

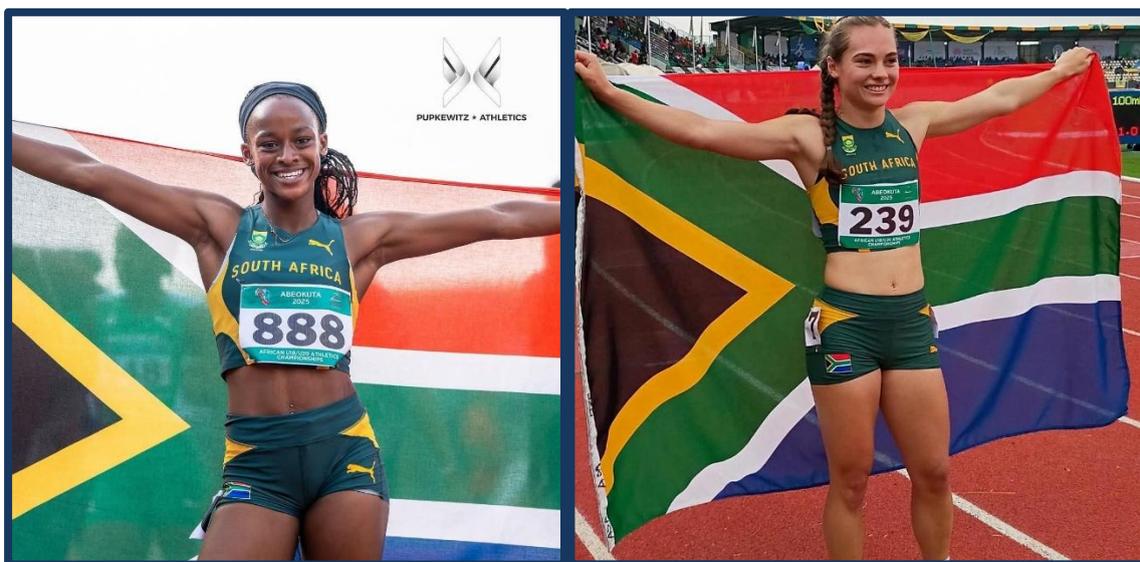


Athletics
Gauteng North

COMPETITION MANUAL

TRACK & FIELD CHAMPIONSHIPS

13 & 14 MARCH 2026



PILDITCH ATHLETICS STADIUM

HOSTED BY:

ATHLETICS GAUTENG NORTH

**This event takes place in accordance with WA and ASA Competition &
Technical Rules**

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1. VENUE

- 1.1 The championship will take place at the **Pilditch Athletics Stadium** in Pretoria on 13 & 14 March 2026.
- 1.2 The stadium has an eight-lane synthetic track around, with facilities for all athletics events.

2. GENERAL

- 2.1 The meeting will be conducted under the rules of World Athletics (WA) and Athletics South Africa (ASA).
- 2.2 Deadline for electronic submission of all entry forms from Clubs and the online entry forms is **Monday, 9 March 2026 at 10:00. Please note that no hard copies will be accepted. Faxed or scanned entries will be rejected, and the athletes will not be entered for the competition.**

Athletes can enter by completing the Google link

The Clubs can use the excel entry template provided. The entry template is not for individual entries. The club can only send 1 excel entry template. (We don't accept excel entry templates for an individual entry)

Individual entry link below

<https://forms.gle/RRPXWNWAqYpvQPk2A>

- 2.3 The AGN U16, U18, U20, U23 & Senior Track & Field championships is a closed championship, we only allow athletes from other clubs for multi events. Only athletes with a valid SA ID number will be allowed to enter. This implies that all athletes should be registered members of a club and in possession of a 2026 ASA license number (or as determined by ASA).
- 2.4 The Competition is for the following age groups only (WA Technical Rule 3.1):
 - 2.4.1 Athletes aged 14, 15, 16, 17, 18 or 19 on 31 December 2026 (born in 2012, 2011, 2010, 2009, 2008 or 2007), or Athletes aged 20,21 or 22 on 31 December 2026 (born in 2004, 2005 or 2006), or Athletes 23 and older on 31 December 2026 (born before 2004) may compete in their respective age group events.
NO events for Master athletes.
 - 2.4.2 The maximum number of events in which an athlete can compete in during the championships is three events. X (9m) at National Championships an athlete may only compete in two individual events
- 2.5 **Under 16 Age Group** - 14 or 15 years on 31 December 2026 (**born in 2012 or 2011**)
- 2.6 **Under 18 Age Group** - 16 or 17 years old on 31 December 2026 (**born in 2010 or 2009**)
- 2.7 **Under 20 Age Group** - 18 or 19 Years old on 31 December 2026 (**born in 2008 or 2007**)

- 2.8 **Under 23 Age Group** – 20, 21 or 22 Years old on 31 December 2026 (**born in 2004, 2005 or 2006**)
- 2.9 **Senior – athletes born before 2004 (NO Master athletes will be accommodated)**
- 2.9 **Athletes must participate at the championship in the event(s) they wish to represent Athletics Gauteng North, should they be selected.**
- 2.10 Entries without an ID number, or a birth certificate in the case of athletes younger than 16 years, will not be accepted, and it will be returned to the club. Please have copies of ID documents/birth certificates available at registration.
- 2.11 **Implements:** Competitors may use their own implements, provided these are checked before competition by the Technical Manager Assizing Officer and marked as checked. These implements can only be used by other athletes with the permission of the owner of the implement (competition specific rule). Personal implements, with the owner's name on it, must be handed in at the equipment room (Assizing room) not later than 3 hours before the official starting time of the event. No competitor shall be permitted to take any implement into the arena. At the end of the competition, athletes shall leave the field carrying their own implements. Athletes may only use their own implements if there is not a similar make of implement provided by the organiser
- 2.12 **Pole Vault:** Poles must be delivered at the Equipment Room no later than 3 hours before the official starting time of the event, or as the Technical Meeting decide. Each pole or bag must be clearly marked with the name and competition number of the athlete and the event number. After the inspection the Assizing Officer Technical Staff shall deliver the poles to the competition area in time for the athlete's warm-up. At the end of the competition, athletes shall leave the field carrying their own poles.
- 2.13 Athletes are not permitted to have in their possession cell phones, cassette recorders, radio, iPods, MP3s etc., or any other communication device, in the competition arena (WA TR 6.3.2).
- 2.14 At the competition area before the beginning of the event, each field athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges (WA TR 25.1).
- 2.15 Once the competition has begun, competitors are not permitted to use implements, runways or circles for practice or warm-up purposes or re measure runs ups (WA TR 25.2).
- 2.16 All competition shoes must comply with the World Athletics Technical Rules (TR 5.2 – 5.6) and the Athletic Shoe Regulations approved by the World Athletics Council on 22 December 2021. Where any Referee has a reasonable suspicion that a shoe worn by an athlete in a competition might not comply with the letter or the spirit of the Rules, the Referee may request, and the athlete must immediately hand over the shoe to the Referee at the conclusion of the event, for further investigation (WA Shoe Regulation 14.7).

2.17 A competitor shall be excluded from further participation in the championships in cases where:

2.17.1 A final confirmation was given that the athlete would start in an event but then failed to participate (WA TR 4.4.1).

2.17.2 He/she qualified in preliminary rounds or heats for further participation in an event but then failed to participate further (WA TR 4.4.2).

2.17.3 NOTE: **Athletes, who withdraw from an event during the championships due to medical reasons, will only be considered for selection to represent South Africa, if cleared by a medical doctor and a fitness test was done under the supervision of an ASA Delegate.**

2.18 Heats and Qualifications:

2.18.1 As soon as an athlete has achieved the qualification standard, he/she shall be requested to leave the field, accompanied by a Judge. All other athletes shall leave the field together, accompanied by a Judge when the event finishes.

2.18.2 In qualifying rounds of field events, if less than 12 competitors reach the required qualification standard, the first 12 and every competitor tying for the 12th place will be entitled to compete in the finals. In the 800m track events 10 athletes and from 1500m and longer events, 15 athletes will go through to the finals.

2.18.3 In all field events and track events from and including 1500m, if only 15 competitors or less are entered for an event, there will be no qualifying rounds, and all competitors will go directly to the final.

2.18.4 Due to the duration of Vertical Jump events, there will be starting heights in the qualifying rounds.

Field Events - Starting Heights for Vertical Jump events

Vertical Jumps - Starting Heights	Male	Female
High Jump – Seniors - starting height	1.90	1.55
High Jump – U 20 - starting height	1.85	1.50
High Jump – U 18 - starting height	1.75	1.45
High Jump – U 16 - starting height	1.70	1.40
Pole Vault – Seniors - starting height	3.80	2.70
Pole Vault – U 20 - starting height	3.60	2.50
Pole Vault – U 18 - starting height	3.50	2.30
Pole Vault – U 16 - starting height	3.20	2.20

3. PARTICIPATION ENTRY

Deadline for electronic submission of all entry forms from Clubs and the online entry forms is Monday, 9 March 2026 at 10:00. Please note that no hard copies will be accepted. Faxed or scanned entries will be rejected, and the athletes will not be entered for the competition.

3.1 **Individual Athletes** can enter by completing the Google link:

<https://forms.gle/RRPXWNWAqYpvQPk2A>

3.2 **Clubs** can use the excel entry template provided. The entry template is not for individual entries. The club can only send 1 excel entry template. (We don't accept excel entry templates for an individual entry)

4.4 **Closing date for entries**

The closing date for entries is at 10:00 on Monday, 9 March 2026.

4. ENTRY FEES

4.1 **Athletes**

Individual Entries

Participation fee per athlete is R80-00 and can be bought through Webtickets:

<https://www.webtickets.co.za/v2/event.aspx?itemid=1588668486>

Or

You can purchase an entry in-store at any Pick n Pay nationwide including PnP Liquor, PnP Clothing, PnP Hyper and BP Express stores. Some BP Express Stores are open 24hrs.

Please note that you will have to present your ticket at the gate.

Club Entries

Participation fee per athlete is R80-00 and should be paid into the AGN Bank account:

Bank:	ABSA
Account no:	4080586137
Branch name:	Quagga
Branch Code:	630664
Reference:	"Club Name" & 2026 AGN CHAMPS

Note: Please provide proof of payment with your entries.

E-mail proof of payments to gm@agn.co.za

4.2 **Coaches**

Affiliated ASA/AGN coaches will receive free entry upon presentation of their valid coaches cards at the gate. All other coaches & team managers not affiliated to ASA/AGN will be charged the applicable spectator entry fee.

4.3 **Spectators**

The spectators tickets can be bought at Webtickets for R80-00 per day.

<https://www.webtickets.co.za/v2/event.aspx?itemid=1588668486>

5. **AGN SELECTION CRITERIA:** See attached AGN 2025 Track & Field Selection Criteria for the ASA Championships:
- ASA Age Group Championships + U23 and Relays + Multi Events
(Germiston Stadium, 26 – 28 March 2026)
 - ASA Senior Track & Field National Championships and Multi Events + Relays
(Stellenbosch University, 16 – 18 April 2026)

6. EVENTS PER AGE GROUP FOR THE 2026 AGN TRACK & FIELD AGE CATEGORY (U/16 - U/20) CHAMPIONSHIPS

Male						Female				
Senior	u/23	u/20	u/18	u/16	Item	u/16	u/18	u/20	u/23	Senior
X	X	X	X	X	100m	X	X	X	X	X
X	X	X	X	X	200m	X	X	X	X	X
X	X	X	X	X	400m	X	X	X	X	X
X	X	X	X	X	800m	X	X	X	X	X
X	X	X	X	X	1500m	X	X	X	X	X
-	-	X	X	X	3000m	X	X	X	-	-
X	X	X	-	-	5000m	-	-	X	X	X
X	X	-	-	-	10km	-	-	-	X	X
-	-	-	-	X (76,2cm)	1500m SC	X (76,2cm)	-	-	-	-
-	-	-	X (83,8cm)	-	2000m SC	-	X (76,2cm)	-	-	-
X	X	X (91,4cm)	-	-	3000m SC	-	-	X (76,2cm)	X	X
-	-	-	-	-	90 m Hurdles	X (76,2cm)	-	-	-	-
-	-	-	-	X (83,8cm)	100 m Hurdles	-	X (76,2cm)	X (83,8cm)	X (83,8cm)	X (83,8cm)
X (1.067m)	X (1.067m)	X (99,1cm)	X (91,4cm)	-	110m Hurdles	-	-	-	-	-
-	-	-	-	X (83,8cm)	300m Hurdles	X (76,2cm)	-	-	-	-
X (91,4cm)	X (91,4cm)	X (91,4cm)	X (83,8cm)	-	400m Hurdles	-	X (76,2cm)	X (76,2cm)	X (76,2cm)	X (76,2cm)
X (7.26kg)	X (7.26kg)	X (6kg)	X (5kg)	X (4kg)	Shot Put	X (3kg)	X (3kg)	X (4kg)		
X (2kg)	X (2kg)	X (1,75kg)	X(1,5kg)	X (1kg)	Discus Throw	X (1kg)				
X (800g)	X (800g)	X (800g)	X (700g)	X (600g)	Javelin Throw	X (500g)	X (500g)	X (600g)	X (600g)	X (600g)
X (7.26kg)	X (7.26kg)	X (6kg)	X (5kg)	X (4kg)	Hammer Throw	X (3kg)	X (3kg)	X (4kg)	X (4kg)	X (4kg)
X	X	X	X	X	Long Jump	X	X	X	X	X
X (13m)	X (13m)	X (13m)	X (11m)	X (11m)	Triple Jump	X (9m)				
X	X	X	X	X	High Jump	X	X	X	X	X
X	X	X	X	X	Pole Vault	X	X	X	X	X
X	X	X	X	X	5000m Walk	X	X	X	X	X

7. ASSISTANCE TO ATHLETES

- 7.1 In Track Events of 5000m and longer water will be provided to athletes on the track if weather conditions warrant it (WA TR 17.15.1)
- 7.2 No coaches or Team Managers will be allowed in the infield (inside the clearview fence around the track) however athletes will be allowed to communicate with their coaches outside the competition area (WA TR 6.4.1)

8. ATHLETES CONTROL CENTRE

- 8.1 The call room for the athletes will be situated at the warm-up area. All athletes must report to the call room. If an athlete is entered in both track and field events which takes place simultaneously, the Team Manager must report this to the Control Room at least one (1) hour before the start of the first event.
- 8.2 When the control has been completed an official will accompany the athletes to the waiting area and final control point.
- 8.3 Only athletes and official Team Managers will be allowed in the call room (i.e. no parents, coaches etc.)
- 8.4 Athletes call out times will be as follows:

Event	Call Room	Entry on the field
Field events	60-minutes before the starting time	40-minutes before the starting time [except for Pole Vault]
Pole Vault	80-minutes before the starting time	65-minutes before the starting time
Track events	35-minutes before the starting time	10-minutes before the starting time
Hurdles	35-minutes before the starting time	15-minutes before the starting time

- 8.5 During the competition, athletes must always wear their ASA License numbers in their original shape and size properly secured on the four corners with the exception of athletes in the Jumping Events where only one number is compulsory (WA TR 5.7). **Any athlete who does not respect these rules will not be allowed to compete.**
- 8.6 Competitors taking part in track events might be given a supplementary number which they must attach on the right hip (WA TR 5.10).
- 8.7 Athletes must compete in the official approved attire of the Club which they represent without any sponsors logos on.

8.8 Custody of Clothing:

A designated tog bag area will be situated at the entrance to the competition area, just before entering. Athletes may leave their belongings there before competing. All items should be clearly marked and securely packed.

9. RECORDS

ASA and World records will be recognised.

10. VICTORY CEREMONY

10.1 The first three athletes in each final event must report to the victory ceremonies area 30 minutes before the time of the victory ceremony. The victory ceremony will be held according to the victory ceremony program.

10.2 Please note that athletes must be dressed in their Club colours (full tracksuit and sneakers), as the victory ceremony is part of the competition. Failure to comply will result in the athlete not being allowed to be part of the ceremony (WA TR 5.1).

11. TECHNICAL DATA

11.1 Electronic timing will be used, and hand timing will be provided as a backup.

11.2 An official video recording may be used as back-up for Place Judges and during appeals.

11.3 The measurement of distances at the field events shall be by means of a fibre measuring tape, but all records will be measured by a steel measuring tape. We are also looking at introducing laser measuring devices at these Championships for all field events

12. TECHNICAL / TEAM MANAGERS OF CLUBS

12.1 Team managers of clubs are responsible for the following:

- Entry of athletes – individual or team entries
- Ensure that all athletes participate in official club attire
- Team entries of your club
- Management of your club
- Appeals and correction (We will not accommodate parents, we only accommodate 2 persons per club)
- Corrections and withdrawals to be done by club representative
- Two persons from each club appointed as team managers for the championships
- We don't accept any messages on WhatsApp or email. The correct protocol needs to be followed.
- Late entries will be rejected.
- Each club is responsible for your administration and that is not the role of the provinces.

- 12.2 Any withdrawals of athletes for specific events must be done by 12:00 on Wednesday by completing the withdrawal link.

13. ANTI-DOPING CONTROL

- 13.1 Anti-doping control will be conducted on each day of competition in accordance with the WA Procedural Guidelines for Anti-doping Control under the supervision of ASA Antidoping Control Delegate and the SA Institute for Drug Free Sport.
- 13.2 On receiving written notification of a test, the athlete will be permanently accompanied by an Anti-doping Control chaperone, and shall have to report to the Anti-doping Control station within 60 minutes.
- 13.3 Athletes will be allowed to first participate in any medal ceremony or press conferences before reporting to the Anti-doping Control Station.
- 13.4 Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and make them sign a consent form, will carry out the urine test.
- 13.5 Athletes are entitled to be accompanied to the Anti-doping Control Centre by one person of their choice. Personal identification must be presented.
- 13.6 Any athlete who has not been selected for testing may request testing. Athletes concerned should report to the TIC, and will then be escorted to the Anti-doping Control Centre. Cost for such tests will be entirely the responsibility of the athlete's respective province.

14. MEDICAL SERVICES

- 14.1 A full emergency medical service with an ambulance will be available at the stadium.
- 14.2 Athletes who belong to a medical scheme must bring their membership cards in case they are required due to injuries.

15. PROTESTS AND APPEALS

- 15.1 Protest shall be made in accordance with WA Technical Rule 8. During the course of the event an athlete or his/her Team Manager may lodge a verbal protest to the appropriate Referee.
- 15.2 All appeals must be made in writing on the prescribed appeal form, which can be obtained from the Technical Information Centre (TIC). All appeal forms must be signed by the athlete or Team Manager.
- 15.3 The appeal must be submitted to the TIC, accompanied by a deposit of R500, no later than 30 minutes after the official announcement of the results, which is the defined time when the result are posted on the official Results links.

16. TECHNICAL INFORMATION CENTRE

The TIC will be located in the main stadium.

17. TECHNICAL MANAGER'S OFFICE

17.1 The office of the Technical Manager is located at the stadium.

17.2 The Technical Manager's / assizing room is situated under the main pavilion of the stadium and will be clearly marked.

18. RESULTS & DRAW LISTS

The designated Service Provider will provide a LINK for results and the results will be paperless. Draw lists for each event (heats, qualifying rounds and finals) as well as the results for each event will be communicated via the following LINKS.

AGN Link 1

<https://chat.whatsapp.com/J0TI41ldyYl2YgmsANxALw>

AGN Link 2

<https://chat.whatsapp.com/KZqJfgVKpK8JD47yLodq98>

AGN Link 3

<https://chat.whatsapp.com/KeVknjih8MGtcRoDLgqkO>

AGN Link 4

<https://chat.whatsapp.com/BWg3mY7ogoeB4LNVdYhr0k>

AGN Link 5

<https://chat.whatsapp.com/K8A57YA05etDlmu2OCWJPt>

AGN Link 6

<https://chat.whatsapp.com/HB7dnWY7tUG9j8bTqAu0Gz>

AGN Link 7

<https://chat.whatsapp.com/KIKR2WjftqL3rTMyl4ptnJ>

Good Luck to all AGN clubs and teams and enjoy the 2026 Championships!

