



TEAM MANUAL

2023 ASA Track and Field Age Category Championships (U16, U18, U20 & Relays)

Thursday – Saturday: 23 – 25 March 2023

Msunduzi Athletics Stadium, PIETERMARITZBURG

HOSTED BY:



KWAZULU-NATAL
ATHLETICS

**This event takes place in accordance with
WA and ASA Competition & Technical Rules**

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1. VENUE

- 1.1 The championship will take place at the **Msunduzi Athletics Stadium** in **Pietermaritzburg** from Thursday 23 March 2023, to Saturday 25 March 2023.
- 1.2 The stadium has an eight-lane synthetic track around, with facilities for all athletics events.

2. GENERAL

- 2.1 The meeting will be conducted under the rules of World Athletics (WA) and Athletics South Africa (ASA).
- 2.2 Deadline for electronic submission of all entry forms from Provinces is **Monday, 13 March 2023 at 16H00**. **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. Individual entries**, through the provinces, and adhering to qualification standards set by ASA, will be accepted up to 4 individual entries. The deadline to submit individual entries is **Wednesday 15 March 2023 at 16H00**.
- 2.3 The ASA U16, U18 & U20 Track & Field championships is open for all ASA provincial members. 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 2023 ASA license number (or as determined by ASA).
- 2.4 The Competition is for the following age groups only (WA Technical Rule 3.1):
 - 2.4.1 Only athletes aged 14, 15, 16, 17, 18 or 19 on 31 December 2023 (born in 2009, 2008, 2007, 2006, 2005 and 2004) may compete in their respective age group events.
 - 2.4.2 The maximum number of events in which an athlete can compete in during the championships is two (2) events plus a relay event.
- 2.5 **Under 16 Age Group** - 14 or 15 years on 31 December 2023 **(born in 2009 or 2008)**
- 2.6 **Under 18 Age Group** - 16 or 17 years old on 31 December 2023 **(born in 2007 or 2006)**
- 2.7 **Under 20 Age Group** - 18 or 19 Years old on 31 December 2023 **(born in 2005 or 2004)**
- 2.8 **Athletes must participate in the event(s) they wish to represent South Africa, should they be selected.**
- 2.9 Entries without an ID-number, or a birth certificate, in the case of athletes younger than 16 years, will not be accepted, and it will be returned to the Province. **Please have copies of ID documents/birth certificates available at number collection.**
- 2.10 **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.

- 2.11 **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 number. 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.
- 2.12 Athletes are not permitted to have in their possession cell phones, cassette recorders, radio, iPods, MP3s etc., or any other communication device, in the competition arena (WA TR 6.3.2).
- 2.13 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 TR 25.1).
- 2.14 Once the competition has begun, competitors are not permitted to use implements, runways or circles for practice or warm-up purposes (WA TR 25.2).
- 2.15 All competition shoes must comply with the World Athletics Technical Rules (TR 5.2 – 5.6) and the Athletic Shoe Regulations approved by the World Athletics Council on 22 December 2021. Where any Referee has a reasonable suspicion that a shoe worn by an athlete in a competition might not comply with the letter or the spirit of the Rules, the Referee may request, and the athlete must immediately hand over the shoe to the Referee at the conclusion of the event, for further investigation (WA Shoe Regulation 14.7).
- 2.16 A competitor shall be excluded from further participation in the championships in cases where:
- 2.16.1 A final confirmation was given that the athlete would start in an event but then failed to participate (WA TR 4.4.1).
- 2.16.2 He/she qualified in preliminary rounds or heats for further participation in an event but then failed to participate further (WA TR 4.4.2).
- 2.16.3 Note: **Athletes, who withdraw from an event during the championships due to medical reasons, will only be considered for selection to represent South Africa, if cleared by a medical doctor and a fitness test was done under the supervision of an ASA Delegate.**
- 2.17 **Heats and Qualifications:**
- 2.17.1 As soon as an athlete has achieved the qualification standard, he/she shall be requested to leave the field, accompanied by a Judge. All other athletes shall leave the field together, accompanied by a Judge when the event finishes.

2.17.2 In qualifying rounds of field events, if less than 12 competitors reach the required qualification standard, the first 12 and every competitor tying for the 12th place will be entitled to compete in the finals. In the 800m track events 10 athletes and from 1500m and longer events, 12 athletes will go through to the finals.

2.17.3 In all field events and track events from and including 1500m, if only 12 competitors or less are entered for an event, there will be no qualifying rounds, and all competitors will go directly to the final.

2.17.4 Due to the duration of Vertical Jump events, there will be starting heights in the qualifying rounds.

Field Events - Starting Heights for Vertical Jump events

Vertical Jumps - Starting Heights	Male	Female
High Jump – U 20 - starting height	1.85	1.45
High Jump – U 18 - starting height	1.80	1.40
High Jump – U 16 - starting height	1.70	1.40
Pole Vault – U 20 - starting height	3.60	2.50
Pole Vault – U 18 - starting height	3.50	2.30
Pole Vault – U 16 - starting height	3.20	2.20

2.18 Publication of Results:

The designated Service Provider will provide a LINK for results and the results will be paperless. Draw list for each event (heats, qualifying rounds and finals) as well as the results of each event will be communicated via the LINK.

2.19 Participation and Entry Fee:

Athletes, Team Management and Team Coaches

The entry fee for this championship is **R60.00** for Athletes, Provincial Team Management and Provincial Team Coaches.

2.19.1 **Spectators:** The spectator fee is **R50** per person/day at gates.

2.19.2 Payment of entry fees

Entry fees are payable directly to KZNA into the following bank account:

- **Bank Account Details:**
 - KwaZulu Natal Athletics
 - First National Bank
- Account No: 62823881372

Reference: “Members Name” & 2023 ASA Age Group Champs”

Note: Please provide proof of payment with your entries.

2.20 Closing date for entries

2.20.1 The closing date for **Provincial Entries** is by the close of business (16H00) on Monday, **13 March 2023**. (Please adhere to ASA Qualification standards and rules set out in Circular 4 of ASA 2023).

2.20.2 Provincial entries must be done on the attached ASA entry form and must be forwarded to the ASA office for attention of **Thabang Maleka** (ThabangM@athleticssa.co.za).

2.20.3 All individual entries must be entered through the provinces by the close of business (16H00) on Wednesday, **15 March 2023**. (Please adhere to ASA Qualification standards and rules set out in Circular 4 of ASA 2023).

2.20.4 PLEASE KINDLY NOTE THAT A PENALTY OF R1500 WILL BE CHARGED FOR ALL LATE ENTRIES.

2.21 ASA Selection Criteria for the 2023 African U18 and U20 Championships as well as for the 2023 Youth Commonwealth games:

ASA Selection Criteria to be communicated to all members by separate circular.

3. EVENTS PER AGE GROUP FOR THE 2023 ASA TRACK & FIELD AGE CATEGORY (U/16 - U/20) CHAMPIONSHIPS

Male				Female		
u/16	u/18	u/20	Item	u/16	u/18	u/20
X	X	X	100m	X	X	X
X	X	X	200m	X	X	X
X	X	X	400m	X	X	X
X	X	X	800m	X	X	X
X	X	X	1500m	X	X	X
X	X	X	3000m	X	X	X
-	-	X	5000m	-	-	X
X (76,2cm)	-	-	1500m SC	X (76,2cm)	-	-
-	X (83,8cm)	-	2000m SC	-	X (76,2cm)	-
-	-	X (91,4cm)	3000m SC	-	-	X (76,2cm)
-	-	-	90 m Hurdles	X (76,2cm)	-	-
X (83,8cm)	-	-	100 m Hurdles	-	X (76,2cm)	X (83,8cm)
-	X (91,4cm)	X (99,1cm)	110m Hurdles	-	-	-
X (83,8cm)	-	-	300m Hurdles	X (76,2cm)	-	-
-	X (83,8cm)	X (91,4cm)	400m Hurdles	-	X (76,2cm)	X (76,2cm)
X (4kg)	X (5kg)	X (6kg)	Shot Put	X (3kg)	X (3kg)	X (4kg)
X (1kg)	X(1,5kg)	X (1,75kg)	Discus Throw	X (1kg)	X (1kg)	X (1kg)
X (600g)	X (700g)	X (800g)	Javelin Throw	X (500g)	X (500g)	X (600g)
X (4kg)	X (5kg)	X (6kg)	Hammer Throw	X (3kg)	X (3kg)	X (4kg)
X	X	X	Long Jump	X	X	X
X (11m)	X (11m)	X (13m)	Triple Jump	X (9m)	X (9m)	X (9m)
X	X	X	High Jump	X	X	X
X	X	X	Pole Vault	X	X	X
X	-	-	5000m Walk	X	X	-
-	X	X	10000m Walk	-	-	X

4. PROGRAM

Day 1: Thursday, 23 March 2023

No	Time	Group	Event	Pit	Specs	Round	Next Round
1	08:00	Boys U/20	10000m Walk			Final	
2	08:00	Boys U/18	10000m Walk			Final	
3	08:30	Boys U/16	Discus Throw			Qualifying	F 81 (2)
4	08:30	Boys U/18	Shot Put	A	5kg	Qualifying	F 47 (1)
5	09:00	Boys U/18	Pole Vault			Final	
6	09:00	Girls U/16	Javelin Throw		500g	Qualifying	F 65 (2)
7	09:00	Girls U/16	High Jump	A & B		Qualifying	F 98 (2)
8	09:00	Girls U/18	Long Jump	A		Qualifying	F 145 (3)
9	09:15	Boys U/16	5 000m Walk			Final	
10	10:00	Girls U/16	100m			Heats	SF 32 (1)
11	10:15	Boys U/16	100m			Heats	SF 33 (1)
12	10:30	Girls U/16	Discus Throw		1kg	Qualifying	F 108 (2)
13	10:30	Boys U/16	Shot Put	A	4kg	Qualifying	F 163 (3)
14	10:30	Girls U/18	100m			Heats	SF 34 (1)
15	10:45	Boys U/18	100m			Heats	SF 35 (1)
16	11:00	Girls U/20	100m			Heats	SF 36 (1)
17	11:15	Boys U/20	100m			Heats	SF 37 (1)
18	11:30	Boys U/18	Javelin Throw		700g	Final	
19	11:30	Girls U/16	400m			Heats	F 130 (3)
20	11:45	Boys U/16	400m			Heats	F 131 (3)
21	12:00	Girls U/16	Long Jump	A		Qualifying	F 69 (2)
22	12:00	Girls U/18	400m			Heats	F 132 (3)
23	12:15	Boys U/18	400m			Heats	F 133 (3)
24	12:30	Girls U/20	400m			Heats	F 136 (3)
25	12:30	Boys U/18	Discus Throw		1,75kg	Final	
26	12:30	Boys U/16	High Jump	A & B		Qualifying	F 78 (2)
27	12:45	Boys U/20	400m			Heats	F 137 (3)
28	13:00	Girls U/20	Triple Jump	B	9m	Final	
29	13:00	Boys U/20	Javelin Throw		800g	Final	
30	13:00	Girls U/20	Pole Vault			Final	
31	13:00	Girls U/16	Shot Put	A	4kg	Qualifying	F 84 (2)
32	13:00	Girls U/16	100m			Semi Final	F 56 (1)
33	13:10	Boys U/16	100m			Semi Final	F 57 (1)

34	13:20	Girls U/18	100m			Semi Final	F 58 (1)
35	13:30	Boys U/18	100m			Semi Final	F 59 (1)
36	13:40	Girls U/20	100m			Semi Final	F 60 (1)
37	13:50	Boys U/20	100m			Semi Final	F 61 (1)
38	14:00	Girls U/16	1500m			Heats	F 111 (2)
39	14:15	Boys U/16	1500m			Heats	F 112 (2)
40	14:30	Girls U/18	1500m			Heats	F 113 (2)
41	14:30	Girls U/18	Hammer Throw		3kg	Final	
42	14:45	Boys U/18	1500m			Heats	F 114 (2)
43	15:00	Girls U/18	Triple Jump	B	9m	Qualifying	F 83 (2)
44	15:00	Boys U/16	Long Jump	A		Qualifying	F 82 (2)
45	15:00	Girls U/20	1500m			Heats	F 115 (2)
46	15:15	Boys U/20	1500m			Heats	F 116 (2)
47	15:30	Boys U/18	Shot Put	A	5kg	Final	
48	15:30	Boys U/18	High Jump	A & B		Qualifying	F 120 (3)
49	16:00	Boys U/20	110m Hurdles		99,1cm	Heats	F 104 (2)
50	16:15	Boys U/18	110m Hurdles		91,4cm	Heats	F 105 (2)
51	16:30	Boys U/16	Hammer Throw		4kg	Final	
52	16:30	Girls U/20	100m hurdles		83,8cm	Heats	F 106 (2)
53	16:45	Boys U/16	100m Hurdles		83,8cm	Heats	F 107 (2)
54	17:00	Girls U/18	100m Hurdles		76,2cm	Heats	F 109 (2)
55	17:15	Girls U/16	90m Hurdles		76,2cm	Heats	F 110 (2)
56	17:30	Girls U/16	100m			Final	
57	17:35	Boys U/16	100m			Final	
58	17:40	Girls U/18	100m			Final	
59	17:45	Boys U/18	100m			Final	
60	17:50	Girls U/20	100m			Final	
61	17:55	Boys U/20	100m			Final	
62	18:00	Girls U/16	Medley Relay			Finals	
63	18:05	Boys U/16	Medley Relay			Finals	
64	18:10	U/18	Mixed 4 x 400m			Finals	
65	18:15	U/20	Mixed 4 x 400m			Finals	

Day 2: Friday, 24 March 2023

No	Time	Group	Event	Pit	Specs	Round	Next Round
66	08:00	Girls U/20	10000m Walk			Final	
67	08:30	Girls U/20	Hammer Throw		4kg	Final	
68	09:00	Girls U/18	Pole Vault			Final	
69	09:00	Girls U/16	Javelin Throw		500g	Final	
70	09:30	Girls U/18	High Jump	A		Final	
71	09:30	Boys U/20	Triple Jump	B	13m	Final	
72	09:30	Girls U/18	Shot Put	A	3kg	Qualifying	F 144 (3)
73	09:30	Girls U/16	Long Jump	A		Final	
74	09:30	Girls U/16	5000m Walk			Final	
75	10:15	Boys U/20	400m Hurdles		91,4cm	Heats	F 155 (3)
76	10:30	Boys U/18	400m Hurdles		83,8cm	Heats	F 156 (3)
77	10:30	Boys U/18	Discus Throw		1,5kg	Final	
78	10:45	Girls U/18	400m Hurdles		76,2cm	Heats	F 157 (3)
79	11:00	Girls U/20	400m Hurdles		76,2cm	Heats	F 158 (3)
80	11:15	Boys U/16	300m Hurdles		76,2cm	Heats	F 160 (3)
81	11:30	Girls U/16	300m Hurdles		76,2cm	Heats	F 161 (3)
82	12:00	Boys U/16	High Jump	A		Final	
83	12:00	Girls U/16	800m			Heats	F 164 (3)
84	12:15	Boys U/16	800m			Heats	F 165 (3)
85	12:30	Boys U/16	Discus Throw		1kg	Final	
86	12:30	Boys U/16	Long Jump	A		Final	
87	12:30	Girls U/18	Triple Jump	B	9m	Final	
88	12:30	Girls U/16	Shot Put	A	3kg	Final	
89	12:30	Girls U/18	800m			Heats	F 167 (3)
90	12:45	Boys U/18	800m			Heats	F 168 (3)
91	13:00	Girls U/20	800m			Heats	F 169 (3)
92	13:00	Girls U/18	Javelin Throw		500g	Final	
93	13:00	Girls U/16	Pole Vault			Final	
94	13:15	Boys U/20	800m			Heats	F 170 (3)
95	13:30	Girls U/16	200m			Heats	SF 119 (3)
96	13:45	Boys U/16	200m			Heats	SF 124 (3)
97	14:00	Girls U/18	200m			Heats	SF 125 (3)
98	14:15	Boys U/18	200m			Heats	SF 126 (3)
99	14:30	Girls U/20	Discus Throw		1kg	Final	
100	14:30	Girls U/20	200m			Heats	SF 128 (3)

101	14:45	Boys U/20	200m			Heats	SF 129 (3)
102	15:00	Girls U/16	High Jump	A		Final	
103	15:00	Girls U/20	5 000m			Final	
104	15:30	Boys U/20	5 000m			Final	
105	15:30	Girls U/20	Long Jump	A		Final	
106	15:30	Boys U/18	Triple Jump	B	11m	Final	
107	16:00	Boys U/20	Shot Put	A	6kg	Final	
108	16:00	Boys U/20	110m Hurdles		99,1cm	Final	
109	16:10	Boys U/18	110m Hurdles		91,4cm	Final	
110	16:20	Girls U/20	100m hurdles		83,8cm	Final	
111	16:30	Boys U/16	100m Hurdles		83,8cm	Final	
112	16:30	Girls U/16	Discus Throw		1kg	Final	
113	16:40	Girls U/18	100m Hurdles		76,2cm	Final	
114	16:50	Girls U/16	90m Hurdles		76,2cm	Final	
115	17:00	Girls U/16	1500m			Final	
116	17:10	Boys U/16	1500m			Final	
117	17:20	Girls U/18	1500m			Final	
118	17:30	Boys U/18	1500m			Final	
119	17:40	Girls U/20	1500m			Final	
120	17:50	Boys U/20	1500m			Final	
121	18:00	Girls U/18	4 x 400m			Final	
122	18:05	Boys U/18	4 x 400m			Final	
123	18:10	Girls U/20	4 x 400m			Final	
124	18:15	Boys U/20	4 x 400m			Final	

Day 3: Saturday, 25 March 2023

No	Time	Group	Event	Pit	Specs	Round	Next Round
125	08:00	Girls U/18	5000m Walk			Final	
126	08:30	Boys U/20	Discus Throw		1,75kg	Final	
127	08:50	Girls U/16	200m			Semi Final	F 174 (3)
128	09:00	Boys U/18	High Jump	A		Final	
129	09:00	Boys U/16	Pole Vault			Final	
130	09:00	Boys U/16	Javelin Throw		600g	Final	
131	09:00	Girls U/20	Shot Put	A	4kg	Final	
132	09:00	Boys U/16	200m			Semi Final	F 175 (3)
133	09:10	Girls U/18	200m			Semi Final	F 176 (3)
134	09:20	Boys U/18	200m			Semi Final	F 177 (3)
135	09:30	Boys U/18	Long Jump	A		Final	
136	09:30	Girls U/20	200m			Semi Final	F 178 (3)
137	09:40	Boys U/20	200m			Semi Final	F 179 (3)
138	10:00	Girls U/16	400m			Final	
139	10:10	Boys U/16	400m			Final	
140	10:20	Girls U/18	400m			Final	
141	10:30	Boys U/18	400m			Final	
142	10:30	Boys U/16	Triple Jump	B	11m	Final	
143	10:30	Girls U/18	Discus Throw		1kg	Final	
144	10:40	Girls U/20	400m			Final	
145	10:50	Boys U/20	400m			Final	
146	11:00	Girls U/16	3000m			Final	
147	11:15	Boys U/16	3000m			Final	
148	11:30	Girls U/18	3000m			Final	
149	11:30	Girls U/20	Javelin Throw		600g	Final	
150	11:45	Boys U/18	3000m			Final	
151	12:00	Girls U/20	High Jump	A		Final	
152	12:00	Girls U/18	Shot Put	A	3kg	Final	
153	12:00	Girls U/18	Long Jump	A		Final	
154	12:00	Boys U/20	3000m			Final	
155	12:15	Girls U/20	3000m			Final	
156	12:30	Girls U/16	Hammer Throw		3kg	Final	
157	12:30	Boys U/18	2000m Steeple Chase		83,8cm	Final	
158	12:45	Girls U/18	2000m Steeple Chase		76,2cm	Final	
159	13:00	Boys U/20	Pole Vault			Final	

160	13:00	Boys U/16	1500m Steeple Chase		76,2cm	Final	
161	13:15	Girls U/16	1500m Steeple Chase		76,2cm	Final	
162	13:30	Girls U/16	Triple Jump	B	9m	Final	
163	13:30	Boys U/20	400m Hurdles		91,4cm	Final	
164	13:40	Boys U/18	400m Hurdles		83,8cm	Final	
165	13:50	Girls U/18	400m Hurdles		76,2cm	Final	
166	14:00	Girls U/20	400m Hurdles		76,2cm	Final	
167	14:00	Boys U/18	Hammer Throw		5kg	Final	
168	14:10	Boys U/16	300m Hurdles		76,2cm	Final	
169	14:20	Girls U/16	300m Hurdles		76,2cm	Final	
170	14:30	Boys U/20	Long Jump	A		Final	
171	14:30	Boys U/16	Shot Put	A	4kg	Final	
172	14:40	Girls U/16	800m			Final	
173	14:50	Boys U/16	800m			Final	
174	15:00	Boys U/20	High Jump	A		Final	
175	15:00	Girls U/18	800m			Final	
176	15:10	Boys U/18	800m			Final	
177	15:20	Girls U/20	800m			Final	
178	15:30	Boys U/20	800m			Final	
179	15:30	Boys U/20	Hammer Throw		6kg	Final	
180	15:45	Boys U/20	3000m Steeple Chase		91,4cm	Final	
181	16:00	Girls U/20	3000m Steeple Chase		76,2cm	Final	
182	16:15	Girls U/16	200m			Final	
183	16:20	Boys U/16	200m			Final	
184	16:25	Girls U/18	200m			Final	
185	16:30	Boys U/18	200m			Final	
186	16:35	Girls U/20	200m			Final	
187	16:40	Boys U/20	200m			Final	
188	16:50	Girls U/16	4 x 100m			Final	
189	17:00	Boys U/16	4 x 100m			Final	
190	17:10	Girls U/18	4 x 100m			Final	
191	17:20	Boys U/18	4 x 100m			Final	
192	17:30	Girls U/20	4 x 100m			Final	
193	17:40	Boys U/20	4 x 100m			Final	

5. ASSISTANCE TO ATHLETES

- 5.1 At all races from 800 meters and above, intermediate times will be displayed on an electronic board located close to the finish line.
- 5.2 In Track Events of 5000m and longer water will be provided to athletes on the track if weather conditions warrant it (WA TR 17.15.1)
- 5.3 No coaches or Team Managers will be allowed in the infield however athletes will be allowed to communicate with their coaches outside the competition area (WA TR 6.4.1)

6. ATHLETES CONTROL CENTRE

- 6.1 The call room for the athletes will be situated at the warm up area. All athletes must report to the call-room. If an athlete is entered in both track and field events which takes place simultaneously, the Team Manager must report this to the Control Room at least one (1) hour prior to the start of the first event.
- 6.2 When the control has been completed an official will accompany the athletes to the waiting area and final control point.
- 6.3 Only athletes and official Team Managers will be allowed in the call room (i.e. no parents, coaches etc.)
- 6.4 Athletes call out times will be as follows:

Event	Call Room	Entry on the field
Field events	60-minutes before the starting time	35-minutes before the starting time [except for Pole Vault]
Pole Vault	80-minutes before the starting time	65-minutes before the starting time
Track events	35-minutes before the starting time	10-minutes before the starting time
Hurdles	35-minutes before the starting time	15-minutes before the starting time

- 6.5 At registration, 2 bib numbers will be issued to each athlete. During the competition, athletes must always wear the numbers in their original shape and size properly secured on the four corners with the exception of athletes in the Jumping Events where only one number is compulsory (WA TR 5.7). **Any athlete who does not respect these rules will not be allowed to compete.**

6.6 Competitors taking part in track events might be given a supplementary number which they must attach on the right hip (WA TR 5.10).

6.7 Custody of Clothing:

All competitors competing in track events will receive a basket at the start for his/her clothes. Basket carriers will take the basket to the mixed zone. There will be a lane mark on each basket in order to make it easier for the athletes to locate their basket after the event.

7. RECORDS

Provincial teams are requested to provide the TIC with a list of provincial records for each event. If provincial teams want a provincial record ratified this must be arranged with the competition secretary and where anti-doping control is required the provincial teams will be responsible for the cost of those test. It is advisable that provincial Team Managers provide the TIC with their provincial record application forms at the Technical Meeting.

8. VICTORY CEREMONY

8.1 The first three athletes in each final event must report to the victory ceremonies area 30 minutes before the time of the victory ceremony. The victory ceremony will be held according to the victory ceremony program distributed at the technical meeting.

8.2 Please note that athletes must be dressed in their provincial colours (full track suit and sneakers), as the victory ceremony is part of the competition. Failure to comply will result in the athlete not being allowed to be part of the ceremony (WA TR 5.1).

9. TECHNICAL DATA

9.1 Electronic timing will be used, and hand timing will be provided as a back- up.

9.2 A video recording may be used as back-up for Place Judges and during appeals.

9.3 The measurement of distances at the field events shall be by means of a fibre measuring tape, but all records will be measured by a steel measuring tape. We are also looking at introducing laser measuring devices at these Championships for all field events

9.4 The starting heights and increments for High Jump and Pole Vault will be confirmed at the Technical Meeting.

10. TECHNICAL / TEAM MANAGERS MEETING

10.1 The Technical/ Team Managers Meeting will take place as follows:

Date: Wednesday, **22 MARCH 2023**

Time: 17:30 Venue: **Msunduzi Athletics Stadium, PIETERMARITZBURG**

10.2 The Meeting will be open by the Track and Field Chairperson and chaired by the ASA Technical Delegate. The following officials or delegates should be in attendance: -

- Technical Delegate
- Two (2) representatives from each Province;
- The Competition Management;
- The members of Jury of Appeal;
- All National Technical Officials and Referees;
- Representatives of the LOC;
- ASA Delegates.

10.3 All Team Managers must collect their team's race numbers from **12h00 – 16h00** on Wednesday, 22 March 2023 at **Msunduzi Athletics Stadium, PIETERMARITZBURG**, Final confirmation of athletes entered must be given at that time. Any withdrawals and corrections should also be addressed during that time as no further corrections will be accepted at any day after the commencement of the competition. No late entries will be accepted after 13 March 2023 (Provincial Athletes) and 15 March 2023 for (Individual Entries).

10.4 Any further withdrawals of athletes for specific events must be done by 16:00 on the day prior to the competition, as draw sheets will then be compiled for the next day of competition.

11. ANTI-DOPING CONTROL

11.1 Anti-doping control will be conducted on each day of competition in accordance with the WA Procedural Guidelines for Anti-doping Control under the supervision of ASA Antidoping Control Delegate and the SA Institute for Drug Free Sport.

11.2 On receiving written notification of a test, the athlete will be permanently accompanied by an Anti-doping Control chaperone, and shall have to report to the Anti-doping Control station within 60 minutes.

11.3 Athletes will be allowed to first participate in any medal ceremony or press conferences before reporting to the Anti-doping Control Station.

- 11.4 Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and make them sign a consent form, will carry out the urine test.
- 11.5 Athletes are entitled to be accompanied to the Anti-doping Control Centre by one person of their choice. Personal identification must be presented.
- 11.6 Any athlete who has not been selected for testing may request testing. Athletes concerned should report to the TIC, and will then be escorted to the Anti-doping Control Centre. Cost for such tests will be entirely the responsibility of the athlete's respective province.

12. MEDICAL SERVICES

- 12.1 A full emergency medical service with an ambulance will be available at the stadium.
- 12.2 Physiotherapists will be available at the medical Centre and at the warm up area.
- 12.3 Athletes who belong to a medical scheme must bring their membership cards in case they are required due to injuries.

13. PROTESTS AND APPEALS

- 13.1 Protest shall be made in accordance with WA Technical Rule 8. During the course of the event an athlete or his/her Team Manager may lodge a verbal protest to the appropriate Referee.
- 13.2 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.
- 13.3 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 Results links.

14. TECHNICAL INFORMATION CENTRE

The TIC will be located in the main stadium. The precise location will be communicated during the team managers' meeting.

15. TECHNICAL MANAGER'S OFFICE

- 15.1 The office of the Technical Manager is located at the stadium.
- 15.2 The Technical Manager's/ assizing room is situated under the main pavilion of the stadium and will be clearly marked.

16. TECHNICAL OFFICIALS

- 16.1 Provinces are requested to nominate a minimum of 3 and a maximum of 5 Technical Officials to officiate at the championships. Not all nominated Technical Officials will necessarily be placed. The deadline to submit the names of the technical officials is **03 March 2023 by 12H00** to thabangm@athleticssa.co.za .
- 16.2 These Technical Officials must be part of the provincial team, their travelling and accommodation will be the responsibility of their respective province.
- 16.3 ASA will be responsible for the remuneration of the Technical Officials for all days of competition.
- 16.4 Please submit the names of your Technical Officials on the form supplied, with their preferred placing. Technical Officials will not necessarily be placed as preferred.
- 16.5 The dress code for the championships will be a white golf shirt and a black pants or skirt.
- 16.6 Technical Officials must report 90 minutes before the start of competition on each day of the championships

17. VISITS TO THE STADIUM

- 17.1 A visit to the stadium shall be organized for Team Managers to show the exact location of the main facilities.
- 17.2 The visit shall take place at 15h00, before the Technical Meeting on Wednesday, 22 March 2023.
- 17.3 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.

18. SEATING ARRANGEMENTS

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

19. ACCESS CONTROL (Disaster Management Regulations)

Note: Event Accreditation will be available at the registration table prior to the event. All requests for accreditation must be submitted by provincial federations to the event organizer at the date and time that will be communicated.

- 19.1 Athletes and Team Managers will be provided with event accreditation.
- 19.2 All affiliated coaches will be provided with event accreditation.
- 19.3 All stadium staff and officials will be provided with event accreditation.
- 19.4 All Stakeholders and guests will be provided with event accreditation.
- 19.5 All service providers will be provided with event accreditation upon entry and exit of the facility.
- 19.6 All media representatives will be provided with event accreditation.

20. RESULTS

Results will be posted on the LINK provided as soon as it is available. A complete set of results will be e-mailed to all provinces after the last day of the championships. Results will only be available on the internet LINK provided during the Technical and Managers Meeting on **22 March 2023**.

22. ACCOMODATION

Each province is responsible for travel and accommodation for their team. Please contact KZNA office at 031 312 9374 for possible accommodation options.

Good Luck to all teams and enjoy the 2023 Championships!