

Suite 21
Private Bag x16
Brandwag
9324



Tel: 051-4303251

Fax: 086-2282062

E-mail: admin@athleticsfs.co.za

www.athleticsfs.co.za

ELECTRONIC TRANSMISSION



03 March 2021

TO: ATHLETICS FREE STATE CLUBS & SCHOOLS

TECHNICAL RULES AND REGULATIONS: FREE STATE SENIOR, U20, U18, U16 TRACK AND FIELD CHAMPIONSHIPS: 13 and 27 March 2021

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

1. The FREE STATE U16 AND U18 CHAMPIONSHIPS will take place on SATURDAY 13 MARCH 2021 and the FREE STATE SENIOR AND JUNIOR CHAMPIONSHIPS ON SATURDAY 27 MARCH 2021 at the MANGAUNG ATHLETICS STATE STADIUM, see attached programs.
2. General information.
 - 2.1 ENTRY FEE is **R60-00** per athlete PAYABLE TO AFS ON or BEFORE 10 MARCH 2021. Bank details of AFS:

Athletics Free State
Nedbank Bloemfontein
Branch Code: 110234
Account No: 1102277533
Cheque Account
VAT No: 4150157628
 - 2.2 Athletes must wear 2020 licence numbers which will be valid till 30 April 2021. Athletes with no 2020 license numbers can buy a Temporary license before the time, (R50 per Temporary License) requests must be submitted with the entry form.
 - 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 15 – 17 APRIL 2021 at Pilditch Stadium, Pretoria and/or TWIZZA ASA U/16, U/18 (YOUTH) and U/20 (JUNIOR) T&F Championships on 7 -10 APRIL 2021 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 official result of the championships will be available 72 hours after completion of the meeting. (17 and 31 March respectively).

Board Members: President: Mr. Jantjie THELETSANE, 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; Me Elizna PRETORIUS; Sello RAMOTSHABI.

- 2.6 Attached are the following documents for your attention:
- 2.6.1 Medical check list to be COVID-19 compliant to be handed in when reporting
 - 2.6.2 Entry template to be emailed to admin@athleticsfs.co.za
 - 2.6.3 AFS Selection Criteria
 - 2.6.4 Program of AFS SENIOR, U20, U18, U16 TRACK AND FIELD championships

3. No spectators will be allowed.

4. **Entries for the U/16 and U/18 Championship close WEDNESDAY 10 MARCH 2021 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**

Entries for the U/20 and Senior Championship close Friday 19 MARCH 2021 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. No hand-written entries will be considered.

5. The age groups as on 31 December 2021 for men / boys and women / girls for the meeting are as follow:

Seniors: -	born 2001 and before
U/20 (Juniors) (18; 19 Years):-	born in 2002-2003
U/18 (Youth) (16; 17 Years)	born in 2004-2005
U/16 (Sub-Youth) (14; 15 Years)	born in 2006-2007

6. Complete the attached entry TEMPLATES FOR EACH AGE GROUP IN THE WORD FORMAT PROVIDED AND SEND ELECTRONICALLY to admin@athleticsfs.co.za

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 assize.

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

11. 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.

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

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

14. Health and Safety protocols during the competition:

14.1 There will be only one controlled entry to the stadium namely die gate on the Southern side of the stadium (swimming pool side). The only exception is that officials will be allowed to enter the stadium at the gate on the Northern side (Waterfront side) of the stadium during the first hour before the start of the meeting. Thereafter they must use the gate at the Southern side of the stadium.

- 14.2 All officials, coaches and athletes will undergo health screening before entering the stadium. It is very important that each of the above named **must complete the attached health questionnaire on the day of the competition before reporting to the stadium**. The availability of these questionnaires is the responsibility of the clubs – **no hard copies to be completed will be available at the gates**.
- 14.3 An athlete must report 1 hour before the start of the event at the warm-up area with the exception of Pole Vault which is 2 hours. ASA affiliated coaches will be allowed to enter with their athletes. The call room will then release the athletes to their competition areas on the prescribed times. The affiliated coaches will be allowed on the grass embankments and the first row of the pavilion during the duration of the event. As soon as the athlete completed their event, the athletes as well as the coaches must leave the competition area and stadium at the Southern gate.

Thank you for your friendly support.

Athletics Greetings

Kobus STEYN
CHAIRPERSON TRACK AND FIELD COMMISSION
073-0635397