMENT OFFICER(TECHNICAL) | | |

ADDENDUM L

Local Organising Committee (LOC)

| PORTFOLIO | NAME | MOBILE | EMAIL |
|-------------------------------------|--|------------------------------------|--|
| Convenor | Brandon Du Plessis | 084 698 6860 | bduplessisathletics@gmail.com |
| Competition Directors | Hurshela Carolissen (PS) | 082 341 5414 | Hurshela.Carolissen@wcgschools.gov.za |
| | Clarence Combrinck (HS) | 082 775 8910 | clarencecombrinck@gmail.com |
| Finance | Chris Boonzaaier | 082 404 8244 | chribo@webmail.co.za |
| Minute Secretary | Dieter Van Den Heever | 072 253 4384 | dietervdh@gmail.com |
| Protocol | Rejane Willemse | 083 959 1369 | wrejani@yahoo.com |
| Technical | Ashuraf Baxter (PS) Hennie Mathews (HS) | 073 255 1387 079 913 2803 | ashuraf.baxter@wcgschools.gov.za hmathews79@gmail.com |
| Track & Equipment | Absolon Johnson | 083 237 0601 | |
| Joint Operations | Dawid Andrews | 082 621 3066 | deandrews16@gmail.com |
| Catering | Kelly Julius | 071 103 3301 | kellyjulius19@gmail.com |
| Boland Representatives | Isaac Alberts | 081 450 1283 | carolisaac@telkomsa.net |
| | Melanie Dirkse | 082 573 3755 | bolhsath@gmail.com |
| DCAS Representative | Elmarco Matthews | 083 991 8708 | Elmarco.Matthews@westerncape.gov.za |
| Drakenstein Municipality | Fagan Asia | 081 023 1671 | Fagan.asia@drakenstein.gov.za |

ADDENDUM M

WESTERN CAPE PRIMARY SCHOOLS ATHLETICS TRACK &FIELD:
REGIONAL/DISTRICT CHAIRPERSONS

| <u>REGION/DISTRICT</u> | <u>CHAIRPERSON</u> | <u>SCHOOL</u> | <u>MOBILE</u> | <u>EMAIL</u> |
|-------------------------------|----------------------------|------------------------------|----------------------|---|
| BOLAND | Isaac Alberts | Victoria Park PS | 081 450 1283 | carolisaac@telkomsa.net |
| CENTRAL KAROO | Aqeel Ismail | Teske Memorial PS | 081 593 4230 | iageel0@gmail.com |
| EDEN | Ronald Abrahams | Voorwaarts PS | 083 788 5900 | ronaldabrahams5@gmail.com |
| WP | Haadie Abrahams | The Pinelands PS | 083 764 7293 | abrahamshq@telkomsa.net |

ADDENDUM N

SUMMARY OF IMPORTANT DATES

25 FEBRUARY 2019

1. Regions/Districts must submit names of technical officials by submitting Addendum A.
2. Regions/Districts must electronically submit their team entries on duly completed Bekker registration form.
3. Regions/Districts must ensure that participation fees are deposited.

01 MARCH 2019

1. Registration Meeting at 15:00 at Daljosaphat Stadium. The General Manager and 1 Selector per region must attend.

This meeting will be chaired by Hurshela Carolissen in his capacity as Vice-Chairperson: Primary Schools. The primary purpose of this meeting is to verify all the registration documents of all the athletes are valid and meet the prescribed requirements. This scrutiny will be done by the selectors and regions/districts.

2. Technical Meeting:

General- Boys- and Girls Managers (Mainstream & LSEN) meeting at 16:00 at Daljosaphat Stadium.

This meeting will be chaired by Hurshela Carolissen in his capacity as Vice-Chairperson: Primary Schools. The primary purpose of this meeting is to consolidate all the logistical arrangements for the two days and to consolidate the findings of the registration meeting.

The LOC will be represented by the Chairperson and the relevant portfolio holders in order to facilitate the briefing of the Western Cape executive and regions.

3. Team Western Cape Management meeting at 17:00 at Daljosaphat Stadium.

This meeting will be chaired by Haadie Abrahams in his capacity as General Manager of Team Western Cape.

The primary purpose of this meeting is to brief the managers of their roles and responsibilities for the two days, tournament preparation and the tournament itself.

02 MARCH 2019

1. Meeting with all the technical officials at 07:30 at Daljosaphat Stadium. This meeting will be chaired by Reginald Mitchell.

The primary purpose of this meeting is to introduce the relevant event and chief officials for the competition and to brief the officials of the expectations for the day.

2. General Managers meeting at 08:00, 11:00, 13:00 and 16:00 at Daljosaphat Stadium. This meeting will be chaired by Hurshela Carolissen in his capacity as Vice-Chairperson: Primary Schools.

The LOC Chairperson and the relevant portfolio holders will be present.

The primary purpose of these meetings is to evaluate the status of the event and to consolidate and communicate specific arrangements.

03 MARCH 2019

1. Western Cape Schools Athletics Executive Meeting at 14:00 in Paarl. This meeting will be chaired by Brandon Du Plessis in his capacity as Chairperson of the organisation.

The primary purpose of this meeting is to ratify the Western Cape Primary Schools Athletics Team and to consolidate all the tournament arrangements.

Deon Wertheim, in his capacity as the General Secretary of the organisation, will announce and communicate the Western Cape Primary Schools Athletics Team to the four regions/districts immediately after this meeting.

ADDENDUM O
OATHS

DECLARATION BY PARTICIPANTS

On my part as a sportsperson I believe:

That I must behave like a true sportsperson and respect my opponents at all times.

That I must be fair to my opponents while I support my own team.

That I must be modest in victory and ask myself whether our victory has been gained by fair means.

That I must accept a defeat with good grace and give my opponents the praise due to them for gaining victory.

That I must use sport not only for my own benefit and advantage but also to live out and demonstrate my sincere interest and concern for my fellow South Africans who all form part of one nation and who are entitled to fair , just and equal treatment and opportunities in the land of their birth.

DECLARATION BY OFFICIALS

We as officials accept our selection and undertake to dedicate our services

To the athletes and to athletics;

To give each athlete through professionalism, the professionalism, to give his or her best

To be reliable, helpful and friendly

To apply the rules honestly and correctly to the benefit of each athlete;

To serve and promote athletics through unbiased service

To carefully execute the duties given to us;

To foster neatness in attire and positive behaviour;

To promote a healthy attitude and relationship towards the physical and spiritual welfare of the athlete.

RECOMMENDATIONS:
PRE-SEASON

RECOMMENDATIONS:

WESTERN CAPE: PRIMARY SCHOOLS ATHLETICS: TRACK & FIELD CHAMPIONSHIPS

RECOMMENDATIONS:

SASA: PRIMARY SCHOOLS ATHLETICS: TRACK & FIELD CHAMPIONSHIPS

