



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

2022

DATE

24/ 25 – 26 FEBRUARY 2022

PLACE

DAL JOSAPHAT STADIUM, PAARL

AGE GROUPS FOR 2022

	Age Group	Born in	ASA Age Groups
Sub Youth	14	Born in 2008	u/15
Sub Youth	15	Born in 2007	u/16
Youth	17	Born in 2006/2005	u/18
Junior	19	Born in 2004 /2003	u/20

AGE GROUPS – LSEN FOR 2020

Sub Youth	14	Born in 2008
Sub Youth	15	Born in 2007
Youth	17	Born in 2006/2005
Junior	19	Born in 2004/2003

PARTICIPATION

- To qualify for Boland Championships (High schools) athletes should have competed in the zonal and regional competitions; LSEN participate as schools.
- Any athlete that did not compete at zonal and regional competition will not be eligible for selection for Boland High Schools Team. **Medical Certificates must be issued to the selectors on the day of the competition. (Please contact the Boland High Schools Athletics Secretary for more information: sfseppie@gmail.com**
- Athletes in possession of a valid 2022 ASA licence number can enter for the Boland Junior Championships. (Licence number can be obtain by your nearest Boland Athletics Club)
- Please ENTER on the entry form and send to jonkermanr@gmail.com

- Entries close on **Wednesday, 23 February at 20h00.**

ADMISSION FEES

- **Athletes: R40 – Payable at the gate**
- **GATE FEE**
- : R40 - Adults
- : R20 – Learners in full school uniform
- : FREE parking for OFFICIALS
- : ALL OTHER VEHICLES – R30

MEDALS

- The first three (3) athletes 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 receiving medals must be dressed in their respective school/club colours.

STARTING BLOCKS

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

WARMING-UP AREA

- **Athletes must warm-up at the official warm-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 will move from the call room, holding area on the track.

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 for assizing, 3 hours before the event starts.
- We encourage athletes to assize their implements before and during the competition.
(Thursday from 13h00 and Saturday 08h00)
- Athletes will be allowed to use their own implements, only if it is assize.
- Each athlete will receive three trials for vertical jumps and throw events. The best 8 athletes will receive 3 more trials in reverse order.

- Any athlete who no longer participate must leave the competition area.
- The first 3 athletes in the finals of any event must please report to the medal table.
- 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 WA Rules.

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.
- No littering on the stadium.
- The use of alcohol on the pavilion/ stadium is prohibited.
- No SMOKING on the stadium or competition area.
- 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

- First Aid will be available.

TRACK

- Synthetic surface
- Track Events : 7mm (max length of spikes)
- Long Jump : 7mm (max length of spikes)
- High Jump/ Javelin : 9mm (max length of spikes)

PROTEST / APPEAL

- Protests regarding an item must be lodged 30 min after the official announcement of the result.
- 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 (Appeal form at the TIC form).
- Appeals must be signed off by the team manager on behalf of the athlete together with **R500** before the appeal will be uphold. **Not later than 30minutes after the release of the final result.**
- If the appeal fails, the deposit (R500.00) will be forfeited.

**Cut off times, cut off distances and starting heights
for different events at the Boland Junior 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

CLUB ABBREVIATION FOR ENTRIES

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

BOLAND ATHLETICS JUNIOR TEAM (POTCHEFSTROOM)

Only athletes in possession of a 2022 ASA licence number will be eligible for selection of the Boland Junior Athletics Team.

Athletes not in possession of as 2022, ASA Licence can buy a temporary licence number at the TIC. If the athlete is selected in the BA Junior Team, he/ she must buy a permanent licence number at the nearest Boland Athletics Club.

We are currently busy with the arrangements for Potchefstroom. We will inform in the next week, how we will travel.

Please note the team will stay in a Hotel (Name TBC) and teammembers must make use of team accommodation and must report on Wednesday, 30 March 2022 at 20h00 to receive their Competition Numbers and final program.

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. Please note all athletes that achieve the A or B qualifying standard must go to the back of the stadium in boardroom 1 to receive documentation that must be filled in and handed bank before the end of the competition on Saturday. ***(This is not an indication that you have been selected into the BA Junior team. Only when the BA office release the names you will be officially in the team.)***

SELECTION

Selection criteria attached.

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.