



# 40<sup>th</sup> SOUTH AFRICA MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS 2016

13 & 14 May 2016  
Pilditch Stadium, Pretoria



**CLOSING DATE:** **3 MAY 2016** - GEEN LAAT INSKRYWINGS – NO LATE ENTRIES

**Name:** \_\_\_\_\_ **Province:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Code:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**Tel. (Home):** \_\_\_\_\_ **Tel. (Work):** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age Group:** \_\_\_\_\_ **M** ☐ **F** ☐

(e.g. M40 - W44)

**ID No:**

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I declare that my date of birth is correct, that I take part at my own risk, that I shall not hold the organisers responsible for any occurrence that may arise from my participation and that I abide by the rules as laid down by WMA, SAMA, and ASA/IAAF (where applicable).

**2016 ASA License No** \_\_\_\_\_  
SA Athletes Only

**Temporary Licence No** \_\_\_\_\_  
Foreign Athletes

**DATE:** \_\_\_\_\_ **ATHLETE'S SIGNATURE:** \_\_\_\_\_

No.	Event / Item	No.	Event / Item
1		6	
2		7	
3		8	
4		9	
5		10	

1 <sup>st</sup> Event	R50.00		<b>R50.00</b>
2 <sup>nd</sup> Event and thereafter	R40.00	X	<b>R</b>
Throwers Pentathlon	R80.00		<b>R</b>
Heptathlon	R80.00		<b>R</b>
Decathlon	R80.00		<b>R</b>
Temp No (Foreign Athletes)	R40.00		<b>R</b>
SAMA Annual Awards Function	R250.00	X	<b>R</b>
Golf Shirt : X-Small to XXXL	R200.00	X	<b>R</b>
T-Shirt (Cotton): X-Small to XXXL	R120.00	X	<b>R</b>
<b>TOTAL</b>			<b>R</b>

Banking Details	Fax/e-mail Entry & Deposit Slip to:	Contact Person:	Postal address
Gauteng North Masters Athletics ABSA  Acc No: 9097729660 Branch Code: 632005 Swift Code: ABSAZAJCPT	Please indicate your name under reference.  Fax: 086 511 4928 or E-mail: gretha.viljoen45@gmail.com	Gretha Viljoen Cell: 082 625 5189  Ansie Hennop Cell: 083 455 3001	1211 Rist Avenue Queenswood 0186 South Africa

## GENERAL INFORMATION

### Entries:

**Deadline for the receipt of entry forms is Tuesday 3 May 2016. Entries post-marked or received after 3 May 2016 will be returned.** No telephonic arrangements will be attended to. No late payment of entry fees will be allowed. An athlete, who has not paid the entry fee and/or is not a paid-up member of a province, will not be allowed to participate under any circumstances. Athletes must therefore ensure that they are fully paid-up members of their provinces (which include SAMA entries). Entry forms will be cross-checked against provincial and national membership lists.

Athletes 80 years and above only pay R80 entry fee, (maximum of 3 items), thereafter paying R40 per item (from item 4).

Cheques to be made out to **Gauteng North Masters Athletics**. Please enter your name & surname on the bank deposit slip /EFT transfer, as a reference.

Please make sure that we have received your entry form, as we cannot take responsibility for entries not received. GN Masters Athletics would confirm entries by a SMS or an e-mail. If you have not received an SMS or e-mail by **3 May 2016**, contact the organisers to enquire about your entry. If you have not received an SMS or e-mail and you bring your entry documents to the stadium, it would be rejected and you will not be allowed to participate, because the lane draws would have been done and given to the Timekeeper (Electronic Time) and it cannot be altered in any way.

No restriction on the number of entries. It is up to the individual athlete to ensure that their events do not clash, if so, the athlete will have to face the consequences.

### Registration:

This will be at the stadium. Athletes will receive a registration envelope which will include a program, dinner/dance tickets (if booked) etc. Registration will take place on Thursday, 12 May 2016 (14h00 – 18h00) and Friday/Saturday (06h30 – close of program). **Athletes must report to their respective events at least 30 minutes before the start of an event. If previous event run late inform the officials at the next event prior to the starting time of such an event. Pole Vault at least 45 minutes (No poles will be provided, athletes to bring own poles).**

### ASA License Numbers:

2016 ASA permanent license numbers are compulsory and must be worn by all athletes, at the back and their allocated championship number in front of the club vest, (over the ASA permanent license number). Temporary license numbers at the cost of R40.00 will only be made available to foreign athletes. The temporary license should be worn at the back of the club vest.

**Please bring your own safety pins.**

### Age Category Tags:

The wearing of age category tags is compulsory, as per prescribed rules. This is also applicable to foreign athletes wearing temporary licenses. The age tags will be available at the registration table.

### Participation Rules:

Participation to be as prescribed by ASA / SAMA / WMA / IAAF rules.

### Cut-off times:

As this is a National event cut-off times will be implemented. You will be asked to discontinue your event if you are jeopardizing the following event to start on time and if you have not met the SAMA medal standard at that point and time.

**Anti-doping:**

Anti-doping measures as per IAAF rules.

**Dress Code:**

SAMA Athletes are to wear their provincial colours whilst non-SAMA athletes to wear their official national colours. Only under exceptional circumstances, or where provincial criteria require it, will athletes be permitted to wear their club colours. Remember this is your SAMA championships; afford it the dignity it deserves. **Only Provincial or Club Colours (if criteria are not met) would be allowed, no Baggy Shorts or T-Shirts will be allowed).**

**Weights and Measures:**

In the event of a South African/Africa/World Record being thrown by an athlete using their own implement, the said implement will be impounded after the event by the Field Referee for the purposes of assizing. Gauteng North Athletics will, however, provide apparatus in all the throwing events that have already been assized and will be marked accordingly. Hence, athletes using own implements will be advised to ensure that their implements meet the specifications set by World Masters Athletics (WMA) prior coming to Pretoria. According to the rules, athletes using their own implements are obliged to make their implements available to fellow athletes in their age-groups. The aziser will be at the stadium Thursday, 12 May 2016 (14h00 – 18h00) and Friday/Saturday (06h30 – close of program).

**Spikes:**

The maximum length of spikes on running shoes shall be 11mm.

**Starting Blocks:**

These will be provided by the Stadium.

**Changes to Events:**

An athlete may withdraw from an event(s), but will **under no circumstances** be permitted to enter another event during the championships. Thus, no event/entry may be transferred for another event.

**In the Case of the Above Statement, the Following Apply:**

The technical official in charge of the specific event must be advised of the decision timeously, i.e. at least 30 minutes before the start of the event. Lane draws will not be affected in any way, thus the lane will be empty for the specific event. No event will begin before the time indicated on the official program. However, under abnormal circumstances, (e.g. rain/storms etc) the events can be changed.

**Practice Attempts Field Events:**

Athletes competing in field events may only have practice attempts on the field under the control of a technical official. No practice throws / jumps after the official starting time. Latecomers will forfeit previous attempts.

**Relays:**

A team manager or provincial representative from each province/nation must be appointed to compile a list of their relay teams. Lists must be submitted to the event secretary at the registration table by 10h00 on Saturday. The athlete's name and **completed years** in brackets must appear on the list. Cost per team (no restriction on number of teams entered, providing they meet the age-composition requirement), is R100-00 per team in cash. Medals will be awarded to the first three teams (men and women).

**Composition of Relay Teams:**

Men - 190 years (cumulative ages).

Women - 180 years (cumulative ages).

### **Race Walking – 20km & 10km:**

The 20km & 10km race walk competition will take place close to Pilditch Stadium in one of the side streets (300m walk from the stadium)

### **Medals:**

The first three finishers in each item will receive South Africa Masters Championship medals, (in accordance with the existing SAMA medal standards). A secondary medal will be awarded to athletes, placed in the first three places, who did not meet the existing SAMA medal standard.

If a foreign athlete is one of the first three finishers the next South African Athlete will also receive a medal in accordance to the place awarded.

Only collect your medals once the results have been announced. Athletes must collect their own medals.

### **SA Records:**

The onus is on the athlete to see that the paperwork is done.

### **Opening Ceremony:**

Friday, 13 May 2016 (13h00 – 13h30)

Two representatives from each province/nation will parade their banner/flag. Other athletes of the provinces are welcome to join the parade and walk behind their respective banners. Representatives must report to the back of the stadium at 12h45 where they will form up behind the SAMA banner. Once the parade is in position in front of the main stadium, the South African National Anthem will be played, followed by a minute silence and a few short speeches. The ceremony will not exceed 30 minutes.

### **T-Shirts & Golf shirts**

Only a limited amount of cotton T-Shirts & Golf Shirts will be available at a cost of R120.00 and R200.00 respectively. Please enter your size on your entry form. The Shirts will be green with the SAMA Logo on the front left chest.

### **Medical Services:**

Qualified paramedics will be on duty throughout the championships.

### **Security:**

Please ensure that no articles of value are visible in vehicles. Security will be on duty during the championships. Please tip generously. Be careful with your personal belongings throughout the championships as the organisers cannot be held responsible for any loss of possessions.

### **SAMA Annual General Meeting**

Friday, 13 May 2016 at 19h00 at the Pilditch VIP hall. Please support the SAMA AGM as important issues are to be voted on including ex-officio elections.

### **Function:**

- \* **Format :** Dinner/Dance and National Awards Ceremony.
- \* **Venue :** Pretoria Defense Sport Club, Thaba Tshwane (Voortrekkerhoogte).
- \* **Cost :** R250.00 per person.
- \* **Date :** Saturday 14 May 2016.
- \* **Time :** 18h30 for 19h00
- \* **Dress :** Smart Casual (Jacket & Tie).
- \* **Tickets :** Must be bought via entry form (to allow for catering/seating arrangements).  
**NO TICKETS WILL BE SOLD ON THE DAY OR AT THE DOOR.**
- \* **Cash Bar :** Will be available. No alcohol may be brought onto the premises.

**ACCOMMODATION** (Please confirm prices when making bookings)

*Rietondale Lodge - 259 Soutpansberg road, Rietondale, Pretoria*

**Tel:** 012 - 329 2910; **E-Mail:** [accommodation@rietondalelodge.co.za](mailto:accommodation@rietondalelodge.co.za).

**Website:** [www.rietondalelodge.co.za](http://www.rietondalelodge.co.za)

**Rates:** West Wing - Single Room – R400.00 pp; Double Room – R550.00 pp or two persons sharing – R350.00 pp.

**Luxury Twin rooms - R660.00 pp or for two persons sharing - R420.00pp**

**Accommodation rates: Includes Breakfast**

**\*\*\* About 7km from stadium**

*High Performance Centre (HPC) - University of Pretoria*

**Rugby House - Prices between R561.75 for a twin bed (no breakfast) to R1008.00 for full boarding & lodging. Lockers - Prices from R320.25 for a quad bed (no breakfast) to R787.50 for a twin bed for full boarding & lodging.**

**All rates include the use of the gym. Restaurant facilities available.**

**Enquiries: Tel:** 012-362 9800; **E-mail:** [info@hpc.co.za](mailto:info@hpc.co.za) **Website:** [www.hpc.co.za](http://www.hpc.co.za)

**\*\*\* About 9km from stadium**

*Lamaison Guest House – 235 Hilda Street, Hatfield*

**Tel:** 012 – 430 4341; **Website:** [www.lamaison.co.za](http://www.lamaison.co.za)

**E-mail:** [bookings@lamaison.co.za](mailto:bookings@lamaison.co.za)

**Rates – R550.00 per person. Continental breakfast included**

**\*\*\* About 8km from stadium**

*Carin's Guest House - 69 Doreen Street, Colbyn*

**Tel:** 012-430 3490 or 082 376 3414; **E-mail:** [info@carins.co.za](mailto:info@carins.co.za)

**Website:** [www.carins.co.za](http://www.carins.co.za)

**Rates: Double room R700.00 (two persons sharing), Single rooms R470.00 to R500.00. Breakfast included. (Also available without breakfast)**

**\*\*\* About 9km from stadium**

*Bushman's Rock Country Lodge - Plot 570, Wewer Road, Kameeldrif East*

**Tel:** 012-808 2888; **e-mail:** [reception@bushmansrock.co.za](mailto:reception@bushmansrock.co.za)

**Website:** [www.bushmansrock.co.za](http://www.bushmansrock.co.za)

**Rates: From R520.00 pp for a standard room to R560.00 pp sharing in the superior luxury rooms. Breakfast included in the prices.**

**\*\*\* About 18km from stadium**

*Sun 1 Hotel – 81 Pretorius street, Pretoria Central*

**Tel:** 012 - 323 8331 or Cell 083 454 2491;

**E-mail:** [lilanie.blignaut@tsogosun.com](mailto:lilanie.blignaut@tsogosun.com) **Website:** [www.tsogosun.com](http://www.tsogosun.com)

**R529.00 per room (sleep 2 persons)**

**\*\*\* About 2km from stadium**

*Lyttlewood Guest House – 204 Basden avenue, Lyttleton, Centurion*

**Tel:** 012 - 664 1576; **E-mail:** [lyttlewood@telkomsa.net](mailto:lyttlewood@telkomsa.net)

**Website:** [www.lyttlewood.co.za](http://www.lyttlewood.co.za)

**Rates: Between R495 to R795 per person - Option of self catering of breakfast included**

**\*\*\* About 12km from stadium**