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| **41st SOUTH AFRICAN MASTERS ATHLETICS**  **TRACK & FIELD CHAMPIONSHIPS 2017**  **4, 5 & 6 May 2017**  **Tygerberg Northlink Athletics Club, Parow /** |
| **Green Point Athletics Stadium, Cape Town** |

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| **CLOSING DATE:** | **23 April 2017 - NO LATE ENTRIES** |

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| **Name:** |  | | | | | | | | | | | | | | | | | | | | | | **Province:** | | | | | |  | | | | |
| **Address:** |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **E-mail Address:** | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Tel. (Home):** |  | | | | | | | | **Tel. (Work):** | | | | | | | |  | | | | | **Cell:** | | | |  | | | | | | | |
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| **Date of Birth:** |  | | | | | | | | | | **Age Group:** | | | | | | |  | | | |  | **M** | | | | |  | | | **F** |  | |
|  |  | | | | | | |  | | | | | | | **(e.g. M40 / W55)** | | | | | | |  | | |  | |  | | |  | |  | |
| **ID No:** |  |  | |  |  |  | |  | |  | |  |  | | |  | |  |  |  |  | | | | | | | | | | | |

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).

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| **2017 ASA Licence No** |  |  | **Temporary Licence No** |  |
|  | SA Athletes Only |  |  | Foreign Athletes |

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| **DATE:** |  | **ATHLETE’S SIGNATURE:** |  |
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| **No.** | **Event** | **No.** | **Event** |
| 1 |  | 6 |  |
| 2 |  | 7 |  |
| 3 |  | 8 |  |
| 4 |  | 9 |  |
| 5 |  | 10 |  |

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| 1st | Event | | R50.00 | | | **R50.00** |
| 2nd | Event and thereafter | | R40.00 | X |  | **R** |
| Throwers Pentathlon | | | R80.00 | | | **R** |
| Heptathlon | | | R80.00 | | | **R** |
| Decathlon | | | R80.00 | | | **R** |
| Temp No (Foreign Athletes) | | | R40.00 | | | **R** |
| SAMA Annual Awards Function | | | R250.00 | X |  | **R** |
| Golf Shirt: Small to 4XL | |  | R210.00 | X |  | **R** |
| **TOTAL** | | | | | | **R** |

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| **Banking Details** | **Fax / Email Entry & Deposit Slip to:** | **Contact Persons:** |
| **Western Province Masters Athletics Association**  **ABSA**  **Acc No: 0390179839**  **Branch Code: 502-110** | **Please indicate your initials and surname under**  **reference.**  **Fax: 086 447 9614 or**  **E-mail: annette.ruppert@gmail.com** | **Annette Ruppert**  **Cell: 082 396 8668**  **Basil Carnie**  **Cell: 083 284 4676** |

**GENERAL INFORMATION**

**Entries:**

**Deadline for the receipt of entry forms is Sunday 23 April 2017 at 18h00. Entries post-marked or received after 23 April 2017 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 and affiliated member of S.A.M.A., will not be allowed to participate under any circumstances. Entry forms will be cross-checked against provincial and national membership lists.

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

Cheques to be made out to **Western Province Masters Athletics Association.** Please enter your name and 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. WP Masters Athletics will confirm entries by a SMS or an e-mail. If you have not received an SMS or e-mail by **23 April 2017**, contact Annette Ruppert to enquire about your entry. If you have not received an SMS or e-mail and you bring your entry documents to the stadium, they will be rejected and you will not be allowed to participate, because lane draws would have already been done and allocation to events made and therefore cannot be altered in any way.

No restriction on the number of entries. It is however up to the individual athletes to ensure that their events do not clash.

**Registration:**

This will be at the **Tygerberg Northlink Athletics Club, Parow (Women’s Throws Pentathlon only) / Green Point Stadium**. Athletes will receive a registration envelope which will include a program, dinner/dance tickets (if booked) etc. Registration will take place on Thursday, 4 May 2017 (12h00 – 16h00: Parow / 12h00 – 19h15: Green Point) 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 a previous event runs 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 Licence Numbers:**

2017 ASA licence numbers are compulsory and must be worn by all athletes, at the back and their allocated championship number in front of the vest / top (over the ASA licence number). Temporary licence numbers at the cost of R40.00 will only be made available to foreign athletes. The temporary licence should be worn at the back of the vest.

**Please bring your own safety pins**.

**Age Category Tags:**

The wearing of two age category tags is compulsory as per prescribed rules, and must be worn at the front and back. This is also applicable to foreign athletes wearing temporary licenses. The age tags will also be available at the registration table (R10 per pair).

**Participation Rules:**

Participation as per ASA / SAMA / WMA / IAAF rules.

**Cut-off times:**

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

**Anti-doping:**

Anti-doping measures as per IAAF rules.

**Dress Code:**

SAMA Athletes are to wear their provincial colours and foreign 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) will be allowed, no Baggy Shorts or T-Shirts).**

**Weights and Measures:**

In the event of a South African/Africa/World Record being thrown by an athlete using their own implement, said implement will be impounded after the event by the Field Referee for the purposes of assizing. Western Province Athletics will however, provide apparatus in all the throwing events that have already been assized and it 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 Cape Town. According to the rules, athletes using their own implements are obliged to make their implements available to fellow athletes in their age-groups.

The assizer will be at Green Point Athletics Stadium on Thursday, 4 May 2017 (12h00 – 16h00) and Friday/Saturday (06h30 – close of program). In the event of a record at Tygerberg Northlink Athletics Stadium, the apparatus will be transported to Green Point Stadium for assizing purposes.

**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 may be substituted for another event.

**In The Case Of A Change To An Event(s), The Following Will 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 circumstances beyond control, (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 S.A.M.A. province must be appointed to complete a list of their relay teams. A relay list for completion will be provided by Western Province Masters Athletics. Lists must be submitted to the event secretary at the registration table by 16h00 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 at the Youngsfield Military Base. A map will be provided at registration.

**Medals:**

The first three finishers in each event will receive South African 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 placed in any of the first 3 positions, the first 3 South African Athletes irrespective of their positions, will also receive a medal(s), providing they meet the aforementioned criteria.

Only collect your medals once the results have been announced. Athletes must collect their own medals. Alternatively, a form will be provided for by Western Province Masters Athletics, giving an identified athlete specific and therefore signed permission to collect a medal(s) on behalf of another athlete.

**SA Records:**

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

**Opening Ceremony:**

Friday, 5 May 2017 (13h00 – 13h45)

Two representatives from each province/country 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 start of the 100m 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.

# Golf Shirts:

Only a limited number of Golf Shirts will be available at a cost of R210.00. Please enter your size on your entry form. The Golf shirts will be white with the SAMA Logo on the front left chest, and the WPA Logo on the right sleeve, with SAMA Champs, Cape Town 2017 opposite the SAMA Logo in front.

**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 organizers cannot be held responsible for any loss of possessions.

**SAMA Annual General Meeting**

Friday, 5 May 2017 at 19h00 at the Green Point Athletics Stadium. Please support the AGM as important issues are to be discussed and possibly voted upon. No elections this year.

# Function:

**\* Format :** Dinner/Dance and National Awards Ceremony.

**\* Venue :** Nitida Wine Estate, Cassia Restaurant

**\* Cost :** R250-00 per person.

**\* Date :** Saturday 6 May 2017.

**\* Time :** 18h30 for19h00

**\* Dress :** Smart Casual (Jacket & Tie).

**\*Tickets :** Must be bought via entry form (to allow for catering/seating arrangements).

NB: only 200 seats available, hence allocation will be on a first-paid for, first-reserved basis.

**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.

**Maps:**

Maps to Tygerberg Northlink Athletics Club, Parow (Women’s Throws Pentathlon), Youngsfield Military Base (Road-Walks) and Nitida Wine Estate (Awards Ceremony), will be provided at Registration at Green Point Athletics Stadium, and on the Western Province Athletics (WPA) website: [www.wpa.org.za](http://www.wpa.org.za) (click on MASTERS and look for SAMA CHAMPS 2017).