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27 January 2020

TO: ATHLETICS FREE STATE CLUBS & SCHOOLS



**TECHNICAL RULES AND REGULATIONS: FREE STATE SENIOR, U20, U18, U16 TRACK AND FIELD  
OPEN CHAMPIONSHIPS: 28-29 FEBRUARY 2020**

We gladly give the following information to you about the above-mentioned meeting:

1. The meeting will take place on FRIDAY 28 FEBRUARY 2020 AND SATURDAY 29 FEBRUARY 2020 at the MANGAUNG ATHLETICS STATE STADIUM, see attached program.
2. General information.
  - 2.1 ENTRY FEE is **R40-00** per athlete, **per day**. This is not payable beforehand, but AT THE GATES ON THE DAY OF THE MEETING.
  - 2.2 Athletes must wear 2020 licence numbers. No athlete will be allowed to take part with a temporary licence.
  - 2.3 Athletes **MUST** participate in the Free State Championship to be considered for a FS Team to 3Sixty Life & Sizwe Medical ASA SENIOR T&F & COMBINED EVENTS & 50km NATIONAL CHAMPIONSHIPS on 23 - 25 April 2020 at Pilditch Stadium, Pretoria and/or TWIZZA ASA U/16, U/18 (YOUTH) and U/20 (JUNIOR) T&F Championships on 26 – 28 March 2020 at Dal Josephat Stadium, Paarl.
  - 2.4 Athletes included in the Free State Teams to the various National Championships must be affiliated with Athletics Free State and be in possession of a valid 2020 permanent license.
  - 2.5 The championship is an open championship.
  - 2.6 During the competition the results will be available on the Joba Results web-site, [www.jobaresults.co.za](http://www.jobaresults.co.za) and the full set of results will also be available on the AFS web-site after the championship.
3. Entrance fee for spectators: **R40.00 per day**
4. Entries close **WEDNESDAY 19 FEBRUARY 2020 AT 11:00, and must be on the attached entry form**  
**LATE ENTRIES WILL NOT BE TAKEN INTO CONSIDERATION. No entries will be done during the championship**

E-mail entry forms to [admin@athleticsfs.co.za](mailto:admin@athleticsfs.co.za). **No hand-written entries will be considered.**

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Board Members: President: Mr. Jantjie THELETSANE, Vice President: Mr Steven SWARTS, Track and Field Chairperson: Mr. Kobus STEYN, Cross Country Chairperson: Mr. J.P. BOTHA, Road Running Chairperson: Me. Hilde DU PLESSIS, Additional Members: Me Elinda VORSTER, Me. Jurina IMMELMAN; Kantoor NKOANE; Sello RAMOTSHABI.

5. The age groups as on 31 December 2020 for men / boys and women / girls for the meeting are as follow:

Seniors: -	born 2000 and before
U/20 (Juniors) (18; 19 Years):-	born in 2001-2002
U/18 (Youth) (16; 17 Years)	born in 2003-2004
U/16 (Sub-Youth) (14; 15 Years)	born in 2005-2006

6. Complete the entry form as follows:

See attached rules on "How to complete entry form for AFS Champ 2020."

7. Athletes who want to be considered for the different Free State teams to the different National Championships must participate in the Free State Championship with the specific Technical Standards and equal or better the AFS set criteria, see attached selection criteria.

8. Every club and school are responsible for own travel, accommodation and meal arrangements.

9. Athletes can make use of their own implements and is not oblige to let other athletes use their implements (ASA Rule 31). Implements of athletes' who equal or better Free State records must be assized.

10. The first three athletes in each final event will receive medals.

11. Athletes must participate in official club or school attire.

12. Combined events: Athletes who wants to be considered for the Free State Team in Combined Events can compete in the different events; although not in the same order as described in the IAAF Rules, statistics can be obtained for selection purposes. Athletes must inform AFS if they want to be considered for Combined Events.

13. Technical Officials who can assist us with officiating in the competition must please send their names to the AFS office.

14. The championship will take place according the WA (IAAF) and ASA Rules.

Thank you for your friendly support.

Athletics Greetings

Kobus STEYN  
CHAIRPERSON TRACK AND FIELD COMMISSION  
073-0635397

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