TYGERBERG

ATLETIEKKLUB ATHLETIC CLUB

Chairman: Mr. Chris Du Toit Secretary: Ms. Rouxline Hancke

7th September 2017

**PRIMARY SCHOOLS MEETING - 11thth NOVEMBER 2017**

(At the Parow North Tygerberg Track)

***Attention: Athletics/Sports Organizer***

Your school is hereby invited to enter an athletics team to take part at our 26th  annual Primary School meeting.

The Parow track is situated next to Parow NTK rugby club, De Grendel Road, Parow North.

The format of the team competition will be U/10, U/11, U/12 and U/13 age groups. Boys and Girls:

1. Each athlete’s performance will score points on the ASA tables.
2. All events will be finals, and athletes will be drawn in races according to their best performances on the entry form.
3. The top 15 performances per team (according to the tables) will be added to determine the final team result.

Coaches and team managers must take note that the athletes will take part on a synthetic track surface and therefore the following rules will apply:

1. Spikes may not exceed 9mm.
2. Starting blocks will be provided and **no other blocks may be used**.

**Please complete the entry forms and return before 3rd November 2017 to the following e-**mail: [coachmariana@mweb.co.za](mailto:coachmariana@mweb.co.za) or fax number:**0862 422 920**

**Changes to teams will be accepted only up to 6th November2017**

**No entries or changes will be accepted on the day of competition on the track!!!**

***Certificates to athletes for outstanding performances. We trust that you will experience an exciting day of top athletics.***

**Technical information:**

Hurdle races

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Distance** | **Height** | **Dist to 1st H** | **Dist between H** | **Last hurdle to finish** | **No of H** |
| B & G U/10 | 70m | 68cm | 10m | 7m | 11m | 8 |
| B en G U/11 | 70m | 68cm | 10m | 7m | 11m | 8 |
| GU/12 | 75m | 68cm | 11m | 7.5m | 11.5m | 8 |
|  | 150m | 68cm | 23m | 19m | 13m | 7 |
| BU/12 | 75m | 76.2cm | 11m | 7.5m | 11.5m | 8 |
|  | 150m | 68cm | 23m | 19m | 13m | 7 |
| GU/13 | 75m | 76.2cm | 11m | 7.5m | 11.5m | 8 |
|  | 200m | 68cm | 16m | 19m | 13m | 10 |
| BU/13 | 80m | 76.2cm | 12m | 8m | 12m | 8 |
|  | 200m | 68cm | 16m | 19m | 13m | 10 |

Shot Put: GU/13 3Kg

BU/13 4Kg

Entry fee: R15.00 /athlete payable at the gate

Entrance fee: Adults R15.00

Program Free

Enquiries can be made at Tygerberg Athletic Club or at the abovementioned e-mail and fax numbers, or mobile telephone: Ms. Mariana Meyer on. 082 777 4050.

We hope your school will support this endeavour to afford all primary learners the chance to take part in this special meeting.

Yours in Sport

Mariana Meyer

PRESIDENT

**FAKS ENTRIES TO: M.MEYER**

**Fax: 0862 422 920**

**E-Mail: coachmariana@mweb.co.za**