



BOLAND CENTRAL ATHLETICS

31 -10-2022

Chairman: JP Vermeulen

Cell: 084 890 0949

E-mail: jpvermeu@paulroos.co.za

Treasurer: David Andrews

Cell: 084 621 3066

E-mail: deandrews16@gmail.com

Track & Field: Sean September

Cell: 084 655 9090

E-mail: sfseppie@gmail.com

Secretary: Dorfling Terblanche

Cell: 084 621 7607

E-mail: dterblanche@paulroos.co.za

Selector: Annamarie Louw

Cell: 083 561 1034

E-mail: annamarie.louw@hsstrand.co.za

Boland Central Athletics Meeting 10/11 February 2023

This event takes place in accordance with WA/ ASA and BA Competition Rules

VENUE

The Track and Field competition will take place at the Dal Josaphat Athletics Stadium, Paarl from Friday 10 February to Saturday 11 February 2023.

The stadium has an eight-lane synthetic track around the length on the track and a ten-lane track in the straight, with facilities for all athletics events.

GENERAL

The competitions will be conducted under the rules of WA and ASA.

Deadline for submission of all entries is Monday 6 February 2023.

PARTICIPATION:

- To participate in the above-mentioned competition, there are no qualifying standards.
- Only enrolled learners of schools in the Boland Central Region may take part in this competition.
- Schools must be affiliated to the Boland Central region.
- **To qualify for the Boland High Championships athletes should have competed in the regional competition.**
- The **first five** athletes who achieve the qualifying standards will be selected for the Boland Championships.
- See attachment: Qualifying standard to participate in the Boland high schools/ junior championships, in the Boland
- **An athlete, who did not compete in the Regional or Boland Championship, will not be considered for the Boland High School Team.**
- Only **valid medical certificates** will serve as reason for non-participation and subsequent selection for the Boland Central team.
- No athlete will be allowed to participate further in the competition on grounds of previous years' performance or achievements at any school competition.
- Registration takes place through schools. The registration fee of R2000, 00 must be paid in full to Boland High Schools.

ADMISSION FEES:

- **Athletes: R60.00 Payable on the day of registration. This will also cover the registration for Boland championships**
- All moneys to be paid in on **Monday: 6 February 2023.**
- ACCOUNT PARTICULARS: ABSA: Boland Central High School Athletics
- ACCOUNT NUMBER: 1006252172
- BRANCH CODE: 334-510
- ACCOUNT NAME: Boland Central High School Athletics
- REFERENCE: School's Name
-
- **Please send proof of payment per fax to 0866330140 or e-mail to: deandrews16@gmail.com.**
- No athletes from any school will be entered in the Boland Central team to participate at the Boland championships without confirmation of all payments from the school.
- Gate Fees:
- Adults – R40.00
- Learners in School uniform - R10.00
- Cars inside Stadium – R40.00
-

AGE GROUPS FOR 2023

- Please note the different names for the age groups between Schools and ASA:

	SASA	ASA	Year of Birth
Sub Youth	14	U15	Born in 2009
Sub Youth	15	U16	Born in 2008
Youth	17	U18	Born in 2007/2006
Junior/ Senior	19	U20	Born in 2005/2004

Please pay attention to the year of Birth.

REGISTRATION:

Athletes: R60.00 Payable on the day of registration. (06-02-2023)

- All registrations to be done electronically on the official registration forms SAREL BEKKER (jpvermeu@paulroos.co.za) on **Monday 6 Feb 2023** at 13h00, to JP Vermeulen (Paul Roos Gymnasium). The co-operation of all schools regarding this matter is highly appreciated.
- Schools must also see to it that **THE SCHOOL'S ABBREVIATION, ATHLETE'S FULL NAME, SURNAME, DATE OF BIRTH and CELLPHONE NUMBER are clearly indicated. Please look at the first Column of the up dated SB spreadsheet as an example/**
- No late registrations will be allowed or accepted. Address all enquiries regarding registrations to JP Vermeulen. Team lists will be sent by e-mail on Tuesday 7 February; to be checked by the schools. All changes must be finalised by Wednesday 8 February at 13:00. No changes will be allowed thereafter. Schools will be informed as to which items, according to registration, will be considered as **FINALS**.
- The following documentation of athletes must be handed in at the Regional Championships if athlete has been selected in the Boland Central team.

THE FOLLOWING DOCUMENTATION OF ATHLETES MUST BE HANDED IN AT THE BOLAND CHAMPIONSHIPS:

- **Birth certificate OR**
- **Passport/ OR certified copy OR**
- **Certified copy of ID**
- **In addition, COLOUR ID (photo not OLDER than three months).**

OFFICIALS:

- **Referees and officials' names to be sent to JP Vermeulen by Wednesday 2 February**
- Send at least five officials for Boland Central (10&11Feb), two for Boland Juniors (23,24 & 25 February) and one for Western Cape (3,4March). Names to be sent via e-mail not later than 12h00 on 1 Feb 2023. Schools lacking this decision will have to pay a penalty fee of **R3000.00**. All schools must pay a separate bill on the day of registration. **If your OFFICIALS and PENALTY Payment are not submitted, your entries will not be accepted.**
- The choice of placement of officials will be taken into consideration. **Please submit the names on the form provided**
- Dress Code for competition – Navy / black trousers or skirt and white Top.
- Officials will receive their accreditation on the day of registration.
- Officials to meet on Friday 30min before the event and Saturday morning at 07h00. (Dal Josaphat Clubhouse)
- Schools can collect their **ATHLETES, MANAGERS ENTRY and OFFICIAL CARDS** at the following venues on **Wednesday 8 February:**
 - **Paarl and Wellington at Dal Josaphat at 15:30**
 - **Stellenbosch and Helderberg Region at Paul Roos Gymnasium from 12:00 till 15:00. Room 14****NO ATHLETE WILL BE ALLOWED IN THE STADIUM WITHOUT AN ATHLETE CARD. They will have to pay gate fees.**
- **CODE OF CONDUCT FOR OFFICIALS:**
 - All technical officials should wear the official dress code – Navy / black trousers or skirt and white Top.
 - Dress code must always be clean and neat.
 - The arena is a non-smoking zone.
 - Only speak to the athletes when necessary.
 - Do not get involved in arguments with athletes, parents, or team managers. Call in the referee.
 - Technical officials are responsible for the fetching and returning of all implements.
 - Technical officials will only be allowed to leave the stadium 1hour after the official announcement of the outcome of the item where he / she did duty.
 - If any athlete does not pitch for his /her item, the lane on the track must be left vacant.
 - All track- and field cards to be checked by the referee.
- **STARTING BLOCKS:**
 - Starting blocks are used for all sprints up to 400m.
 - Will be supplied by the Stadium.
- **WARMING-UP AREA: Available**
- **COMPETITION RULES:**
 - Athletes to report to 'call room' as follow:
 - Track events: **30 minutes** prior to their item
 - Field events: **30 minutes** prior to their item
 - Pole Vault: **45 minutes** prior to their item
 - Athletes will be allowed to use their own implements.
 - Each athlete gets three throws or jumps (field events). If there are more than 16 athletes, each athlete will get two throws or jumps (field events). The best 8 athletes then receive another 3 opportunities to decide the winner. All efforts of athletes are taken into consideration.
 - After completing an item, the athlete should immediately depart the competition area.

ALL events will be Finals.

Cut off times, cut off distances and starting heights for different events at the 2023 regional championships:

BOYS

GIRLS

	14 Born 2009	15 Born 2008	17 Born 2007/ 2006	19 Born 2005/ 2004		14 Born 2009	15 Born 2008	17 Born 2007/ 2006	19 Born 2005/ 2004
3 000 m	11:00,0	11:00,0	10;30,0			13:00	13:00	12:50,0	12:30,0
5 000 m				18:00,0				21:30	21:20
10 000m				37:00					
1500m Hindernis/ Steeplechase	6:30,0	6:30,0				7:40,0	7:40,0		
2 000 Hindernis/ Steeplechase			8:00,0					10:30	
3 000 Hindernis/ Steeplechase				12:00,0					15:30
Hoogspring/ High Jump	1,35	1,45	1,55	1,60		1,25	1,30	1,35	1,40
Paalspring/ Pole vault	2.30	2,50	2.90	3,40		1,80	1.80	2.00	2,30
Verspring/ Long jump	5,00	5.50	5.80	6,00		4,10	4,20	4.50	4.50
Driesprong/ Triple jump	11.80	12.00	12,60	13,00		8.80	9.00	10.00	10,10
Gewigstoot/ Shot put	9.50	11.50	12.50	12,50		07.50	08.10	08.50	08.50
Diskusgooi/ Discus throw	27.00	37.00	36.00	36,00		19,00	24.00	36.00	27.00
Hamergooi/ Hammer throw	30.00	33.00	42.80	37,00		19.00	24.00	26.00	26.00
Spiesgooi/ Javelin throw	35.00	41.00	46.00	45,00		22.00	25.00	29.00	30.00
5 km Stap/ Racewalking	28:30,0	28:30,0				32:00,0	32:00,0	32:00,0	
10 km Stap/ Racewalking			62:00,0	62:00,0				63:00,0	63:00,0

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 archive to make it an official throw or jump.

Lapped athletes will to the consideration of the track referee be removed from the track if deemed necessary.

Please note that Girls 19 Triple jump will only take place from the 9m board.

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.
- Team managers will only be allowed in the arena in case of an appeal.
- No dumping in the stadium.
- The use of alcohol and smoking on the pavilion is prohibited.
- Team managers and coaches are responsible for their athlete's behaviour throughout the competition.
- If athletes are not properly dressed, they will not be allowed to participate.

FIRST AID: Competition organiser is responsible

PROTEST / APPEAL:

Protests regarding an item must be lodged **within 30 minutes** after the official announcement of the result of the item. Any protest to be lodged to the referee by the athlete or team manager. If no agreement can be made an official appeal can be handed in (see appeal form).

It must be signed off by the team manager on behalf of the athlete together with a R300 cash deposit before the appeal will be heard. If the appeal fails, the deposit will be forfeited.

BOLAND CENTRAL HIGH SCHOOL TEAM:

The team will be announced on Tuesday 14 February 2023. This team will compete at the Boland Championships on 23, 24 & 25 February 2023 at Dal Josaphat. All athletes who qualified (**the first three per event or the first five who qualified in an event**) must get their athletes card from the Boland Central team manager. That will serve as their entry ticket at Boland Championships.

BOLAND HOËRSKOLE ATLETIEK DATUMLYS 2023

Datum	Byeenkoms	Plek	Dag
10-11 Februarie	Boland Sentraal Atletiekbyeenkoms	Dal Josaphat, Paarl	Vry-Sat
23-24-25 Februarie	Boland HS, LSEN en Junior Kampioenskappe.	Dal Josaphat, Paarl	Don-Vry-Sat
3-4 Maart	Wes-Kaap Kampioenskappe.	Coetzenburg, Stellenbosch	Vry-Sat
16-17-18 Maart	SASA Hoërskool Kampioenskappe.	Vrystaat	Don-Vry-Sat
30-31 Maart ;1 April	ASA Jeug en Junior Kampioenskappe.	Potchefstroom	Don-Vry-Sat

BOLAND HIGH SCHOOLS ATHLETIC FIXTURE LIST 2023

Date	Event	Venue	Day
10-11 February	Boland Central Athletics Meeting	Dal Josaphat, Paarl	Fri-Sat
23-24-25 February	Boland HS, LSEN and Junior Championships	Dal Josaphat, Paarl	Thurs-Fri-Sat
3-4 March	Western Cape Championships	Coetzenburg, Stellenbosch	Fri-Sat
16-17-18 March	SASA High School Championships	Free State (TBC)	Thurs-Fri-Sat
30-31 March ;1 April	ASA Youth and Junior Championships.	Potchefstroom	Don-Vry-Sat

QUALIFYING STANDARDS TO PARTICIPATE IN THE 2023 BOLAND HIGH SCHOOLS/JUNIORS CHAMPIONSHIPS:

	BOYS				GIRLS			
	14 Born 2009	15 Born 2008	17 Born 2007/ 2006	19 Born 2005/ 2004	14 Born 2009	15 Born 2008	17 Born 2007/ 2006	19 Born 2005/ 2004
100 m	12,0	11,8	11,5	11,3	13,6	13,5	13,1	13,1
200 m	25,0	24,3	23,3	23,0	28,5	28,0	27,6	27,5
400 m	58,6	55,0	52,8	52,2	66,5	65,0	64,0	64,0
800 m	2:14,0	2:11,5	2:04,0	2:02,0	2:36,0	2:34,0	2:32,0	2:32,0
1 500 m	4:45,0	4:35,0	4:18,0	4:13,0	5:29,0	5:25,0	5:18,0	5:09,0
3 000 m	10:20,0	10:00,0	9:28,0		12:20,0	12:00	11:50,0	11:30,0
5 000 m				16:30,0				21:00,0
10 000m				35:00,0				
1500m Hindernis/ Steeplechase		5:30,0				6:40,0		
2 000 Hindernis/ Steeplechase			6:50,0				09:00	
3 000 Hindernis/ Steeplechase				10:40,0				14:00
80 H								
90 H					15,4	14,9		
100 H	15,4	14,8					16,6	16,6
110 H			16,5	17,2				
200 H								
300 H	48,0	45,0			53,0	51,0		
400 H			61,5	60,0			71,0	70,5
Hoogspring/ High jump	1,58	1,68	1,76	1,79	1,40	1,45	1,49	1,55
Paalspring/ Pole vault	2,40	2,79	3.40	3,68	2,00	2,00	2.30	2,50
Verspring/ Long jump	5,40	6.00	6.30	6,50	4,60	4,70	4.90	5.00
Driesprong/ Triple jump	11.80	12.00	12,60	13,00	9.10	9.10	10.00	11,10
Gewigstoot/ Shotput	11.00	13.00	14.00	13,80	09.00	09.60	10.00	10.00
Diskusgooi/ Discus throw	30,00	42.00	40.00	40,00	23,00	28.00	30.00	31.00
Hamergooi/ Hamer throw	33.00	38.00	47.80	42,00	24.00	29.00	31.00	31.00
Spiesgooi/ Javelin throw	39.00	46.00	51.00	50,00	26.00	30.00	34.00	35.00
5 km Stap/ Racewalking		31:00,0				35:00,0	34:00,0	
10 km Stap/ Racewalking			65:00,0	64:00,0			69:00,0	66:00,0

NOTE: CHANGES IN RED

**GIRLS UNDER 19
3 000m or 5 000m**

➤ **Athletes who ran the 5 000m can qualify for ASA Youth and Juniors Championship.**