



INFORMATION DOCUMENT FOR BOLAND ATHLETICS u/16, u/18, u/20 HIGH SCHOOLS AND LSEN CHAMPIONSHIPS

2020

DATE: **21 – 22 FEBRUARY 2020**

PLACE: **DAL JOSAPHAT STADIUM, PAARL**

Boland High Schools Athletic Fixture List 2020

DATES	COMPETITION/ ACTIVITIES	VENU	CONTACT	NUMBER
11 Jan 2020	Technical Symposium	Dal Josaphat	B. du Plessis	076 187 7260
21/22 Jan 2020	PUMA	Dal Josaphat	J Longdon	082 062 1186
28 Jan 2020	Trad. Stellenbosch	COETZENBURG	S. September	084 544 9090
4 Feb 2020	Trad. Paarl	Dal Josaphat	M. Dirkse	082 573 3755
6 Feb 2020	Trad. Wellington	Dal Josaphat	D. Andrews	084 621 3066
?	4M	Dal Josaphat	J Longdon	082 062 1186
07/08 Feb.- 15 Feb 2020	Lsen (07/2/2019) Sentr Boland HS Regions	Various Regions	JP Vermeulen	084 890 0949
21-22 Feb 2020	Boland HS Champs	Dal Josaphat	M Dirkse	082 573 3755
13 –14 Mrt 2020	INTER PROVINCIAL HS CHAMPS	Dal Josaphat	C Combrinck	082 775 8910
06 - 07 Mrt 2020	WCASSA PS Champs	Dal Josaphat	H Carolissen I. Alberts	082 341 5414
26 – 28 Mrt 2020	ASA Juniors	Dal Josaphat	P Lourens	083 357 4517

AGE GROUPS FOR 2020

Sub Youth	14	Born in 2006	
Sub Youth	15	Born in 2005	
Youth	17	Born in 2004/2003	
Junior	19	Born in 2002 /2001	

AGE GROUPS – LSEN FOR 2020

Sub Youth	14	Born in 2006
Sub Youth	15	Born in 2005
Youth	17	Born in 2004/2003
Junior	19	Born in 2002/2001

PARTICIPATION

- To participate in the above-mentioned competition, the following **qualifying standards (for high schools)**, as included in **Annexure A**, apply.
- **AFFILIATION : ALL SCHOOLS MUST AFFILIATE TO BOLAND SCHOOLS SPORT ASSOCIATION FOR ATHLETES TO BE SELECTED IN PROVINCIAL TEAMS.**
- Only enrolled learners of schools/clubs in the Boland Region may take part in this competition.
- Schools must affiliate to Boland Schools Sports Association (contact Miss Melanie Dirkse) or nearest athletics clubs.
- To qualify for Boland Championships (high schools) athletes should have competed in the zonal and regional competitions; LSEN participate as schools - See Annexure A.
- No athlete, who did not compete in the Regional or Boland Championships will be considered for the Boland High Schools Team. **Medical Certificates must be issued to the selectors on the day of the competition.**
- No athlete will be allowed to participate in the competition on grounds of previous years' performance. **Athletes MUST compete in the competition.**
- Registration for high schools takes place through regions or clubs and not by parents, coaches, or schools. (Selectors will only take entries through regions in consideration)
- LSEN registration takes place through schools.
- **Individuals register through clubs. NO LATE ENTRIES WILL BE ACCOMMODATED. (16 February 2020)**

ADMISSION FEES

- **Athletes : R40 - Payable through region**
- All moneys to be paid in on **16 FEBRUARY 2020**
- ACCOUNT PARTICULARS : ABSA
- ACCOUNT NAME : Boland Schools Athletics Union
- ACCOUNT NUMBER : 4058 7657 27
- REFERENCE : Name of Region
- **GATE FEE** : R40 - Adults
- : R20 – Learners in full school uniform
- : FREE parking for OFFICIALS
- : ALL OTHER VEHICLES – R30

REGISTRATION

- **All registrations to be done electronically on the official registration form (Sarel Bekker)** OR e-mail (bolhsath@gmail.com) OR “flash disk” to be delivered on **SUNDAY, 16 FEBRUARY 2020 at 11H00**, to Sean September at Dal Josaphat. The co-operation of all regions regarding this event are highly appreciated.
- Regions must also see to it that THE SCHOOL (ABREVIATION) **ATHLETES FULL NAME , SURNAME , DATE OF BIRTH and TELEPHONE NUMBER** of athletes are clearly indicated. Note the first Column of the updated Sarel Bekker Spreadsheet - **See Annexure B** for abbreviations.
- No late registrations will be allowed and accepted. Address all enquiries regarding registrations to the Regional Convenors.
- Venue will be Dal Josaphat
- Due date for club entries will be 16th FEBRUARY 2020

CLOTHING: PRICELIST to be confirmed at a later date.

REGIONAL CONVENORS

	NAME	TEL NO	E-MAIL
Central	: JP VERMEULEN	084 890 0949	jpvermeu@paulroos.co.za
North	: P BRINKE	066 478 3492	pjbrink@telkomsa.net
West	: H Redelinghuys	082 892 2078	Heinir27@gmail.com sport@porterhs.co.za
South	: I REYNICKE	082 710 4109	idreynicke@gmail.com
Witzenberg	: D WANZA	060 761 8253	admin@bellavista.wcape.school.za
	: M Fredericks	081 048 7378	martinfredericks33@gmail.com
North West	: H GUNTER	082 806 6996	skoolhoof@calvies.co.za
	: R NUTT		skoolhoof@dirkieuys.co.za
LSEN	: R WILLEMSE	083 959 1369	wrejani@yahoo.com

- Team lists will be available on e-mail on the day of registration to be checked by regions. Schools will be informed as to which items, according to registration, will be considered as FINALS.
- **THE FOLLOWING DOCUMENTATION OF ATHLETES MUST BE HANDED IN AT THE REGIONAL CHAMPIONSHIPS:**

ID VERIFICATION FORM - ATTACHED :

1.1.1.1. The General Manager of each team at each level of competition 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.

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

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

1.1.1.4. **REGIONS** will be held responsible if an athlete is entered in the wrong age division.

The responsibility lies with each school to provide the regional manager with the above mentioned documentation.

The convenors of regions will receive all documentation and hand it over to Sean September on the day of Scrutiny Meeting on 16 February 2020.

Rejani Willemsse will co-ordinate all LSEN documentation.

- Process to be monitored by Melanie Dirkse.
- The official results of each region must be submitted at the scrutiny meeting.
- **Monitoring of the athletes will be done at the gate.(Regional convenors will issue tickets to athletes and management at their regional competition)**
- Participation stickers will be handed out at the Holding Room.

It is to the advantage of the athlete to register at a local club of his/her choice with a licence number. Licensed athletes have the advantage of insurance cover before, during and after the competition to be eligible for selection in the Boland Junior team for ASA under 18 and under 20. CLUB ATHLETES WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT LICENCES. – TEMPORARY LICENCES WILL BE AVAILABLE AT THE COMPETITION AT A COST OF R15.

TECHNICAL OFFICIALS:

Referees and Chief Officials will be finalised on 20 **JANUARY 2020**. Names to be forwarded to **Sean September INCLUDING LSEN. (bolhsath@gmail.com) or sfseppie@gmail.com**

- Each region should send at least 10 officials (5 field + 5 track)North West excluded
- Officials to be send to Jp Vermeulen by **14 FEBRUARY 2020** at e-mail address : **jpvermeu@paulroos.co.za**
- **A letter will be send to each school where their officials arrive late or leave before time of completion of the competition.**
- **Controller assistant will be appointed to verify attendance.**
- Please take note of demographics
- Boland Central must submit 20 officials.
- **Regions lacking this decision will have to pay a penalty fee of R2 000/PAYABLE AT SCRUTINY MEETING – refundable after competition.**
- The choice of placement of officials will be taken into consideration.
- Dress Code for championships – BLACK trousers or skirt and white T-shirt.
- Referees should wear a light blue shirt to be easily identified.
- Officials will receive their accreditation at the gate.
- Officials to meet on FRIDAY for LSEN at 8:00 and 13:00 for mainstream in the officials room.**Requesting the officials of Boland Central to be at the track by 13:00.(Letter for leave available)**
- Officials to meet on **SATURDAY at 07h00**
- Stickers to be placed on report sheet. Position to be indicated.

CODE OF CONDUCT FOR OFFICIALS

Technical officials must at all times adhere to the following:

- All technical officials should wear the official dress code.
- Dress code must be clean and neat at all times.
- The arena is a non-smoking zone.
- Technical officials are not allowed to communicate with other officials or **ANY OTHER PERSON.**
- Only speak to the athletes when necessary.
- Do not get involved in arguments with athletes, parents or team managers. Call in the referee.
- Move swiftly and stand up straight on the track.
- Technical officials are responsible for the fetching and returning of all implements.
- Concentrate on the item you are busy with.
- Technical officials will only be allowed to leave the stadium 1hour after the official announcement of the outcome of the item where he / she did duty.
- It is the duty of the starter-assistant to fetch athletes at the Call Room.
- If any athlete does not pitch for his/her item the lane on the track must be left vacant.
- **All track- and field cards to be checked by the referee.**

MEDALS

- The first three (3) winners in all finals will receive competition medals.
- Medals to be awarded as follow:
 - 1st place - gold
 - 2nd place - silver
 - 3rd place - bronze
- Medal winners to move to the medal table to receive their awards.
- All athletes to receive such medals must be dressed in their respective schools/clubs' Athletic Sportswear.

STARTING BLOCKS

- Starting blocks are used for all sprints up to 400m
- Will be supplied by Competition organisers
- No athlete will be allowed to use his/her own

WARMING-UP AREA

- At the back of the Holding Area
- Only athletes, team managers and regional coaches will be allowed in this area.
- Athletes to wear a sticker for each item, which should be handed to the official at the end of his/her event.
- Athletes get onto the track via the Holding Room, where the athlete receive its sticker.

COMPETITION RULES:

- Athletes to report to call room as follow:
Track events : 45 minutes prior to their item
Field events : 45 minutes prior to their item
Pole vault : 80 minutes prior to their item
- Personal implements to be handed in at the official (Asizing) 3 hours before-hand.
- We encourage athletes to assize their implements before and during the competition. (Friday from 13hoo and Saturday.....)
- Athletes will be allowed to use their own implements, but it becomes part of the "pool" and other athletes may also make use of it.
- Personal implements of the first three athletes will be assized. (Responsibility of the Chief Judge). Random asizing wil take place during the competition.
- Each athlete get three throws or jumps (field events). The best 8 athletes then get another 3 chances to determent the winner. All efforts of athletes are taken into consideration. (Consult rule book if there are more than sixteen)
- After completing an event the athlete should immediately exit the area.
- The first 3 athletes in the finals must report to the official in charge of the handing over of medals.
- All track athletes to stay in their lanes after finishing their event.
- Heats and finals only in track events.
- All participating athletes must wear their official school/club attire.
- All athletes in possession of an ASA licence number must wear it in accordance with the IAAF Rules.
- Lapped athletes will to the concideration of the track referee be removed from the track if deemed necessary.

GENERAL RULES

- No parents, team managers, coaches or spectators will be allowed in the arena. This also applies to athletes not participating at that particular time.
- Regional team managers will only be allowed on the arena in case of an appeal.
- No dumping on the stadium.
- The use of alcohol on the pavilion is prohibited.
- Team managers and coaches are responsible for the behaviour of their athletes throughout the competition.
- If athletes are not dressed properly (school/club uniform) they will not be allowed to participate.

FIRST AID

- Competition organiser is responsible
- Medical doctor on call for assistance in case of serious injuries:
- **Dr Terence Jones – CELL : 082 658 4870.**

TRACK

- Synthetic surface
- TRACK EVENTS : 7mm (max length of spikes)
- LONG JUMP : 7mm (max length of spikes)
- HIGH JUMP AND JAVELIN : 9mm (max length of spikes)

PROTEST / APPEAL

- Protests regarding an item must be lodged 30 min after the official announcement of the result of the event.
- All protest must be lodged to the referee by the athlete or team manager.
- If no agreement can be made an official appeal can be handed in (see appeal form).
- Appeals must be signed off by the team manager on behalf of the athlete together with **R500** before the appeal will be uphold. **No later than 30minutes after the release of the result.**
- If the appeal fails the deposit (R500.00) will be forfeited .

Annexure A

QUALIFYING STANDARDS TO PARTICIPATE IN THE ASA YOUTH AND HIGH SCHOOLS/JUNIORS CHAMPIONSHIPS

BOYS

GIRLS

	14	15	17	19		14	15	17	19
100 m	12,0	11,8	11,5	11,3		13,6	13,5	13,1	13,1
200 m	25,0	24,3	23,3	23,0		28,5	28,0	27,6	27,5
400 m	58,6	55,0	52,8	52,2		66,5	65,0	64,0	64,0
800 m	2:14,0	2:11,5	2:04,0	2:02,0		2:36,0	2:34,0	2:32,0	2:32,0
1 500 m	4:45,0	4:35,0	4:18,0	4:13,0		5:29,0	5:25,0	5:18,0	5:09,0
3 000 m	10:20,0	10:00,0	9:28,0			12:20,0	12:00	11:50,0	11:30,0
5 000 m				16:30,0					21:00,0
10 000m				35:00,0					
1500mH		5:30,0					6:40,0		
2 000 Hin			6:50,0					09:00	
3 000 Hin				10:40,0					14:00
80 H									
90 H						15,4	14,9		
100 H	15,4	14,8						16,6	16,6
110 H			16,5	17,2					
200 H									
300 H	48,0	45,0				53,0	51,0		
400 H			61,5	60,0				71,0	70,5
Hoogspring	1,58	1,68	1,76	1,79		1,40	1,45	1,49	1,55
Paalspring	2,40	2,79	3,40	3,68		2,00	2,00	2,30	2,50
Verspring	5,40	6,00	6,30	6,50		4,60	4,70	4,90	5,00
Driesprong	11,80	12,00	12,60	13,00		9,10	9,10	10,00	11,10
Gewigstoot									
	11,00	13,00	14,00	13,80		09,00	09,60	10,00	10,00
Diskus	30,00	42,00	40,00	40,00		23,00	28,00	30,00	31,00
Hamergooi	33,00	38,00	47,80	42,00		24,00	29,00	31,00	31,00
Spiesgooi	39,00	46,00	51,00	50,00		26,00	30,00	34,00	35,00
5 km Stap		31:00,0					35:00,0	34:00,0	
10 km Stap			65:00,0	64:00,0				69:00,0	66:00,0

NOTE : CHANGES IN RED FOR 2020.

GIRLS UNDER 19

3 000 m or 5 000m

- Athletes who ran the 5 000m can qualify for ASA Youth and Juniors Championship.

Cut off times, cut off distances and starting heights for different events at the Boland championships.

Events	B14	B15	B17	B19	G14	G 15	G 17	G 19
3000m C I	11:20,00	10:50,00	10:00,00		13:20,00	12:50,00	12:40,00	12'20,00
5000m C				17:30,00				22:00,00
10 000m				36:00,00				
1500m St		6:30.00				7:40.00		
2000m StC C			7:50,00				10:00,00	
3000m StC C				11:40,00				15:00,00
5000m W C		32:30,00				37:00,00	36:00,00	
10 000m W C			67:00,00	66:30,00			71:00.00	68:00,00
Long Jump	5:00m	5.60m	5:80m	6,20m	4:30m	4,40m	4.80m	4.90m
Triple Jump		11,60m	12,20m	12,40m	8,70m	8,80m	9,40m	10,70m
High Jump	1:40m	1,50m	1,60m	1,70m	1,20m	1,30m	1,35m	1,40m
Pole Vault	2.30m	2,50m	3,20m	3,50m	2.00m	2,00m	2,20m	2,40m
Shot Put	9,00m	10,00	11,00m	11,00m	8,00m	8,00m	8,50m	9,00m
Discus	27,00m	37,00m	35,00m	35,00m	20,00m	23,00m	25,00m	26,00m
Javelin	35,00m	41,00m	40,00m	48,00m	20,00m	21,00m	28,00m	30,00m
Hammer	31,00m	33,00m	43,00m	38,00m	23,80	24,00m	26,00m	26,00m

In the running and walking events, the cut off time of the athlete is the start of the last lap. In the throwing and jumping events, it is the distance to achieve to make it an official throw or jump

QUALIFYING STANDARDS- LSEN GIRLS ATHLETES

QUALIFYING (Q) & RECORDS(R) TIMES, HEIGHTS AND DISTANCES 2020

GIRLS

		19	17	15	14
100m	Q	14:00	14:20	14:50	14:60
200m	Q	29:50	29:80	30:00	32:36H 32:50 E
400m	Q	70:50	71:00	73:00	
800m	Q	2:50	2:55.0	3:00	
1500m	Q	6:20,00	6:30,00	6:50,00	7:20
LONG J	Q	4,30m	4,20m	4,00m	3.50m
HIGH J	Q	1,35m	1,30m	1,25m	1,15m
STARTING		1,35m	1,30m	1,25m	1,10m
SHOT PUT		8,00m	8,00m	7,50m	3kg
	Q	8,00m	8,50m	7.80m	7,20m
DISCUS		1kg	1kg	1kg	
	Q	20,00m	19,00m	17,00m	
JAVELIN		600g	500g	500g	
	Q	21,00m	20,80m	18,00	

QUALIFYING STANDARDS- LSEN BOYS ATHLETES

QUALIFYING (Q) & RECORDS(R) TIMES HEIGHTS AND DISTANCES 2020

BOYS

		19	17	15	14
100m	Q	11:95	12:80	12:90	13:90
200m	Q	24:80	25:00	26:00	29:00
400m	Q	55,00	56,00	59,00	
800m	Q	2:15,00	2:20,00	2:30,00	
1500m	Q	4:40,00	4:50,00	5:15,00	5:40,00
3000m		5000m	3000m		
	Q	19:40	10:30,0		
LONG J	Q	5.90m	5,60m	5,00m	4,20m
HIGH J	Q	1,70m	1,65m	1,50m	1,35m
STARTING		1,65m	1,60m	1,45m	1,30m
SHOT PUT		6 kg	5 kg	4 kg	4 kg
	Q	11,10m	11,20m	10,00m	8,20m
DISCUS		1,75 kg	1,5 kg	1 kg	
	Q	30,00m	29,50m	27,00m	
JAVELIN		800g	700g	600g	
	Q	40,00m	38,00m	30,00m	

Annexure B

DEELNEMENDE SKOLE/PARTICIPATING SCHOOLS

HIGH SCHOOLS

ABBR	SCHOOL	REGION
AA	AL-AZHAR INSTITUTE	SEN
AM	ALBERT MYBURGH SECONDARY	S
AC	ASHTON COMBINED SCHOOL	N
AS	ASHTON SECONDARY	N
AT	ATLANTIS SECONDARY	W
AL	AUSBURG LANDBOU GIMNASIUM	NW
AU	AURORA SECONDARY	W
BA	HIGH SCHOOL BARRYDALE	N
BV	BELLA VISTA SECONDARY	WITZ
BR	BERGRIVIER SECONDARY	SEN
BH	BLOEMHOF MEISIESKOOL	SEN
BL	BOLAND LANDBOU	SEN
BG	BRIDGE HOUSE	SEN
BO	HOëRSKOOL BONNIEVALE	N
BD	HOëRSKOOL BREDASDORP	S
HB	BREëRIVIER SECONDARY	N
CA	HOëRSKOOL CALVINIA	NW
CC	CALLING ACADEMY	SEN
CS	CERES SECONDARY	WITZ
CH	CHARLESTON HILL SECONDARY	SEN
CE	CEDERBERG AKADEMIE	W
CR	HOERSKOOL CHARLIE HOFMYER	WITZ
CV	CLOETESVILLE SECONDARY	SEN
CW	CLANWILLIAM SECONDARY	NW
DG	HOERSKOOL DE VILLIERS GRAAF	N
DH	HOER TEGNIESE SKOOL DROSTDY	N
DK	DE KRUISE SECONDARY	N
DR	DE RUST	S
DT	DESMOND TUTU HIGH	SEN
DU	HOERSKOOL DIRKIE UYS	W
DV	DIAZVILLE SECONDARY	W
EP	ESSELEN PARK SECONDARY	N
EW	EMIL WEDER SECONDARY	S
FR	HOERSKOOL FRANSHOEK	SEN
GA	GANSBAAI ACADEMIA	S
GB	GROENBERG SECONDARY	S
GD	GROENDAL SECONDARY	SEN
GM	PAARL GIMNASIUM	SEN
GO	HOERSKOOL GOUDINI	N
GR	HOERSKOOL GRABOUW	S
GW	HOERSKOOL GRAAFWATER	NW
HH	HOERSKOOL HOTTENTOTS-HOLLAND	SEN
HJ	PAARL JONGENSKOOL	SEN
HM	HOERSKOOL HERMANUS	S
HO	HOERSKOOL HOPEFIELD	W

ABBR	SCHOOL	REGION
KY	HOERSKOOL KHYAMANDI	SEN
LR	LA ROCHELLE MEISIESKOOL	SEN
LZ	LUTZVILLE HIGH	NW
MA	MAKUPULA HIGH	SEN
MC	MASAKHEKE COMBINED	NW
MH	MONTAGU HIGH	N
MT	HIGH SCHOOL MONTANA	N
NO	NEW ORLEANS SECONDARY	SEN
NP	NOORDER-PAARL HIGH	SEN
NU	HOëRSKOOL NUWERUS	NW
OH	HOëRSKOOL OVERBERG	S
PG	PAARL GIRLS HIGH	SEN
PI	HOëRSKOOL PIKETBERG	W
PJ	PAULUS JOUBERT SECONDARY	SEN
PO	HOëRSKOOL PORTERVILLE	W
PR	PAUL ROOS GIMNASIUM	SEN
PT	PROTEUS SECONDARY	W
PV	HOëRSKOOL PAREL VALLEI	SEN
QH	QHAIYA HIGH	S
RE	REDDAN HOUSE	SEN
RH	RHENISH GIRLS HIGH	SEN
RI	HOëRSKOOL RIVIERSONDEREND	S
RO	HOëRSKOOL ROBERTSON	N
RV	ROBINVALE SECONDARY	W
RZ	ROODEZANDT SECONDARY	WITZ
SB	SWARTBERG SECONDARY	S
SC	SOMERSET COLLEGE	SEN
SD	SWELLENDAM SECONDARY	N
SH	STELLENBOSCH HIGH	SEN
SK	SKURWEBERG SECONDARY	WITZ
SN	HOëRSKOOL SWELLENDAM	N
SP	SIMONDIUM PRIVAATSKOOL	SEN
SS	SCHOONSPRUIT SECONDARY	W
ST	HIGH SCHOOL STRAND	SEN
SV	STEINVILLE SECONDARY	W
SW	SWARTLAND HIGH	W
SX	SAXON SEA SECONDARY	W
SZ	STELLENZICHT SECONDARY	SEN
TO	TOUWSRIVIER SECONDARY	N
TU	HOëRSKOOL TULBAGH	WITZ
UZ	UMYEZU	S
VA	VAN CUTZEN HIGH	N
VB	HOëRSKOOL VREDENBURG	W
VE	HOëRSKOOL VELDDRIFT	W
VH	VAN RHYNSDORP HIGH	NW

HS	HAWSTON SECONDARY	S
HU	HOERSKOOL HUGENOTE	SEN
HV	HEXVALLEI SECONDARY	N
HX	HOERSKOOL HEXVALLEI	N
IH	IHLUMELO SECONDARY	SEN
IZ	INZINGA ZETHU HIGH	WITZ
KW	KINGSWAY COLLEGE	S
KM	KYLEMORE SECONDARY	SEN
KN	KLEIN NEDEBURG SECONDARY	SEN
LA	LABORI HIGH	SEN
LB	LANGEBERG SECONDARY	N
LH	HIGH SCHOOL LAINSBURG	N

VI	VILLIERSDORP SECONDARY	N
VR	VREDENDAL HIGH	NW
VS	VREDENDAL SECONDARY	NW
VZ	VUSISIZWE SECONDARY	N
WB	WESBANK SECONDARY	W
WG	WORCESTER GIMNASIUM	N
WI	WELLINGTON SECONDARY	SEN
WL	WOLSELEY SECONDARY	WITZ
WN	WESTON SECONDARY	W
WS	WORCESTER SECONDARY	N
WT	WELTEVREDE SECONDARY	SEN
WV	WAVEREN SECONDARY	WITZ

PRIMARY SCHOOLS

ABBR	SCHOOL	REGION
ASP	ASHBURY PRIMARY	N
BDP	BISSETSDRIFT PRIMARY	S
BKP	BAKERVILLE PRIMARY	WITZ
BPP	BOPLAAS PRIMARY	WITZ
BNP	BONNIEVALE PRIMARY	N
BOP	BOTRIVIER PRIMARY	S
CSP	CERES PRIMARY	WITZ
CIP	CITRUSDAL PRIMARY	W
DBP	DIE BRON PRIMARY	S
DOP	DORINGBAAI PRIMARY	NW
DEN	DENNEGEUR PRIMARY	S
DEP	DIE EIKE PRIMARY	WITZ
DRP	DE RUST (SEE HIGH SCHOOLS)	S
EBP	EBENHAESER PRIMARY	NW
EDP	EDEN PRIMARY	W
EDL	LAERSKOOL EENDEKUIL	W
GAL	GANSBAAI LAERSKOOL	S
GAP	GANSBAAI PRIMARY	S
HOP	HOPEFIELD PRIMARY	W
JHP	JURIE HAYES PRIMARY	W
KLP	KLEINMOND LAERSKOOL	S

ABBR	SCHOOL	REGION
KMP	KLEINMOND PRIMARY	S
KRP	KROMFONTEIN PRIMARY	WITZ
KFP	KOELFONTEIN PRIMARY	WITZ
LAP	LANGEBAAN PRIMARY	W
LHP	LAURIE HUGO PRIMARY	W
LNP	LANNER HOUSE PRIMARY	W
MAP	MASKAM PRIMARY	NW
MDP	MORRISDALE PRIMARY	WITZ
MOP	MÔRESTER ONAFHANKLIKE SKOOL	NW
NHP	NOORDHOEK PRIMARY	W
PEP	PELLA PRIMARY	W
PKP	PAARDEKLOOF PRIMARY	WITZ
POP	PORTERVILLE PRIMARY	W
PWP	PW DE BRUIN PRIMARY	NW
RWP	RIEBEECK-WEST PRIMARY	W
SHP	ST HELENABAAI PRIMARY	W
WRP	WA ROSSOUW PRIMARY	N
WOP	WORCESTER PRIMARY	N
WLP	WOLSELEY LAERSKOOL	WITZ
WFL	W.F. LOOTS PRIMARY	WITZ

CURRO PRIVATE SCHOOLS

CUL	CURRO LANGEBAAN	W
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CUH	CURRO HERMANUS	S
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LSEN SCHOOLS

ABBR	SCHOOL	REGION
AVS	AGULHAS VAARDIGHEIDSKOOL	S
DLB	DE LA BAT SKOOL	N
EDO	EDEN OPLEIDINGSENTRUM	N
BVS	BREDE VALLEI VAARDIGHEIDSKOOL	N
LIG	LIGSTRAAL	SEN
NHS	NUWE HOOP SENTRUM	N
JGS	JAKES GERWEL	

ABBR	SCHOOL	REGION
PVS	PAARL VAARDIGHEIDSKOOL	SEN
RVS	RIEBEECK VAARDIGHEIDSKOOL	W
SVS	STEINTHAL VAARDIGHEIDSKOOL	WITZ
WES	WESKUS SPESIALE SKOOL	W
WVS	WELLINGTON VAARDIGHEIDSKOOL	SEN
LAN	LANGERUG SKOOL	N

CLUBS

ABBR	CLUB
BRE	BREDASDORP ATHLETICS CLUB
CPUT	CAPE PENINSULA UNIVERSITY OF TECHNOLOGY
CER	CERES ATHLETICS CLUB
CIT	CITRUSDAL ATHLETICS CLUB
COR	CORECTIONAL SERVICES AC
COA	COASTAL HARRIERS AC
DWA	DWARSRIVIER AC
ELG	ELGIN GRABOUW AC
FRA	FRANSCHHOEK AC
HAN	HANGKLIP AC
HOP	HOPFIELD AC
LAN	LANGEBAAN AC
MAT	MATIES ATHLETICS CLUB
MON	MONTAGU AC
PAC	PAARL ATHLETICS CLUB
ROB	ROBERTSON ATHLETICS CLUB
SAL	SALDANHA AC
SAK	SALKORIANE AC
STE	STELLENBOSCH AC
SWA	SWARTLAND AC
WHA	WHALLERS AC
WEL	WELLINGTON AC
WOR	WORCESTER AC

Schools/Clubs not on the list must contact Melanie Dirkse in this regard. Schools are advised to use the aboved mentioned abbreviations during their zonal/regional competitions.

BOLAND TEAMS

- A provisional Boland Athletics Team and a BOLAND HIGH SCHOOLS TEAM (West Coast,Overberg,Winelands) will be announced on MONDAY, 24 FEBRUARY 2020 for appeals and the **FINAL BOLAND HIGH SCHOOLS TEAM will be announced on THURSDAY, 27 FEBRUARY 2020.**
- These teams will participate at the WESTERN CAPE INTER PROVINCIAL CHAMPS ON 13/14 MARCH.
- **ONLY ATHLETES WITH CORRECTLY COMPLETED FORMS WILL BE SELECTED FOR THE FINAL TEAM (ID VERIFICATION CERTIFICATE)**
- **Contact person – Clarence Combrinck – 082 775 8910)**
- Athletes to wear Boland and district Colours for this competition(shorts and vest essential)
- **Take note that athletes who are not available for the Boland team because of other commitments such as school tours, must PLEASE inform their regional convenor accordingly.**

- **ATTACHED SEPARATELY ARE THE A – QUALIFYING STANDARDS FOR THE BOLAND ATHLETICS TEAM**

2020 BOLAND ATHLETICS TRACK AND FIELD SELECTION CRITERIA

1 GENERAL

- 1.1 In selecting athletes to the SA T&F Championships, priority will be given to the selection of athletes with the potential to qualify for South African Teams to International Championship events.
- 1.2 To be considered for selection onto the team to the SA Youth, Junior and Under 23, as well as the Senior Championships, the athlete must achieve the performance during the current athletics season starting 1 January.
- 1.3 Only performances at events listed on the ASA and BA Events Calendar as contained in the Boland Athletics Handbook will be considered for selection.
- 1.4 Athletes who do not achieve BA Qualifying Standards will be selected onto the Final Team at the discretion of the BA Executive Board. In doing this, the Board will take the following factors into consideration, in the specified priority order:
 - 1.4.1 Potential for a medal or potential to end in the finals.
 - 1.4.2 Demographics of the team
 - 1.4.3 Development in general.
- 1.5 Athletes will qualify for selection, provided that they have competed in the relevant Boland Athletics Championships during the current athletics season.

2 SPECIFIC

- 2.1 An athlete will automatically be selected for the Boland team if he/she achieves the A-standard as indicated in the attached table during the current Boland Athletics Championships.
- 2.2 An athlete who consistently performs according to the A-Standard as indicated in the attached table during a season, but for some unforeseen reason does not perform well on the day of the championships and fails to reach the A-standard, will be considered for selection.
- 2.3 Athletes, who fail to achieve the minimum standard (B-standard) as indicated in the attached table during the season, will not be considered for selection.
- 2.4 Athletes not in the team have the right to appeal within 48 hours after the announcement of the team for reconsideration of the decision in writing, to be made to the Boland Athletics office at office@bolandathletics.com. The appeal should include all information the athlete considers relevant to the selection panel's reconsideration of its decision.
- 2.5 All altitude performances will be "converted" to reflect realistic coastal performances.
- 2.6 Performances achieved in mixed (including male and female participants) track and field events will not be accepted.
- 2.6 Wind assisted performances will not be accepted.
- 2.7 Indoor performances will be accepted

3 APPEAL

An athlete not in the team announced, have the right to appeal in writing for reconsideration of the decision. The appeal must be made to the Boland Athletics office at office@bolandathletics.com within 48 hours after the announcement of the team. The appeal should include all information the athlete considers relevant to the selection panel's reconsideration of its decision.

SELECTION CRITERIA FOR INTER PROVINCIAL HIGH SCHOOLS CHAMPS

(SELECTION CRITERIA SUBJECT TO CHANGE) Convenor – Ivan Reynicke

DISTRICTS SCHOOL TEAMS – B QUALIFYING AND SCHOOL STANDARDS

THE FOLLOWING CRITERIA WILL APPLY TO THE SELECTION OF THE BOLAND TEAM:

1. The selectors may (need not) select a maximum of four athletes per item if those athletes have achieved the qualifying standard for participation at the Boland Championships or at the regional championships (original results MUST be present). The 4th qualifying athlete per item during the Boland Championships will be shortlisted.
2. An athlete who qualifies at the Boland Championships will be favored over an athlete who qualified at the regional championships.
3. In items where no athletes qualify, the THREE medal winners may be selected. The results at the Boland Championships will be the deciding factor.
4. An athlete MUST participate at the Boland Championships to be considered for the team. If an athlete is NOT eligible to participate, a medical certificate must be handed to the selectors during the event.
5. If such an athlete has achieved the SA qualifying standard at his / her REGIONAL CHAMPIONSHIPS AND in that item there are NOT four qualifiers at the Boland Championships, such an athlete will be considered.

In such a case, the region's appraiser MUST have the region's original results at hand as proof that that athlete did qualify.

6. An athlete who is already enrolled in the Boland High Schools Team MAY ALSO BE CONSIDERED FOR ANOTHER ITEM.

BOLAND ATHLETICS YOUTH AND JUNIOR TEAM TO ASA YOUTH AND JUNIOR CHAMPIONSHIP

A proposed Boland team to ASA Youth and Junior championship will be announced after the Boland Champs and a final team after the INTER PROVINCIAL High School Championships.

SELECTION CRITERIA FOR INTER PROVINCIAL HIGH SCHOOLS CHAMPS

Minimum Qualifying Standards

Events	B15	B17	B19	G 15	G 17	G 19
100m (H)	11,30	11,00	10,80	12,60	12,40	12,30
(E)	11,54	11,24	11,04	12,84	12,64	12,54
200m (H)	23,40	22,40	22,00	26,20	25,40	25,40
(E)	23,66	22,66	22,26	26,46	25,66	25,66
400m (H)	53,80	50,00	49,50	61,30	59,30	59,30
(E)	53,94	50,14	49,64	61,44	59,44	59,44
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)	4:16,00	4:06,00	4:00,00	4:55,00	4:46,00	4:46,00
	4:20,00	4:10,00	4:04,00	4:59,00	4:50,00	4:50,00
3000m (C)	9:20,00	8:47,00			10:42,00	10:35,00
(I)	9:28,00	855,00		11:30,00	10:50,00	10:40,00
5000m (C)			15:12,00			20:15,00
(I)			15:24,00			20:30,00
1500m Sc	5:00,00			6:15,00		
2000m StC (C)		6:10,00			8:30,00	Open
(I)		6:14,00				Open
3000m StC (C)			9:40,00			13:30,00
			9:48,00			
1000m Medley (C)	2:20,00	2,08,00		2,30,00	2:24,00	
(I)	2:24,00	2,12,00		2,34,00	2,28,00	
90m H (H)				13,70		
(E)				13,94		
100m H (H)	13,70				14,90	15,70
(E)	13,94				15,14	15,94
110m H (H)		14,30	15,00			
(E)		14,54	15,24			
300m H (H)	41,50			46,20		
(E)	41,76			46,46		
400m H (H)		55,50	55,10		66,70	66,70
(E)		55,64	55,34		66,84	66,84
5000m W (C)	29:30,00			30:15,00	29:45,00	
(I)	29:45,00			30:30,00	30:00,00	
10 000m W (C)		56:35,00	54:35,00			66:35,00
(I)		57:00,00	55:00,00			67:00,00
Long Jump	6,10m	6,50m	6,80m	4,80m	5,20m	5,30m
Triple Jump	12,80m	13,60m	14,00m	9,80m	10,40m	11,50m
High Jump	1,76m	1,88m	1,94m	1,54m	1,60m	1,62m
Pole Vault	2,80m	3,60m	3,80m	2,20m	2,60m	2,80m
Shot Put	14,50m	15,80m	14,20m	10,80m	11,60m	11,00m
Discus	46,00m	48,00m	40,00m	30,00m	36,00m	37,00m
Javelin	50,00m	56,00m	53,00m	32,00m	36,00m	38,00m
Hammer	42,00m	50,00m	44,00m	38,00	40,00m	34,00m

Key: H = Hand time E = Electronic time C = Coastal time I = Inland time

NOTE : **CHANGES IN RED FOR 2020**

Starting Rule(Adopted from Sasa National Document

STARTING RULE (IAAF Rule 162.7)

(a) **[From 1 January 2010]** (Except in Combined Events)

Any athlete responsible for a false start shall be disqualified