



# **INTER – PROVINCIAL ATHLETICS COMPETITION**

**(U/15, U/16 (Sub-Youth), U/18 (Youth), U/20 (Junior) AND  
Seniors**

**TRACK AND FIELD**

**05 – 06 NOVEMBER 2021**

**Hosted by Boland Athletics**

**This event takes place in accordance with WA/ ASA and BA Competition Rules**



## 1. VENUE

- 1.1 The Track and Field competition will take place at the Dal Josephat Athletics Stadium, Paarl from Friday, 05 November and Saturday 06 November.
- 1.2 The stadium has an eight lane synthetic track around and a ten lane track in the straight, with facilities for all athletics events.

## 2. GENERAL

- 2.1 The competitions will be conducted under the rules of WA and ASA.
- 2.2 Deadline for submission of all entries is Thursday, 28 October 2021.
- 2.3 **Please note that no hard copies will be accepted. Faxed or scanned entries will be rejected and the athletes will not be entered for the competition.**
- 2.4 **The competition is open for federations/ schools and clubs.**
- 2.5 **EACH FEDERATION/ SCHOOL/ CLUB CAN ENTER A MAXIMUM OF THREE ATHLETES PER ITEM FOR TRACK AND FIELD EVENTS.**
- 2.6 Only athletes with a valid SA ID-number will be allowed to enter. This implies that all athletes should be registered members of a club and in possession of a 2020/ 21 ASA license number.
- 2.7 Competition is for the following age groups only (WA Rule 141):

AGE GROUPS	BOYS/ MEN	GIRLS/ WOMEN	BORN IN
Seniors	X	X	2001 -
U/20 (19/ 18 YEARS)	X	X	2002/ 2003
U/18 (17 YEARS)	X	X	2004
U/17 (16 YEARS)	X	X	2005
U/16 (15 YEARS)	X	X	2006
U/15 (14 YEARS)	X	X	2007

- 2.8.1 **ATHLETES**  
Athletes may compete in **TWO TRACK AND TWO FIELD EVENTS.**
- a. **Athletes born later than 2008 will not be allowed to participate**
- 2.8 Entries without an ID-number will not be accepted, and it will be returned to the federation. **Please have copies of ID –documents with a passport photo that is certified by a commissioner of oath available at number collection.**
- 2.9 **Implements:** Competitors may use their own implements, provided these are checked before competition by the Technical Manager. These implements can only be used by other athletes with the permission of the owner of the implement (competition specific rule). Personal implements, with the owner’s name on it, must be handed in at the equipment room not later than 3 hours before the official starting time of the event. No competitor shall be permitted to take any implement into the arena. At the end of the competition, athletes shall leave the field carrying their own implements.

- 2.10 **Pole Vault:** Poles must be delivered at the Equipment Room no later than 3 hours before the official starting time of the event, or as the Technical Meeting decide. Each pole or bag must be clearly marked with the name and competition number of the athlete and the event no. After the inspection the Technical Staff shall deliver the poles to the competition area in time for the athlete's warm-up. At the end of the competition, athletes shall leave the field carrying their own poles.
- 2.8 Athletes are not permitted to have in their possession cell phones, cassette recorders, radio, iPods, MP3s etc, in the competition arena (WA Rule 144.2 (b)).
- 2.9 At the competition area before the beginning of the event, each field athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges (WA Rule 180.1).
- 2.10 Once the competition has begun, competitors are not permitted to use implements, runways or circles for practice or warm-up purposes. (WA Rule 180.2).
- 2.11 **Heats and Qualifications:**
- 2.11.1 **ALL EVENTS ARE FINALS**
- 2.14 **Publication of Results:**  
Draw list for each event (finals) as well as the results of each event will be displayed on the notice board or at a designated area at the stadium.
- 2.15 **Participation and Entry Fee:**  
The entry fee for athletes at this Competition will be:  
R30.00
- 2.16 **Entry fee for spectators, per day, payable at the stadium: Adults: R30, High School Scholars: R20, Primary School Scholars: FREE. (Covid -19 Regulations will determine if we have spectators at the competition)**
- 2.17 **PARKING INSIDE THE STADIUM: R10.00**
- 2.18 **ALL competitors will receive a certificate of Participation.**
- 2.19 **The first three athletes in each event will receive a medal**
- 2.20 **Top Boy/ Man and Girl/ Woman in each age group will receive a Trophy. (APE Tables)**

**STARTING HEIGHTS:**

Starting heights will be determined by the referee/ chief judge

**HEIGHTS, DISTANCES BETWEEN HURDLES AND NUMBER OF HURDLES FOR ALL HURDLE EVENTS**

<b>BOYS/ MEN</b>						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance: Last Hurdle to Finish	Total
<b>U/15 – U/16</b>	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
	1500 SC	76,2				
<b>U/ 17 – U/18</b>	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
	2000 SC	91,4				
<b>U/20 - Seniors</b>	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
	3000 SC	91,4				

<b>GIRLS/ WOMEN</b>						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance: Last Hurdle to Finish	Total
<b>U/15 – U/16</b>	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
	1500 SC	76,2				
<b>U/ 17 – U/18</b>	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
	2000 SC	76,2				
<b>U/20 - SENIOR</b>	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
	3000 SC	76,2				

**ASA WEIGHTS OF IMPLEMENTS – 2021**

EVENT	BOYS/ MEN					GIRLS/WOMEN				
	u/15	u/16	u/17 – u/18	u/20	Seniors	u/15	u/16	u/17 – u/18	u/20	Seniors
Shot-put	4,00Kg	4,00Kg	5,00Kg	6.00Kg	6.00Kg	3,00Kg	3,00Kg	3,00Kg	4,00Kg	4,00Kg
Discus	1,00Kg	1,00Kg	1,50Kg	1.75Kg	1.75Kg	1,00Kg	1,00Kg	1,00Kg	1,00Kg	1,00Kg
Javelin	600g	600g	700g	800g	800g	500g	500g	500g	600g	600g
Hammer	4,00Kg	4,00Kg	5,00Kg	6.00Kg	6.00Kg	3,00Kg	3,00Kg	3,00Kg	4,00Kg	4,00Kg

### **3. ANTI-DOPING CONTROL**

3.1 Anti-doping control will not be done at the competition.

3.2 Anti-doping will take place for any ASA Youth/ Junior or Senior record that have been broken.

### **4. MEDICAL SERVICES**

4.1 A full emergency medical service with an ambulance will be available at the stadium.

4.2 Physiotherapists will be available at the medical centre and at the warm up area.

4.3 Athletes who belong to a medical scheme must bring their membership cards in case they are required due to injuries.

### **5. PROTESTS AND APPEALS**

5.1 Protest shall be made in accordance with WA Rule 146. During the course of the event an athlete or his/her team manager may lodge a verbal protest to the appropriate Referee.

5.2 All appeals must be made in writing on the prescribed appeal form, which can be obtained from the Technical Information Centre (TIC). All appeal forms must be signed by the athlete or team manager.

5.3 The appeal must be submitted to the TIC, accompanied by a deposit of R500, no later than 30 minutes after the official announcement of the results, which is the defined time when the result are posted on the official notice boards.

### **6. TECHNICAL INFORMATION CENTRE**

The TIC will be located in the main stadium during track and field events.

### **7. TECHNICAL MANAGER'S OFFICE**

7.1 The office of the Technical Manager is located at the stadium.

7.2 The Assizing room is situated at the warm-up area.

### **8. TECHNICAL OFFICIALS**

8.1 Federations/ schools/clubs are requested to nominate Technical Officials to officiate at the competition.

8.3 Technical Officials will receive refreshments for the TWO days.

8.4 Please submit the names of your Technical Officials on the form supplied, with their preferred placing. Technical Officials will not necessary be placed as preferred.

8.5 The dress code for the competition will be a white golf shirt and a dark blue or black pants or skirt.

15.6 Technical Officials must report 90 minutes before the start of competition on each day of the championships

## **16. VISITS TO THE STADIUM**

- 16.1 Unfortunately nobody will be allowed in the stadium prior to the competition.
- 16.3 No warm ups or practicing will be allowed on the track on the eve of competition. The warm up area will be available to athletes.

## **17. SEATING ARRANGEMENTS**

Athletes and Team Managers will be seated on the stand exclusively reserved for this purpose. Details will be available at the Technical Meeting.

## **18. RESULTS**

Results will be posted on the results board as soon as it is available. A complete set of results will be e-mailed to all federations/ schools/ clubs after the last day of the championships. Results will also be available on the internet.

**Good Luck to all teams and enjoy the 2021 Competition!**  
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