

WESTERN CAPE SCHOOLS ATHLETICS
PROVINCIAL SECONDARY SCHOOLS
TRACK & FIELD CHAMPIONSHIPS
2019

COMPETITION MANUAL



DAL JOSAPHAT STADIUM

PAARL

BOLAND REGION

8 - 9 MARCH 2019

SECTION A

1. WESTERN CAPE SECONDARY SCHOOLS ATHLETICS: TRACK& FIELD CHAMPIONSHIPS:

DATE: FRIDAY, 08 MARCH AND SATURDAY, 9 MARCH 2019

VENUE: DAL JOSAFAT STADIUM, PAARL

2. AFFILIATED FIXTURES: (TBC)

FIXTURE / COMPETITION	DATE	VENUE
SASA SECONDARY SCHOOLS	2019:03:22 2019:03:24	Port Elizabeth
WESTERN CAPE	2019:03:08 2019:03:9	
REGIONAL CHAMPIONSHIPS (3)		
BOLAND	2019:02:22 2019:02:23	Dal Josafat Stadium
CENTRAL KAROO		
EDEN		
WP		TBC
<u>INTER SCHOOLS FIXTURES:</u> Boland (Dal Josaphat) SWD (De Jager) WP (Green Point)	2019:02:16 TILL 2019:02:24	VARIOUS VENUES
TOTAL NUMBER OF EVENTS = ???		

3. CATEGORY, AGE GROUP AND ACTUAL AGE IN 2019

CATEGORY	AGE GROUP	ACTUAL AGE IN 2018
JUNIOR	19 & 19L	Born in 2000/2001 (19 years and younger on 31 December 2019)
YOUTH	17 & 17L	Born in 2002/3 (17 years and younger on 31 December 2019)
SUB-YOUTH	15 & 15L	Born in 2004 (15 years and younger on 31 December 2019)
SUB - YOUTH	14 & 14L	Born in 2005 (14 years and younger on 31 December 2019)

L = L.S.E.N. (Learners with Special Educational Needs)

4. CONTINGENT PER REGION

4.1. TEAM COMPOSITION PER REGIONS

4.1.1 TRACK: Maximum of 4 athletes

4.1.2 FIELD: Maximum of 4 athletes

- Maximum of 350 athletes (Management included) Mainstream
- **Maximum of 100 athletes (Management included) LSEN**

4.2 TEAM MANAGEMENT PER REGIONAL TEAM

4.2.1 One (1) High School Regional Athletics Chairperson

4.2.1 One (1) General Manager:

- 4.2.3 Ten (10) Managers / Manageress's / Coaches
- 4.2.5 One (1) Selector
LSEN
- 4.2.6 One (1) LSEN Regional Chairperson
- 4.2.7 Seven (7) Managers / Manageress's / Coaches
- 4.2.8 One (1) Selector

4.3 TECHNICAL OFFICIALS

- 4.3.1 Ten (10) Qualified Technical Officials from SWD
- 4.3.2 **Twenty (20) Qualified Technical Officials from WP**
- 4.3.3 **The rest of the Qualified Technical Officials will be provided by BOLAND**
- 4.3.4 Total Number of Officials that will be doing duty = 140
- 4.3.5 Complete and submit Addendum A not later than **25 February 2019.**
- 4.3.6. **No Honorarium will be paid to Technical officials.**

5. SCRUTINY/ REGISTRATION (Thursday, 07 March 2019)

- 5.1 The registration meeting is compulsory for all Teammanager.
- 5.2 Registration will take place on **Thursday, 07 March 2019, at Dal Josaphat Stadium** at 17H00.
- 5.3 Withdrawals and replacements can be done during this time only at this meeting in writing by completing Addendum B.
- 5.4 General Managers must present one FEMALE FILE and one MALE FILE according to age groups. Please file documents in the same sequence as they appear on the official registration documents.
- 5.5 All documents of the athletes must be present in order to compete in the Championship.
(See 12.10)
- 5.6 Implements for the throws (First day of the competition) must be handed in for ASIZING on **Thursday, 07 March 2019**, between **15:00 and 16:00** at the Asizing room. Put a sticker on the implement with the following information – Name, Surname, age group, and region.
The implement will be returned to the athlete with the start of the event.

6. PARTICIPATING TEAMS & MAXIMUM NUMBER OF ATHLETES ALLOWED.

- 6.1 Regions (Boland, Eden District, Karoo District & WP) must conclude their inter district competitions in the THREE regions not later than **01th March 2019.**
- 6.2 Private schools and Home school learners need to affiliate to their Regions in order to participate.
- 6.3 The relevant Districts must be represented in their regional teams.
- 6.4 No individual entries will be considered.

REGIONS	Maximum number of athletes allowed.	MAXIMUM TOTAL 1350 Participants
1. BOLAND.	350 / 100 LSEN	
2. EDEN & CENTRAL KAROO DISTRICTS.	350 / 100 LSEN	
3. WESTERN PROVINCE.	350 / 100 LSEN	

7. NUMBERS

7.1 The LOC will provide the competition numbers and pins.

7.2 Numbers must be pinned (according to the IAAF rules) at the front and back of the competition vest.

7.3 In the case of High Jump/Pole vault, an athlete is allowed to have only one number at the back or Front.

8. ACCOMMODATION, CATERING AND TRANSPORT.

8.1 Regions are responsible for their own transport, accommodation and catering.

8.2 Regions are encouraged to work in conjunction with the Western Cape Athletics Executive to secure their service providers.

8.3 Only the Western Cape Athletics Executive will liaise with the department of Cultural Affairs and Sport (DCAS).

8.4 Transport, catering and accommodation is for the regions account if the Western Cape Executive is not able to source funding.

9. ENTRANCE FEES FOR ATHLETES

9.1 A participation fee of **R30.00 per athlete will be levied.**

9.2 The participation money must be deposited in the account of the Western Cape Athletics Executive not later than **the 07th March 2019.**

9.3 Proof of payment must be emailed to the Treasurer, Chris Boonzaaier (chrisbo@webmail.co.za)

9.4 **Banking Detail**

Bank : **Absa**
Branch : **Paarl**
Branch Code: **334210**
Type : **Cheque Account**
Account Nr : **4059294250**
Reference : **Name of Region**

10. ENTRANCE FEES FOR SPECTATORS

- **ADULTS** - **R 30.00 per person.**
- **LEARNERS** - **R 20.00 per person.**

- **VEHICLES - R 20.00 per car (passengers excluded)**

11. TEAM ENTRIES

CLOSING DATE: 01 MARCH 2019 - 17:00

- 11.1 Entries must be done in terms of gender, age group and the specific events as stipulated in **Addendum C**.
- 11.2 Teams entries must be validated by the Regional High Schools Chairperson be duly completing and signing **Addendum D**.
- 11.3 Names of athletes must be entered in alphabetical order in the space provided on the entry form.
- 11.4 Complete entries on the official entry form. The entry form will be send to the regions in due cause.
- 11.5 Best Time/Distance/Height recorded by the athlete for the 2018/19 season must be entered in the appropriate block which will also serve as indicator in which heat the athlete will participate in. (Lane draw purposes).
- 11.6 A duly completed Addendum B must be submitted with the team registration.
- 11.7 **The penalty for late entries is R500.00 per day.**

11.8 DIRECT ALL ENTRIES TO THE FOLLOWING PERSONS

<i>Deon Wertheim</i> <i><u>Dg.wertheim@gmail.com</u></i> <i>Cell: 0824048244</i>	<i>Clarence Combrinck</i> <i><u>clarencecombrinck@gmail.com</u></i> <i>Cell: 0827758910</i>
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12. VERIFICATION OF BIRTH

12.1 ID Document, or Copy thereof certified by a Commissioner of Oaths **OR**

12.2 Passport or Copy thereof certified by a Commissioner of Oaths, (not older than 3 months).

The above is compulsory for all learners with a Valid Green Bar-Coded ID Book.

12.3 **Birth Certificate** or Copy thereof certified by a Commissioner of Oaths with a recent photo attached thereto, stamped in full at the back of the photo. After the photo has been attached to the Certificate, an official stamp should also appear halfway on the photo and halfway on the certificate to form a unit.

The immediate above is relevant for learners younger than 16 years of age.

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

12.5 Scanned documents will not be allowed.

12.6 The General Manager of each Region 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 Regional Structure.

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

12.8 Any Team Manager, failing to comply with this arrangement, will forfeit the athlete's medal.

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

12.10 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."

12.11 NEW ATHLETE IDENTITY VERIFICATION FORM

a) 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**.

b) 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.**)

c) 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 / ID Document / Passport/ Smartcard. Very important: Birth Certificate / Passport (All athletes younger than 16).

Please Note:

d) The principal/ Deputy Principal SAPS qualified as Commissioner of Oath and must be certify the photocopy certificate on the template as a true copy and put School stamp (Not older than 6 months) partly over the ID photo and partly over photocopied certificate. *School stamp must indicate the date.*

e) 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 sign-off by the Provincial Structure.

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

g) 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.

h) Please check Template

13. MEETING FOR TEAM MANAGERS AND OFFICIALS

- 13.1 A meeting for Team Managers will be held on **Thursday, 07 March 2019** at the **Dal Josaphat Stadium at 17:00. Only withdrawals will be allowed at this meeting.**
- 13.2 Only withdrawals (accompanied by a medical certificate) will be allowed at this meeting (replacement or changes will be allowed).
The following documents will be available at this meeting:
- a) Accreditation
 - b) Safety Plan
 - c) Parking plan
 - d) Selection Criteria
 - e) Final Programme for the two competition days.

Technical Meeting for Officials

13.3 **Competition Day 1:** **Technical Officials - One hour before start of competition.**

Team Managers - 15:00 and 16:00

Competition Day 2: **Technical Officials - One hour before start of competition.**

Team Managers - 10:00, 12:00 and after the

competition.

13.4 It is of vital importance that all General Managers and Technical Officials attend these meetings.

All the relevant Managers and Assistants as well as Technical Officials attending the various meetings must make use of private transport and attend the meetings as required – They should not depend on the Team Bus for transport.

14. NEW EVENTS FOR 2019 **No new events for 2019**

15. SURFACE OF TRACK

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

- Track, Long- & Triple Jump = 7mm (Maximum length of Spikes)
- High Jump & Javelin = 9mm (Maximum length of Spikes).

16. QUALIFYING STANDARDS

See TECHNICAL STANDARDS

17. OFFICIAL OPENING – (Compulsory for all Teams)

The official opening will be held on **Saturday, 9 March 2019 at 09:00** at the Stadium. All teams are requested to assemble on the track at the Athletics Stadium for this occasion. Teams are requested to bring their Regional Banners for this occasion. General Managers are requested to ensure that their teams remain for the full duration of the opening ceremony

18 MEDALS

18.1 Western Cape Championship Medals will be awarded to the first three (3) athletes in the finals of each event.

18.2 A Trophy will be awarded at the end of the competition to:

18.2.1 Best Performer: Track: Girls

18.2.1 Best Performer: Track: Boys

18.2.3 Best Performer: Field: Girls

18.2.4 Best Performer: Field Boys

19. TECHNICAL OFFICIALS

19.1 Officials must be dressed in **Black bottoms & White tops** for the purpose of officiating.

19.2 They are requested to report 60 minutes prior to the start of the meeting on **Friday and Saturday.**

19.3 A list with Technical Officials will be circulated to the regions at least three days before the start of the event.

19.4 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.

19.5 Addendum A must be completed by the three regions.

20. Western Cape Selection – 2019

21. **WC Team** will be selected for **participation in Port Elizabeth..**
Each region must have one mandated representative (selector) serving on the selection panel.

21.2 **Ivan Reynecke** from Boland will be the convener of the selection panel.

21.3 The official election policy will be applied as the only criteria for selection.

- 21.4 The convener of selectors must hand the selected team, signed by all the selectors, to the Vice-Chairperson: High Schools: Track & Field (Western Cape Executive Schools Athletics Member) after the final event on the competition day.
- 21.5 The Vice-Chairperson: High Schools: Track & Field will be 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.
- 21.6 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 High Schools Athletics Championships.
- 21.7 The Western Cape Schools Athletics Executive assume the responsibility for the production and issuing of the athletes' colours.
- 21.8 The General Manager will issue the following documentation:
- General information
 - Indemnity form
 - Clothing form

22. RESULTS:

- 22.1 The official results will be posted on the official notice board on competition day.
- 22.2 A Copy of the results will be available after the competition for each general manager of the three regions.

23. WATER and REFRESHMENTS:

- 23.1 Regions must supply catering to their athletes and team management.
- 23.2 Refreshments will be on sale.

24. WESTERN CAPE TEAM MANAGEMENT 2019 **See Addendum G**

SECTION B

GENERAL RULES

- 1.1 No littering within the grounds will be allowed.
- 1.2 Respect officials – poor behavior etc. can result in suspension.
- 1.3 **No alcohol, smoking or glass bottles will be allowed on the stadium.**
- 1.4 Team Managers and Coaches are responsible for the good conduct and behavior of their own athletes. Disciplinary action will be taken against any defaulting Province.
- 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.

- 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 province. Provinces 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.
- 1.9 Doping tests will be done during the championships.
- 1.10 Implements for the throwing events must be given in on registration for the purpose of asizing. The implement will 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 to launch a protest.

2. RULES FOR THE MEETING

- 2.1 Athletes must report to the officials at the warming up area: Pole-vault 60 minutes, all other field events 30 minutes and all running 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. Track judges will take them to the recording table.
- 2.4 Athletes who obtain any of the first 3 positions in the final must report to the officials in charge of the medal presentation.
- 2.5 **Starting Rule: IAAF 162.7 [From 1 January 2010]**
Except in Combined Events, any athlete responsible for a false start shall be disqualified.
- 2.6 Seeding, Draws and Qualifications in Track Events according to **ASA Rule 166.**
- 2.7 Qualifying Competition for Field Events according to **ASA Rule 180.8 – 180.15**
Qualifying Rounds will NOT be conducted in the following events:
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.
Qualifying Rounds will be conducted in the following events:
High Jump & Javelin.
- 2.8 An athlete may participate in a maximum of 3 (three) events plus relay. It is recommended that 40% of all athletes be entered in Field events.
- 2.9 Teams have no restriction on the number of athletes per event, providing that they comply with the qualifying standards as set for the meeting. **Only 1**

athlete per team is allowed in those events where qualifying standards were not met.

- 2.10.1 Athletes may not compete in two different age groups during the same meeting, unless there is no corresponding event within the age group for which they were initially entered.
- 2.10.2 The **two years disparity rule** applies for this competition and will be according to the ASA Rules for Technical Standards.
- 2.12 All athletes taking part in the Sprints, Hurdles and Relays must use starting blocks which will be provided at the start.
- 2.13 **PROTEST / APPEAL: Rule 146**
- 2.13.1 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.
- 2.13.2 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.
- 2.13.3 If no consensus is reached, an appeal may be lodged to the JURY of APPEAL in writing, by completing **Addendum E**.
- 2.13.4 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.
- .
- 2.14 Qualifying Standards will be reviewed every year.
- 2.15 IAAF and ASA Rules will be applied.
- 2.16 Domestic Rules may be applied where necessary.

3. **COMPETITION PROGRAMME**

A copy of the preliminary programme is included. The official programme will be provided at the Team Managers' meeting on Thursday **07 March 2019**. See attached programme!! – Addendum F

TECHNICAL INFORMATION

AGE GROUPS FOR THE 2019 WC TRACK & FIELD CHAMPIONSHIPS:

MAIN STREAM: BOYS & GIRLS: 14,15, 17, 19

(Updated 20 Oct 2018)

EVENT	BOYS/ Age					GIRLS/ Age			
	14	15	17	19		14	15	17	19
100 m	x	x	x	x		x	x	x	x
200 m	x	x	x	x		x	x	x	X
400 m	x	x	x	x		x	x	x	X
800 m	x	x	x	x		x	x	x	X
1,500 m	x	x	x	x		x	x	x	X

3,000 m	x	x	x			x	x	x	
5,000 m	-			x		-			X
1,500 m Steeple	x	x				x	x		
2,000 m Steeple	-		x			-		x	X
3,000 m Steeple	-			x		-			X
90 m H	-					x	x		
100 m H	x	x						x	x
110 m H	-		x	x		-			
200 m H	-					-			
300 m H	x	x				x	x		
400 m H	-		x	x		-		x	x
Shot-put	x	x	x	x		x	x	x	x
Discus	x	x	x	x		x	x	x	x
High Jump	x	x	x	x		x	x	x	x
Long Jump	x	x	x	x		x	x	x	x
Triple Jump	x	x	x	x		x	x	x	x
Javelin	x	x	x	x		x	x	x	x
Hammer	x	x	x	x		x	x	x	x
Pole-vault	x	x	x	x		x	x	x	x
Relay 4 x 100m	x	x	x	x		x	x	x	x
Medley Relay 100/200/300/400 m	x	x	x			x	x	x	
Relay 4 x 400m				x					x
Walk 5,000 m	x	x				x	x	x	
Walk 10,000 m			x	x					x

AGE GROUPS FOR THE 2019 WC TRACK & FILED CHAMPIONSHIPS:

L.S.E.N. - BOYS & GIRLS: 14, 15, 17, 19

(Updated 20 Oct 2018)

EVENT								
	14	15	17	19	14	15	17	19
100 m	x	x	x	X	x	X	x	x
200 m	x	x	x	X	x	X	x	x
400 m		x	x	X		X	x	x
800 m		x	x	X		X	x	x
1,500 m	x	x	x	X	x	X	x	x
3,000 m			x					

5,000 m				X				
Shot-put	x	x	x	X		x	X	x
Discus	x	x	x	X		x	X	x
High Jump	x	x	x	X		x	X	x
Long Jump	x	x	x	X		x	X	x
Javelin	x	x	x	X		x	X	x
Relay 4 x 100m			x	X				x
Medley Relay 100/200/300/400 m				x				x

PROPOSED STARTING HEIGHTS

H = Heats F = Finals

(Updated Oct 2018)

High Jump							
H	1,55m	1,70m	1,80m		1,40m	1,45m	1,50m
F	1,64m	1,78m	1,84m		1,44m	1,50m	1,53m
Pole-vault	2,60m	3,60m	3,80m		1,80m	2,20m	2,40m

HEIGHTS & WEIGHTS OF IMPLEMENTS – MAIN STREAM & LSEN 2019

(Updated 20 Oct 2018)

EVENT	BOYS/Age				GIRLS/Age			
	14	15	17	19	14	15	17	19
90 m H					76,20cm	76,20cm		
100 m H	84,00cm	84,00cm					76,20cm	84,00cm
110 m H			91,40cm	99,00cm				
200 m H								
300 m H	84,00cm	84,00cm			76,20cm	76,20cm		
400 m H			84,00cm	91,40cm			76,20cm	76,20cm
Shot-put	4,00Kg	4,00Kg	5,00Kg	6,00Kg	3,00Kg	3,00Kg	3,00Kg	4,00Kg
Discus	1,00Kg	1,00Kg	1,50Kg	1,75Kg	1,00Kg	1,00Kg	1,00Kg	1,00Kg
Javelin	600g	600g	700g	800g	500g	500g	500g	600g
Hammer	4,00Kg	4,00Kg	5,00Kg	6,00Kg	3,00Kg	3,00Kg	3,00Kg	4,00Kg

HEIGHTS & DISTANCES BETWEEN HURDLES & NUMBER OF HURDLES - 2019

BOYS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance : Last Hurdle to Finish	Total
14	100 m H	84,0	13,00 M	8,50 M	10,50 M	10
	300 m H	84,0	50,00 M	35,00 M	40,00 M	7
15	100 m H	84,0	13,00 M	8,50 M	10,50 M	10
	300 m H	84,0	50,00 M	35,00 M	40,00 M	7
	1500SC	76,2				
17	110 m H	91,4	13,72 M	9,14 M	14,02 M	10
	400 m H	84,0	45,00 M	35,00 M	40,00 M	10
	2000SC	91,4				
19	110 m H	99,5	13,72 M	9,14 M	14,02 M	10
	400 m H	91,4	45,00 M	35,00 M	40,00 M	10
	3000SC	91,4				

GIRLS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance : Between Hurdles	Distance: Last Hurdle to Finish	Total
14	90 m H	76,2	13,00 M	8,00 M	13,00 M	9
	300 m H	76,2	50,00 M	35,00 M	40,00 M	7
15	90 m H	76,2	13,00 M	8,00 M	13,00 M	9
	300 m H	76,2	50,00 M	35,00 M	40,00 M	7
	1500SC	76,2				
17	100 m H	76,2	13,00 M	8,50 M	10,50 M	10
	400 m H	76,2	45,00 M	35,00 M	40,00 M	10
	2000SC	76,2				
19	100 m H	84,0	13,00 M	8,50 M	10,50 M	10
	400 m H	76,2	45,00 M	35,00 M	40,00 M	10
	3000SC	76,2				

TRIPLE JUMP

BOARD DISTANCE ACCEPTED FOR 2019

TAKE-OFF BOARD FROM LANDING AREA- TRIPLE JUMP

AGE	BOYS	GIRLS
	Take-off board distance from landing Area	Take-off board distance from landing Area
19	13 m	11m
17	11m	9m
15	9m	9m
14	9m	9m

**SELECTION CRITERIA FOR WESTERN CAPE SECONDARY SCHOOLS
CHAMPIONSHIP
Mainstream (Minimum Qualifying standards – Updated 20 Oct 2018)**

EVENT		BOYS			GIRLS		
		15	17	19	15	17	19
100m	H	11,30	10,90	10,70	12,40	12,30	12,20
	E	11,54	11,14	10,94	12,64	12,54	12,44
200m	H	23,50	22,40	21,90	26,20	25,80	25,40
	E	23,74	22,64	22,14	26,44	26,04	25,64
400m	H	53,70	49,90	49,40	60,90**	59,20**	58,90
	E	53,94	50,14	49,64	61,14**	59,44**	59,14
800m	C	2:02,00	1:56,00	1:54,00	2:20,00	2:18,00	2:18,00
	I	2:04,00	1:58,00	1:56,00	2:22,00	2:20,00	2:20,00
1500m	C	4:26,00**	4:06,00**	4:00,00**	4:55,00	4:53,00	4:53,00
	I	4:30,00**	4:10,00**	4:04,00**	4:59,00	4:57,00	4:57,00
3000m	C	10:02,00**	8:47,00**		11:27,00	10:42,00**	

	I	10:10,00**	8:55,00**			11:35,00	10:50,00**	
5000m	C I			15:23,00** 15:35,00**				20:33,00 20:45,00
10 000m	C I			34:45,00 35:30,00				
1500m SC	C I	5:00,00 5:08,00				6:12,00 6:20,00		
2000m SC	C I		6:21,00 6:25,00				8:15,00 8:19,00	
3000m SC	C I			10:22,00 10:30,00				13:00,00 13:08,00
1000m Medley	H E	2:16,00 2:20,00	2:08,00 2:12,00			2:30,00 2:34,00	2:24,00 2:28,00	
90mH	H E					13,70 13,94		
100mH	H E	13,70 13,94					14,90** 15,14**	15,70** 15,94**
110mH	H E		14,70 14,94	15,00 15,24				
300mH	H E	41,20** 41,44**				46,20** 46,46**		
400mH	H E		55,50** 56,64**	55,10** 55,34**			66,50 66,74	66,50** 66,74**
5000m W	C I	29:15,00 29:30,00				30:15,00** 30:20,00**	29:45,00** 30:00,00**	
10 000m W	C I		56:35,00** 57:00,00**	54:35,00** 55:00,00**				66:35,00** 67:00,00**
Long Jump		61,0m**	6,60m**	6,80m**		5,10m**	5,25m**	5,30m**
Triple Jump		12,50m**	13,50m**	13,85m**		10,00m**	10,50m**	11,20m
High Jump		1,72m	1,88m	1,94m		1,54m	1,60m**	1,60m**
Pole Vault		3,00m**	3,70m	3,80m		2,35m	2,40m	2,80m
Shot Put		14,85m	15,80m	14,2m**		11,40m	11,90m	11,20m**
Discus		48,00m	48,00m**	42,00m		30,00m**	36,00m**	36,00m**
Javelin		50,00m	58,00m	53,00m		36,00m**	40,00m**	40,00m**
Hammer		42,00m	50,00m**	44,00m**		35,00m**	40,00m	38,00m**

Key : H = Hand time E = Electronic time C = Coastal time I = Inland time **Events need Dev.

SASA LSEN TRACK AND FIELD CHAMPIONSHIP 2019

GIRLS

EVENT	<u>19</u>	<u>17</u>	<u>15</u>
100m	14:00	14:20	14:50
200m	229:50	29:80	30:00
400m	70:50	71:00	73:00
800m	2:50	2:55,00	3:00,00
1500m	6:20,00	6:30,00	6:50,00
LONGJUMP	4,30m	4,20m	4,00m
HIGHJUMP	1,35m	1,30m	1,25

STARTING HEIGHT	1,35m	1,30m	1,25
SHOTPUT	8,00m	8,00m	7,50m
DISCUS	20,00m	19,00m	17,00m
JAVELIN	21,00m	20,80m	18,00m

BOYS

EVENT	<u>19</u>	<u>17</u>	<u>15</u>
100m	11:95	12:80	12:90
200m	24:80	25:00	26:00
400m	55:00	56:00	59:00
800m	2:15,00	2:20,00	2:30,00
1500m	4:40,00	4:50,00	5:15,00
3000m		10:30,00	
5000m	19:50		
LONGJUMP	5,90m	5,60m	5,00m
HIGHJUMP	1,70m	1,65m	1,50m
STARTING HEIGHT	1,65m	1,60m	1,45m
SHOTPUT	11,10m	11,20m	10,00m
DISCUS	30,00m	29,50m	27,00m
JAVELIN	40,00m	38,00m	30,00m

ADDENDUM A **TECHNICAL OFFICIALS**

OFFICIALS SERVING AT WC *SCHOOLS* ATHLETICS SECONDARY SCHOOLS **TRACK & FIELD CHAMPIONSHIPS – 2019.**

This page must be returned, after completion, to the relevant persons:

RETURN DATE: **01 MARCH 2019 – Latest.**

Send to: **Deon Wertheim**
dg.wertheim@gmail.com
clarencocombrinck@gmail.com
Cell: 0824048244

AND Clarence Combrinck
0827758910

REGION: _____					
OFFICIAL NAME + SURNAME	EVENTS <u>Choice</u>		LEVEL	Accreditation Number	Halaal Kosher Vegetaria n
	1	2	E.g. II		
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Certified correct by the Provincial Structure: _____
(Signature)

NAME: _____ Contact No: _____

DATE: _____

WITHDRAWAL & SUBSTITUTION FORM

**WC SCHOOLS ATHLETICS - PROVINCIAL SECONDARY SCHOOLS T&F
CHAMPIONSHIPS - 2019**

This form is to be used only after entries have been confirmed. It must be submitted to the Technical Information Center well in time.

WITHDRAWAL

Province: Team Manager:
.....

Event No	Event	Athlete No	Competitor Name	Reason for Withdrawal

Signature: Date: Time:
.....

SUBSTITUTION

Province: Team Manager:
.....

Event No	Event	Athlete No	Competitor Name	Reason for Withdrawal

Signature: Date: Time:
.....

ADDENDUM D **TEAM ENTRIES – COVER PAGE (MAINSTREAM) -** **2019**

Complete this form and use it as a cover page for your entries.

1.

REGION: _____

2.

AGE GROUP	TOTAL ENTRIES BOYS	TOTAL ENTRIES GIRLS
14		
15		
17		
19		
TOTAL		

Print the names and gender of the TEAM OFFICIALS accompanying the team.

3.1 Regional Athletics Chairperson:

3.2 General Manager

3.3 Assistant Managers

1. _____

2. _____

3.4 Coaches

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Signature:

REGIONAL STRUCTURE : _____

DATE: _____

(This information is certified correct)

TEAM ENTRIES – COVER PAGE (L.S.E.N.) -2019

Complete this form and use it as a cover page for your entries.

1.

Region: _____

2.

AGE GROUP	TOTAL ENTRIES BOYS	TOTAL ENTRIES GIRLS
14 LSEN		
15 LSEN		
16 LSEN		
17 LSEN		
19 LSEN		
TOTAL		

Print the names and gender of the TEAM OFFICIALS accompanying the team.

3.1 Regional Athletics Chairperson:

3.2 General Manager

3.3 Assistant Managers

1. _____

2. _____

3.4 Coaches

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Signature:

REGIONAL STRUCTURE : _____

DATE: _____

ADDENDUM E
PROTEST FORM

WC SCHOOLS ATHLETICS - PROVINCIAL SECONDARY SCHOOLS T&F
CHAMPIONSHIPS - 2019

Protest lodged by or on behalf of

Province:

Event No: Event:

According to the rule of this competition, all protests presented to the Referee must include a deposit of **R500.00**.
 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

.....

Grounds 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:

WESTERN CAPE MANAGEMENT & TECHNICAL OFFICIALS:
POTCHEFSTROOM

*OFFICIALS SERVING AT THE SOUTH AFRICAN SECONDARY SCHOOLS T&F CHAMPIONSHIPS IN **POTCHEFSTROOM- 2018**. See Addendum.*

IMPORTANT:

IT IS THE PREROGATIVE OF THE WC EXECUTIVE TO APPOINT THE GENERAL MANAGER.

LATE SUBMISSION OF THESE NAMES WILL RESULT IN THE WC EXECUTIVE TO APPOINT SUITABLE APPOINTEES PRIOR TO THE WC CHAMPIONSHIP TO BE HELD ON **09-10 MARCH** IN THE BOLAND PROVINCE.

THE EXECUTIVE HAS ALSO THE RIGHT TO ACCEPT OR REJECT THE SUBMISSION OF THESE NAMES.

IT IS EXPECTED OF THESE APPOINTEES TO AVAIL THEMSELVES AT THE CHAMPIONSHIPS TO DO ADMINISTRATION DUTY AND SIGN THE NECESSARY CODE OF CONDUCT.

RETURN DATE: MONDAY 01 MARCH 2019

Send to: The Secretary: Mr Deon Wertheim
E-mail: dg.wertheim@gmail.com

REGION:					
MANAGEMENT					
1	Town: Gender:		Cell: Food: K/H/V		
2	Town: Gender:		Cell: Food: K/H/V		
3	Town: Gender:		Cell: Food: K/H/V		
OFFICIAL	EVENTS		Accreditation Number	LEVEL E.g. I	Halaal Kosher Vegetarian
NAME + SURNAME	Choice 1	2			
4 Cell:			Gender:		

Certified correct by the Regional Structure:

SIGNATURE

NAME: _____ Contact No: _____

DATE: _____

ADDENDUM F

WESTERN CAPE



DAL JOSAPHAT ATHLETICS STADIUM

08 AND 09 MARCH 2019

Final

DAY 1 – FRIDAY 08 MARCH 2019

EVEN T	TIME	GENDER AND AGE	ITEM	DESIG NATION	STATUS
1	14:00	Boys – 15,14	5000m walk		Final
2	14:00	Girls -14,15 (LSEN)	LJ	Area A	Final
3	14:00	Boys -14,15 (LSEN)	JAVELIN		Final
4	14:00	Boys -14,15 (LSEN)	HJ		Final
5	14:00	Girls-17 (LSEN)	SP	Circle A	Final
6	14:00	Boys -17 (LSEN)	SP	Circle B	Final
7	14:00	Boys – 14	POLE VAULT*		Final
8	14:00	Girls – 15	HAMMER - 3 kg		Final
9	14:35	Girls – 15,14	5000m walk		Final
10	14:45	Boys – 15	HAMMER - 4 kg		Final
11	15:00	Girls – 14*	POLE VAULT*		Final
		Medal Presentation			
12	15:10	Boys – 19	400mH - 91,4 cm		Semi-Final
13	15:15	Boys – 17	400mH - 84,0 cm		Semi-Final
14	15:20	Girls – 19	400mH - 76,2 cm		Semi-Final

15	15:25	Girls – 17	400mH - 76,2 cm		Semi-Final
16	15:30	Boys – 15	300mH - 84,0 cm		Semi-Final
17	15:30	Boys 17 (LSEN)	HJ	Area A	Final
18	15:30	Boys 19 (LSEN)	HJ	Area B	Final
19	15:30	Girls-14,15 (LSEN)	SP	Circle A	Final
20	15:30	Boys-14,15 (LSEN)	SP	Circle B	Final
21	15:30	Boys-14,15 (LSEN)	LJ	Area B	Final
22	15:30	Girls -14,15 (LSEN)	JAVELIN		Final
23	15:30	Girls-14,15 (LSEN)	HJ		Final
24	15:30	Boys – 15	POLE VAULT		Final
25	15:30	Girls – 17	HAMMER - 3 kg		Final
		Medal Presentation			
26	15:35	Boys- 14	300mH - 84,0 cm		Semi-Final
27	15:40	Girls – 14	300mH - 76,2 cm		Semi-Final
28	15:45	Girls - 15	300mH - 76,2 cm		Semi-Final
29	15:50	Girls-14 (LSEN)	1500m		Final
30	15:55	Boys-14 (LSEN)	1500m		Final
31	16:00	Girls-15 (LSEN)	1500m		Final
32	16:05	Boys-15 (LSEN)	1500m		Final
33	16:10	Girls-17,19 (LSEN)	1500m		Final
34	16:15	Boys-17,19 (LSEN)	1500m		Final
35	16:20	Girls-14 (LSEN)	400m		Final
36	16:25	Boys-14 (LSEN)	400m		Final
37	16:30	Girls-15 (LSEN)	400m		Final
38	16:30	Boys- 17	HAMMER – 5kg		Final

		Medal Presentation			
39	16:35	Boys-15 (LSEN)	400m		Final
40	16:40	Girls-17 (LSEN)	400m		Final
41	16:45	Boys-17 (LSEN)	400m		Final
42	16:50	Girls - 19 (LSEN)	400m		Final
43	16:55	Boys- 19 (LSEN)	400m		Final
44	17:00	Girls-19	5000m		Final
45	17:00	Girls-19 (LSEN)	SP	Circle A	Final
46	17:00	Boys -19 (LSEN)	SP	Circle B	Final
47	17:00	Girls 17 (LSEN)	HJ	Area A	Final
48	17:00	Girls 19 (LSEN)	HJ	Area B	Final
		Medal Presentation			
49	17:00	Boys- 17	POLE VAULT		Final
50	17:00	Boys -17 (LSEN)	JAVELIN		Final
51	17:30	Girls – 19	HAMMER - 4 kg		Final
52	17:35	Boys – 19	400mH - 91,4 cm		Final
53	17:40	Boys – 17	400mH - 84,0 cm		Final
54	17:45	Girls – 19	400mH - 76,2 cm		Final
55	17:50	Girls – 17	400mH - 76,2 cm		Final
56	17:55	Boys– 15	300mH - 84,0 cm		Final
57	18:00	Boys– 14	300mH - 84,0 cm		Final
58	18:00	Girls – 17	POLEVAULT		Final
		Medal Presentation			
59	18:00	Girls 17 (LSEN)	LJ	Area A	Final
60	18:00	Girls 19 (LSEN)	LJ	Area B	Final
61	18:00	Boys 19 (LSEN)	JAVELIN		Final

62	18:00	Boys 17 (LSEN)	LJ	Area B	Final
63	18:00	Boys 19 (LSEN)	LJ	Area A	Final
64	18:00	Girls – 19	POLEVAULT		Final
65	18:15	Girls- 19	HJ		Final
66	18:05	Girls– 15	300mH - 76,2 cm		Final
67	18:10	Girls – 14	300mH - 76,2 cm		Final
		Medal Presentation			
68	18:15	Girls – 17	5000m walk		Final
69	18:45	Boys– 17	10km walk		Final
70	19:15	Boys-19	HAMMER- 6kg		Final
71	19:20	Boys- 19	POLEVAULT		Final
72	19:30	Girls -14,15 (LSEN)	DISCUS		Final
73	19:45	Girls – 19	10km walk		Final
74	20:45	Boys – 19	10km walk		Final
		Medal Presentation			

DAY 2 – SATURDAY 09 MARCH 2019

EVEN T	TIME	GENDER	ITEM	DESIG NATION	STATUS
75	08:00	Girls– 14	90mH - 76,2 cm		Semi-Final
76	08:00	Girls – 17	LJ	Area A	Final
77	08:00	Girls – 15	HJ	Area A	Final
78	08:00	Girls – 15	JAVELIN - 500 gm		Final
79	08:00	Boys – 15	SP - 4 kg	Circle B	Final
80	08:00	Boys – 19	DISCUS - 1,75 kg		Final
81	08:00	Boys - 19 (LSEN)	DISCUS- 1,75		Final

			kg		
82	08:05	Girls – 15	90mH - 76,2 cm		Semi-Final
83	08:10	Boys – 14	100mH - 84,0 cm		Semi-Final
84	08:15	Boys – 15	100mH - 84,0 cm		Semi-Final
85	08:20	Girls – 17	100mH - 76,2 cm		Semi-Final
86	08:25	Girls – 19	100mH - 84,0 cm		Semi-Final
87	08:30	Boys – 17	110mH - 91,4 cm		Semi-Final
88	08:35	Boys – 19	110mH - 99,5 cm		Semi-Final
89	08:40	Girls- 14;15 (LSEN)	800m		Final
90	08:45	Boys-14;15 (LSEN)	800m		Final
91	08:50	Girls-17 (LSEN)	800m		Final
92	08:55	Boys-17 (LSEN)	800m		Final
93	09:00	Girls - 19 (LSEN)	800m		Final
		Medal Presentation			
94	09:00	Boys- 17	LJ	Area A	Final
95	09:00	Girls- 19	JAVELIN - 600 gm		Final
96	09:00	Girls - 19 (LSEN)	JAVELIN- 600 gm		Final
97	09:00	Girls- 15	POLEVAULT		Final
98	09:00	Boys-14	HJ	Area B	Final
99	09:00	Girls– 15	SP - 3 kg	Circle A	Final
100	09:05	Boys - 19 (LSEN)	800m		Final
101	09:10	Girls – 14	100m		Semi-Final
102	09:15	Boys – 14	100m		Semi-Final
103	09:20	Girls– 15	100m		Semi-Final

104	09:25	Boys – 15	100m		Semi-Final
105	09:30	Girls– 17	100m		Semi-Final
106	09:35	Boys – 17	100m		Semi-Final
107	09:40	Girls – 19	100m		Semi-Final
108	09:45	Boys – 19	100m		Semi-Final
109	09:50	Girls – 14	800m		Final
110	09:55	Boys – 14	800m		Final
111	10:00	Boys – 15	TJ - 9m	Area B	Final
112	10:00	Boys- 17	DISCUS - 1,5 kg		Final
113	10:00	Boys-17 (LSEN)	DISCUS- 1,5 kg		Final
114	10:00	Boys – 19	LJ	Area A	Final
		Medal Presentation			
115	10:00	Girls – 17	HJ	Area A	Final
116	10:00	Boys – 19	SP- 6 kg	Circle B	Final
117	10:00	Girls – 15	800m		Final
118	10:05	Boys– 15	800m		Final
119	10:10	Girls – 17	800m		Final
120	10:15	Boys – 17	800m		Final
121	10:20	Girls – 19	800m		Final
122	10:25	Boys – 19	800m		Final
		Medal Presentation			
123	10:30	Girls14 (LSEN)	100m		Final
124	10:35	Boys14 (LSEN)	100m		Final
125	10:40	Girls-15 (LSEN)	100m		Final
126	10:45	Boys-15 (LSEN)	100m		Final
127	10:50	Girls - 17 (LSEN)	100m		Final
128	10:55	Boys - 17 (LSEN)	100m		Final
129	11:00	Girls – 19 (LSEN)	100m		Final
130	11:00	Girls – 19	TJ - 11 m	Area B	Final

131	11:00	Girls – 19	SP - 4 kg	Circle A	Final
132	11:00	Girls– 15	LJ	Area A	Final
133	11:00	Boys-15	HJ	Area B	Final
134	11:00	Girls – 17	JAVELIN - 500 gm		Final
135	11:00	Girls-17 (LSEN)	JAVELIN- 500g		Final
136	11:05	Boys - 19 (LSEN)	100m		Final
		Medal Presentation			
137	11:20	Girls 15	3000m		Final
138	11:25	Boys-17 (LSEN)	3000m		Final
139	11:25	Boys 17	3000m		Final
140	11:40	Girls 17	3000m		Final
141	11:55	Girls – 14	100m		Final
142	12:00	Girls- 14	SP – 3kg	Area A	Final
143	12:00	Boys- 14	SP- 3kg	Area B	Final
144	12:00	Boys – 15	LJ	Area A	Final
145	12:00	Boys– 15	DISCUS - 1 kg		Final
146	12:00	Boys 15 (LSEN)	DISCUS – 1 kg		Final
147	12:00	Girls– 17	TJ - 9m	Area B	Final
148	12:00	Boys – 19	HJ		Final
		Medal Presentation			
149	12:10	Boys- 14	100m		Final
150	12:15	Girls- 15	100m		Final
151	12:20	Boys – 15	100m		Final
152	12:25	Girls- 17	100m		Final
153	12:30	Boys – 17	100m		Final
154	12:35	Girls- 19	100m		Final
155	12:40	Boys – 19	100m		Final
156	12:45	Girls – 14 &15	1500m SC		Final

157	12:55	Boys- 14 &15	1500m SC		Final
158	13:00	Girls – 17	DISCUS - 1 kg		Final
159	13:00	Girls-17 (LSEN)	DISCUS – 1 kg		Final
		Medal Presentation			
160	13:00	Girls – 19	LJ	Area A	Final
161	13:00	Boys – 17	TJ- 11 m	Area B	Final
162	13:00	Boys – 14	JAVELIN 600gr		Final
163	13:00	Girls- 14	HJ	Area A	Final
164	13:10	Girls - 14 (LSEN)	200m		Final
165	13:15	Boys- 14 (LSEN)	200m		Final
166	13;20	Girls- 15 (LSEN)	200m		Final
167	13:25	Boys - 15 (LSEN)	200m		Final
168	13:30	Girls - 17 (LSEN)	200m		Final
169	13:35	Boys - 17 (LSEN)	200m		Final
170	13:40	Girls- 19 (LSEN)	200m		Final
171	13:45	Boys - 19 (LSEN)	200m		Final
		Medal Presentation			
172	13:55	Boys – 15	3000m		Final
173	14:00	Boys -14 (LSEN)	DISCUS 1kg		Final
174	14:00	Girls- 14	LJ	Area A	Final
175	14:00	Girls- 15	TJ - 9m	Area B	Final
176	14:00	Boys – 17	HJ	Area B	Final
177	14:00	Boys-14	DISCUS 1 kg		Final
178	14:00	Boys – 17	SP - 5 kg	Circle B	Final
179	14:00	Boys- 17	JAVELIN-700gr		Final
180	14:10	Girls- 14	400m		Semi-Final
		Medal Presentation			
181	14:15	Boys – 14	400m		Semi-Final
182	14:20	Girls – 15	400m		Semi-Final

183	14:25	Boys – 15	400m		Semi-Final
184	14:30	Girls – 17	400m		Semi-Final
185	14:30	Girls-14	DISCUS (1kg)		Final
186	14:35	Boys – 17	400m		Semi-Final
187	14:45	Girls – 19	400m		Semi-Final
188	14:50	Boys – 19	400m		Semi-Final
189	14:55	Boys – 17	2000m SC -		Final
190	15:00	Boys-14	LJ	Area A	Final
191	15:00	Girls – 17	SP - 3 kg	Circle A	Final
192	15:00	Boys – 15	JAVELIN - 600 gm		Final
193	15:00	Girls – 19	DISCUS- 1 kg		Final
194	15:00	Girls – 19 (LSEN)	DISCUS- 1 kg		Final
195	15:00	Boys – 19	TJ - 13 m	Area B	Final
196	15:10	Girls – 17	2000m SC		Final
		Medal Presentation			
197	15:25	Girls- 14	90mH- 76,2 cm		Final
198	15:30	Girls- 15	90mH - 76,2 cm		Final
199	15:35	Boys 14	100mH - 84,0 cm		Final
200	15:40	Boys – 15	100mH - 84,0 cm		Final
201	15:45	Girls – 17	100mH - 76,2 cm		Final
202	15:50	Girls – 19	100mH - 84,0 cm		Final
203	15:55	Boys – 17	110mH - 91,4 cm		Final
204	16:00	Boys- 19	110mH - 99,5 cm		Final
205	16:00	Girls – 15	DISCUS - 1 kg		Final
206	16:00	Girls -14	Javelin – 500gr		Final

207	16:05	Boys – 19	5000m		Final
208	16:05	Boys – 19 (LSEN)	5000m		Final
		Medal Presentation			
209	16:20	Girls – 14	200m		Semi-Final
210	16:25	Boys – 14	200m		Semi-Final
211	16:30	Girls – 15	200m		Semi-Final
212	16:35	Boys – 15	200m		Semi-Final
213	16:40	Girls – 17	200m		Semi-Final
214	16:45	Boys – 17	200m		Semi-Final
215	16:50	Girls – 19	200m		Semi-Final
216	16:55	Boys – 19	200m		Semi-Final
217	17:00	Boys – 19	JAVELIN - 800 gm		Final
218	17:00	Girls– 14	1500m		Final
219	17:10	Boys – 14	1500m		Final
220	17:20	Girls – 15	1500m		Final
221	17:25	Boys- 15	1500m		Final
222	17:30	Girls – 17	1500m		Final
223	17:35	Boys – 17	1500m		Final
224	17:40	Girls – 19	1500m		Final
		Medal Presentation			
225	17:45	Boys – 19	1500m		Final
226	17:50	Girls- 14	400m		Final
227	17:55	Boys- 14	400m		Final
228	18:00	Girls – 15	400m		Final
229	18:05	Boys – 15	400m		Final
230	18:10	Girls – 17	400m		Final
231	18:15	Boys – 17	400m		Final
232	18:20	Girls- 19	400m		Final
233	18:25	Boys- 19	400m		Final

		Medal Presentation			
234	18:30	Girls – 14	200m		Final
235	18:35	Boys – 14	200m		Final
236	18:40	Girls- 15	200m		Final
237	18:45	Boys – 15	200m		Final
238	18:50	Girls – 17	200m		Final
239	18:55	Boys – 17	200m		Final
240	19:00	Girls – 19	200m		Final
241	19:05	Boys – 19	200m		Final
		Medal Presentation			
242	19:10	Girls-19	3000SC		Final
243	19:25	Boys- 19	3000SC		Final
		Medal Presentation			

EVENT								
	14	15	17	19	14	15	17	19
100	09:15 12:10	09:25 12:20	09:35 12:30	09:45 12:40	09:10 11:55	09:20 12:15	09:30 12:25	09:40 12:35
200	16:25 18:35	16:35 18:45	16:45 18:55	16:55 19:05	16:20 18:30	16:30 18:40	16:40 18:50	16:50 19:00
400	14:15 17:55	14:25 18:05	14:35 18:15	14:50 18:25	14:10 17:50	14:20 18:00	14:30 18:10	14:45 18:20
800	09:55	10:05	10:15	10:25	09:50	10:00	10:10	10:20
1500	17:10	17:25	17:35	17:45	17:00	17:20	17:30	17:40
3000		13:55	11:25			11:20	11:40	
5000				16:05				17:00
1500SC	12:55	12:55			12:45	12:45		
2000SC			14:55				15:10	
3000SC				19:25				19:10
90mH					08:00 15:25	08:05 15:30		
100mH	08:10 15:35	08:15 15:40					08:20 15:45	08:25 15:50
110mH			08:30 15:55	08:35 16:00				
300mH	15:35 18:00	15:30 17:55			15:40 18:10	15:45 18:05		
400mH			15:15 17:40	15:10 17:35			15:25 17:50	15:20 17:45
5000mW	14:00	14:00			14:35	18:15		
10000mW			18:45	20:45				19:45
LONGJUMP	15:00	12:00	09:00	10:00	14:00	11:00	08:00	
HIGHJUMP	09:00	11:00	14:00	12:00	13:00	08:00	10:00	18:15
TRIPLE JUMP		10:00	13:00	15:00		14:00	12:00	11:00
POLE VAULT	14:00	15:30	17:00	19:20	15:00	09:00	18:00	18:00
SHOTPUT	12:00	08:00	14:00	10:00	12:00	09:00	15:00	11:00
DISCUS	14:00	12:00	10:00	08:00	14:30	16:00	13:00	15:00
JAVELIN	13:00	15:00	14:00	17:00		16:00	11:00	09:00
HAMER		14:45	16:30	19:15		14:00	15:30	17:30

ADDENDUM G

WESTERN CAPE MANAGEMENT & TECHNICAL OFFICIALS: PORT ELIZABETH

OFFICIALS SERVING AT THE SOUTH AFRICAN SECONDARY SCHOOLS T&F CHAMPIONSHIPS IN POTCHEFSTROOM- 2018. See Addendum.

IMPORTANT:

IT IS THE PREROGATIVE OF THE WC EXECUTIVE TO APPOINT THE GENERAL MANAGER.

LATE SUBMISSION OF THESE NAMES WILL RESULT IN THE WC EXECUTIVE TO APPOINT SUITABLE APPOINTEES PRIOR TO THE WC CHAMPIONSHIP TO BE HELD ON 08-9 MARCH IN WESTERN PROVINCE.

THE EXECUTIVE HAS ALSO THE RIGHT TO ACCEPT OR REJECT THE SUBMISSION OF THESE NAMES.

IT IS EXPECTED OF THESE APPOINTEES TO AVAIL THEMSELVES AT THE CHAMPIONSHIPS TO DO ADMINISTRATION DUTY AND SIGN THE NECESSARY CODE OF CONDUCT.

RETURN DATE: 01 MARCH 2019

Send to: The Secretary: Mr Deon Wertheim

E-mail: dq.wertheim@gmail.com

CAPACITY	NAME & SURNAME		GENDE R	MOBILE NUMBER	EMAIL ADDRESS
Regional Athletics Chairperson	C. COMBRINCK	EXEC	Male		
General Manager		BOL	Male		

Girls Manager		WP	Female		
Boys Manager		EDEN	Male		
Head Coach		BOL	Male		
Track Coach		WP	Male		
Field Coach		KAROO	Female		
Age group managers:					
G 15		BOL	Female		
G 17		WP	Female		
G 19		EDEN	Female		
B 15		BOL	Male		
B 17		WP	Male		
B 19		KAROO	Male		
Technical Official		BOL	Female		
Technical Official		WP	Male		
Technical Official		EDEN	Female		
Technical Official		BOL	Male		
Technical Official		KAROO	Female		
Technical Official		WP	Male		
Doctor	Dr. T. Jones				
Physiotherapists					
Selector	D. Wertheim				

Signature: Regional Chairperson :

Date

Western Cape LSEN

CAPACITY	NAME & SURNAME		GENDE R	MOBILE NUMBER	EMAIL ADDRESS
Regional Athletics Chairperson	R. WILLEMSE	EXEC	Female		
General Manager		WP	Male		
Girls Manager		BOL	Female		
Boys Manager		EDEN	Male		
Age group managers:					

G 15		WP	Female		
G 17		BOL	Female		
G 19		KAROO	Female		
B 15		WP	Male		
B 17		BOL	Male		
B 19		EDEN	Male		
Technical Official		WP	Female		
Technical Official		BOL	Male		

Signature: Regional Chairperson :

Date

ADDENDUM H

WESTERN CAPE SCHOOLS ATHLETICS: EXECUTIVE

NAME AND SURNAME	PORTFOLIO	EMAIL	CONTACT NUMBERS
BRANDON DU PLESSIS	CHAIRPERSON	bduplessisathletics@gmail.com	076 187 7260
JOE ARENDSE	VICE-CHAIRPERSON	jr.arendse0101@gmail.com	082 907 1296
DEON WERTHEIM	SECRETARY	dg.wertheim@gmail.com	081 270 4724
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	carolissenh@telkomsa.net	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
		mitchellreginald86@yahoo.com	084 919 9506

ADDENDUM J

**WESTERN CAPE: SECONDARY SCHOOLS ATHLETICS (T&F):
REGIONAL CHAIRPERSONS**

<u>REGION</u>	<u>CHAIRPERSON</u>	<u>SCHOOL</u>	<u>MOBILE</u>	<u>EMAIL</u>
BOLAND	Melanie Dirkse			
EDEN	Jannie Nel			
KAROO	Johannes Kameel			
WP	Fairoez Cassiem			

WESTERN CAPE SCHOOL ATHLETICS



CODE OF CONDUCT

The Western Cape School Athletics is committed in sending a well prepared, well presented and in all respect, a winning team to the Regional, Provincial and National Tournament. Due to the scarcity of resources, the point of departure is one of a quality and disciplined approach.

Team members must be a credit to the Province, on and off the field of play, and act as ambassadors for the Western Cape Province.

The purpose of this code of conduct is:

- That we act as one team, with pride and respect;
- To outline roles and responsibilities;
- That managers, technical officials, coaches and competitors shares a common understanding of conduct and discipline;
- To avert and correct unacceptable conduct;
- To provide security guidelines;
- To outline procedures for dealing with misconducts.

TEAM MANAGEMENT: ROLES AND RESPONSIBILITIES

THE EXECUTIVE / SUPPORT TEAM

- o Oversees and co-ordinates team entries together with the selection panel;
- o Liaises with the relevant departments regarding issues relating to the team for traveling and ratification of the provincial team for participation;

- o Ensures that the relevant identification documents of the athletes are scrutinized and ratified as per competition document. (VERIFICATION OF BIRTH);
- o Is responsible for all team administrative duties in consultation with and support of the General Manager and team management;
- o Ensures that the team is properly registered and submitted by the due date after the team has been signed off by the Chairperson;
- o Ensures that all athletes and management are informed of travel and accommodation arrangements;
- o Co-ordinates en route internal transport of the team and the management, to and from the competition venue;
- o Will act as the spokesperson on behalf of the organization;
- o Represents the Western Cape School Sport at all functions and events;
- o Ensures that clothing orders are placed, accommodation is booked, traveling and catering arrangements are made.

THE GENERAL MANAGER

- o Manage the athletes and management;
- o See to the well-being and safety of the team;
- o Liaise with the Executive and support team on all administrative, travel, accommodation and catering issues;
- o Administer the emergency funds and submit a report to the treasurer;
- o Forward all special meal requirements to the Province (Western Cape);
- o Responsible for all clothing not issued due to withdrawals;
- o Is responsible for head counts at all times;
- o Will be the only person to give permission on the last day of competition to release athletes to their parent(s) who will be asked to sign a release form;
- o Ensures that there are copies of the competition rules, time-schedules;
- o Organize meetings with athletes and management;
- o Must sign all appeals and or letters of protest;
- o Ensures that the Executive and support team are kept informed as to the progress of the team;
- o Compiles and presents a report on the tournament to the structure based on the reports submitted by the team management within 10 days of returning from tournament.

TECHNICAL OFFICIALS

- o Assist with the management and supervision of the team at all times;
- o Renders assistance with regard to the general administration of the team;
- o Ensures that games are running smoothly, and are free and fair;
- o Assist in liaising with the athletes on behalf of the General Manager.

TEAM COACHES / MANAGERS / TECHNICAL OFFICIALS

Travel and Accommodation

- Travels and lives with their teams at all time;

- Assumes overall responsibility for the team;
- Ensures that a co-ordinate procedure is in place for prompt departure on the day;
- Co-ordinates accommodation;
- Ensure the safety and well being of the team, on and off the mode of transport, while traveling;
- Co-ordinates the transfer of the team to and from the mode of transport;
- Keeps high the morale of the team.

Registration, Opening and Closing Ceremony

- Be well prepared for the registration process on arrival;
- Ensures the orderly conduct of the team during the process;
- Ensures that the team is aware of all instructions, as well as its safety and well being at all times;
- Forward all special meal requirements to the Province (Western Cape)
- Co-ordinates the transfer of the team from the mode of transport to the accommodation;
- Assist with allocation of sleeping arrangements and submit final rooming list to the relevant parties;
- See to it that athletes have proper and regular meals and proper rest and sleep;
- Decides on athletes for the March Past;
- Participates in the March Past;
- Co-ordinates attendance and participation in all ceremonies.

Participation

- Ensures that each athlete is aware of his / her competition schedule and rules of competition;
- Make sure that athletes reports well in advance of scheduled competitions;
- Ensure all athletes are dressed appropriately for competitions and occasions;
- Ensure all athletes are aware of medal ceremony protocol; (must be properly clad in their official provincial tracksuit when ascending the podium);
- Attend Western Cape Management meetings;
- Ensure that athletes carries their accreditation with them on competition days;
- Verifies athletes at medal presentation or as required, with the necessary identification document as per competition document.

Name of Manager: _____

Manager's Signature: _____

Date: _____

Name of Witness: _____

Witness Signature: _____

Date: _____

COMPETITION

The following Code of Conduct applies to all Western Cape School Athletics Team members and management selected for participation in the Provincial and National Competitions

GENERAL TEAM MEET POLICIES

1. All athletes are to strictly adhere to training / warm-up times, as set by the coach.
2. Athletes must respond at all times to time calls by managers in an efficient and prompt manner.
3. Athletes are expected to meet with the coaching staff before and after each of their events in the warm-up area or as per instruction.
4. All athletes qualify to compete in the finals, must participate in the final event (unless injured).
5. All team members must, after the competition of their event/s, return to the team allotted area on the stand, to give support to team members still participating, and take advantage of the opportunity to learn from watching the finals.
6. All team members must adhere to the team uniform policy. Be proud to wear our white, gold and royal blue. Your personal appearance must be neat and appropriate at all times.

7. Athletes must sit with the team in its allotted area and participate in all team activities and team meetings and may only leave the said area with permission from the team management as deemed necessary.
8. Team members and parents are expected to display proper respect and sportsmanship towards coaches, officials, meeting administrators, and fellow competitors.
9. All questions athletes or parents may have concerning results, an officiating call, or the conduct of the meet, should be referred to the Western Cape management only. The management, in turn, will pursue the matter through appropriate channels.
10. As a matter of team pride and courtesy to the competition host, athletes are expected to leave the Western Cape Team area in a neat and clean condition at the conclusion at each session of the meet.
11. In accordance with the rules of the competition, no one other than the athletes and the technical officials are allowed into the competition arena, warm-up area and the call room.