



CAPE WINELANDS DISTRICT

INTERNATIONAL SCHOOLS RELAY COMPETITION

5 NOVEMBER 2022
DALJOSAFAT STADIUM, PAARL

Boland Athletics would like to invite you to Cape Winelands District – International Schools Relay Competition. This competition takes place on 5 November 2022 at Dal Josaphat Stadium, Paarl. Schools are invited to enter for the competition.

General Information

Format of the Competition

1. Primary Schools (Boys/ Girls)
2. High Schools (Boys / Girls)

Age Groups

AGE GROUPS	PRIMARY SCHOOL		HIGH SCHOOL	
	BOYS	GIRLS	BOYS	GIRLS
U/11 (10 years)	X	X		
U/12 (11 years)	X	X		
U/13 (12 years)	X	X		
U/14 (13 years)	X	X		
U/15 (14 years)			X	X
U/16 (15 years)			X	X
U/18 (16 &17			X	X
years) U/20 (18			X	X

&19 Years)				
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[Date]

Events

Primary School

EVENTS	BOYS				GIRLS			
	u/11 10 Years	u/12 11 Years	u/13 12 Years	u/14 13 Years	u/11 10 Years	u/12 11 Years	u/13 12 Years	u/14 13 Years
4 X 100m	x	x	x	x	x	x	x	x
4 x 100m Mix (2 Boys/ 2 Girls)	x	x	x	x	x	x	x	x
4 x 100m (1 Per Age Group)	x	x	x	x	x	x	x	x
4 X 800m				x				x
4 x 600m		x				x		
Medley Relay (600m, 200m, 200m, 600m)								
Medley Relay (800m, 200m, 200m, 400m)				x				x

High Schools/ Seniors

EVENTS	BOYS					GIRLS				
	u/15 14 Years	u/16 15 Years	u/18 16/17 Years	u/20 18/ 19 Years		u/15 14 Years	u/16 15 Years		u/18 16/ 17 Years	u/20 18/ 19 Years
4 X 100m	x	x	x	x		x	x		x	x
4 x 100m Mix (2 Boys/ 2 Girls)	x	x	x	x		x	x		x	x
4 x 100m (1 Per Age Group)	x	x	x	x		x	x		x	x

Medley Relay

x x

(800m
,
200m,
200m,

400m)												
4 x 400m	x	x		x	x			x	x		x	x
4 x 400m Mix	x	x		x	x			x	x		x	x
Medley Relay 100m, 200m, 300m, 400m	x	x		x	x			x	x		x	x
4 x 800m		x			x				x			x

Rules for entries

A school may enter a maximum of one team in each of the age categories. A team will consist of a minimum of 4 and a maximum of 6 athletes.

Only school teams will be allowed to enter.

All athletes must be in possession of a birth certificate (with I.D. photo). No individual entries will be accepted.

Athletes can only participate for the team that they have registered for. Athletes can compete in older age groups for their registered team.

Athletes must compete in team colors

[Date]

Invitations

Boland Athletics will invite teams from neighboring regions/ countries.

Competition

All races will be semi-finals and finals.

Top three teams in each final will receive medals.

All competitors will receive a Cape Wine Lands District Memorable.

Technical Meeting

Friday, 4 November 2022 – Daljosfat Stadium (Paarl) at 15h00.

2 Team Managers per Team

Collection of race numbers

Friday, 04 November 2022 from 10h00 – 14h30 – Daljosfat Stadium, Paarl.

Results

Results will be available via WhatsApp Group/ E-mail/ TIC and Boland Athletics Website.

Licence Fee

Athletes must be in a possession of a 2022 permanent license or temporary license, Temporary License will be available for R10,00 all athletes.

Participation/ Entry Fee (Athletes)

None

Entry Fee (Spectators)

R30,00 p/p

Parking Inside: R20,00

Learners with school clothes – Free

Contact Person

Rejane Willemse

wrejani@yahoo.com

Please note if you wish to enter for the competition you must fill in the google form below.

https://docs.google.com/forms/d/e/1FAIpQLSdvX0SZx5iySJR53xZSxUkTQJ17kd7RFFnVA_bu0dpbqcS0Pw/viewform?usp=sf_link

The entry form on page 4 can be send on or before the closing date: Friday, 21 October 2022.

NAME OF SCHOOL:

[Date]

Team Manager : _____

School Number : _____

_____ E-mail / Team

Manager: _____

_____ Mobile

Number: _____

CLOSING DATE FOR ENTRIES: WEDNESDAY 02 NOVEMBER 2022
 Please send entries to: jonkermanr@gmail.com



BOLAND ATHLETICS RELAYS

ENTRY FORM

School :..... Boys / Girls: Relay Event:

No	Athlete Surname & Name
1	
2	
3	
4	
5	
6	

ENTRY FORM

[Date]

School :..... Boys / Girls: Relay Event:

.....

No	Athlete Surname & Name
1	
2	

3	
4	
5	
6	

ENTRY FORM

School :..... Boys / Girls: Relay Event:

.....

No	Athlete Surname & Name
1	
2	
3	
4	
5	

6	
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[Date]

ENTRY FORM

School :..... **Boys / Girls:** **Relay Event:**

.....

No	Athlete Surname & Name
1	
2	

3	
4	
5	
6	

ENTRY FORM

School :..... **Boys / Girls:** **Relay Event:**

.....

No	Athlete Surname & Name
1	
2	
3	
4	

5	
6	

[Date]

ENTRY FORM

School : **Boys / Girls:** **Relay Event:**

.....

No	Athlete Surname & Name
1	
2	

3	
4	
5	
6	

ENTRY FORM

School : **Boys / Girls:** **Relay Event:**

.....

No	Athlete Surname & Name
1	
2	

3	
4	
5	
6	

[Date]

ENTRY FORM

School :..... Boys / Girls: Relay Event:

.....

No	Athlete Surname & Name
1	
2	

3	
4	
5	
6	

ENTRY FORM

School :..... Boys / Girls: Relay Event:

.....

No	Athlete Surname & Name

1	
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3	
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5	
6	

[Date]