

# Program for KZNA Juniors & Seniors

**FINAL**

Day 1    Thursday    25th March 2021

	F U16	MU16	FU18	MU18	FU20	MU20	Sen W	Sen M
18h00							20km Walk	20km Walk

Moses Mabida Open Fields

# Program for KZNA Juniors & Seniors

**FINAL**

Day 2    Friday    26th March 2021

	<u>F U16</u>	<u>MU16</u>	<u>FU18</u>	<u>MU18</u>	<u>FU20</u>	<u>MU20</u>	<u>Sen W</u>	<u>Sen M</u>
08h30				10km Walk F				
08h45	Discus F			Long Jump F				
09h45	Long Jump F				Discus F			
09h50					5000m F			
10h20						5000m F		
10h45		Long Jump F				Discus F		
10h50	100m 2heats							
11h05		100m 2heats						
11h20			100m 2heats					
11h35				100m 3heats				
11h45		Discus F	Long Jump F					
11h55						100m 3heats		
12h15				800m 2heats				

**12h35 to 13h55 - Technical Officials Lunch Break & Stadium Santizing**

	<u>F U16</u>	<u>MU16</u>	<u>FU18</u>	<u>MU18</u>	<u>FU20</u>	<u>MU20</u>	<u>Sen W</u>	<u>Sen M</u>
					10km Walk			
14h00				Discus F	Long Jump F			100m 3heats
14h20						10km Walk		
15h00			Discus F			Long Jump F		

15h40	800m F							
15h50		800m F						
16h00			800m F				Long Jump F	Discus F
16h10				800m F				
16h20					800m F			
16h30						800m F		
16h40							800m F	
16h50								800m F
17h00							Discus F	Long Jump F
17h10							10 000m F	
18h00								10 000m F
18h45	100m F							
18h50		100m F						
18h55			100m F					
19h00				100m F				
19h05					100m F			
19h10						100m F		
19h15							100m F	
19h20								100m F

End of Day 1

# Program for KZNA Juniors & Seniors

**FINAL**

Day 3 Saturday 27th March 2021

	<u>F U16</u>	<u>MU16</u>	<u>FU18</u>	<u>MU18</u>	<u>FU20</u>	<u>MU20</u>	<u>Sen W</u>	<u>Sen M</u>
08h00	Shot Put F		High Jump F					3000m SC F
08h20							3000m SC F	
08h40					3000m SC F	3000m SC F		
09h00				2000m SC F				
09h15			2000m SC F					
09h00						Shot Put F	High Jump F	
09h30		1500m SC F						

09h45	1500m SC F							
10h00	200m 2heats							
10h00	High Jump F			Shot Put F				
10h15		200m 3heats						
10h35			200m 3heats					
10h55				200m 3heats				
11h15						200m 3heats		
11h00		Shot Put F			High Jump F			
11h35							200m 2heats	
11h45								200m 3heats
12h00						High Jump F		Shot Put F
12h05						1500m 2heats		
12h25								1500m 2heats

### 12h45 to 13h55 - Technical Officials Lunch Break & Stadium Santizing

	<u>EU16</u>	<u>MU16</u>	<u>EU18</u>	<u>MU18</u>	<u>EU20</u>	<u>MU20</u>	<u>Sen W</u>	<u>Sen M</u>
14h00			Shot Put F	High Jump F				400m Hur F
14h10							400m Hur F	
14h20						400m Hur F		
14h30					400m Hur F			
14h40				400m Hur F				
14h50			400m Hur F					
15h00	300m Hur TP	300m Hur TP			Shot Put F			High Jump F
15h15	1500m F							
15h25		1500m F						
15h35			1500m F					
15h45				1500m F				
15h55					1500m F			
16h00		High Jump F					Shot Put F	
16h05						1500m F		
16h15							1500m F	
16h25								1500m F
16h40	200m F							
16h45		200m F						
16h50			200m F					
16h55				200m F				
17h00					200m F			

17h05						200m F		
17h10							200m F	
17h15								200m F

End of Day 2

# Program for KZNA Juniors and Seniors

**FINAL**

**Day 4 Sunday 28th March 2021**

	<u>F U16</u>	<u>MU16</u>	<u>FU18</u>	<u>MU18</u>	<u>FU20</u>	<u>MU20</u>	<u>Sen W</u>	<u>Sen M</u>
08h00							5000m	
08h00						Triple Jump F	<i>Javelin F</i>	<i>Hammer Throw F</i>
08h30								5000m "B"
08h55								5000m "A"
09h00		Hammer Throw F	Javelin F					Triple Jump F
09h20	5km Walk							
10h05		5km Walk						
10h00	Triple Jump F			Hammer Throw F	Javelin F			
10h45		400m 2heats						
10h55			400m 2heats					
11h05				400m 2heats				
11h00	Javelin F				<i>Hammer Throw F</i>		<i>Triple Jump F</i>	
11h15						400m 3heats		
11h30								400m 3heats
11h45								110m Hur F
11h50						110m Hur F		
11h55				110m Hur F				
12h00		Triple Jump F					<i>Hammer Throw F</i>	Javelin F
12h05					100m Hur F		<i>100m Hur TR</i>	
12h10			100m Hur F					
12h15		100m Hur F						
12h25	90m Hur F							

**12h35 to 13h55 - Technical Officials Lunch Break & Stadium Santizing**

	<u>F U16</u>	<u>MU16</u>	<u>FU18</u>	<u>MU18</u>	<u>FU20</u>	<u>MU20</u>	<u>Sen W</u>	<u>Sen M</u>
14h00	3000m F			Javelin F	<i>Triple Jump F</i>	<i>Hammer Throw F</i>		
14h15			3000m F					
14h30				3000m F				

14h45					3000m F			
15h00			Hammer Throw F	Triple Jump F		Javelin F		
15h00						3000m F		
15h15			5km Walk					
16h00	Hammer Throw F	Javelin F	Triple Jump F					
16h00	400m F							
16h05		400m F						
16h10			400m F					
16h15				400m F				
16h20					400m F			
16h25						400m F		
16h30							400m F	
16h35								400m F

End of Competition

# COMPETITION RULES AND REGULATIONS

## Age Groups :

**NO Athletes born in 2008 and later are eligible to enter or compete in these Competitions**

**U16 (SY)(15)** - Born 2006 & 2007 **ONLY**

**U18 (Yth)(17)** - Born 2004 & 2005 **ONLY**

**U20 (Jnr)(19)** - Born 2002 & 2003 **ONLY**

**Senior (25)** - Born 2001 and Before (Any Masters entering will be classified as SENIOR)

**PROOF OF AGE MAY BE REQUESTED AT ANY TIME BY COMPETITION MANAGEMENT, SO ATHLETE'S MUST HAVE AN ORIGINAL OR CERTIFIED COPY OF YOUR ID DOCUMENT OR BIRTH CERTIFICATE. THIS IS A MANDATORY REQUIREMENT TO HAVE IN YOUR POSSESSION AND AVAILABLE.**

## As per ASA CIRCULAR 3 of 2021 - ASA COVID19 COMPLIANCE AND GOVERNMENT LEVEL 1 REQUIREMENTS

DOCUMENTS AVAILABLE FROM KZNA OR ASA WEBSITE

ATHLETES MUST BELONG TO A RECOGNISED CLUB AND HAVE 2020 PERMAMENT LICENCES TO COMPETE.

DUE TO THE FACT THAT ASA HAS NOT YET RELEASED 2021 PERMANENT LICENSES :-  
TEMPORARY NUMBERS WILL BE ALLOWED TO REGISTERED CLUB MEMBERS AT AN UNFORTUNATE COST OF R 35.  
NOTE TEMPORARY NUMBERS MUST BE PURCHASED AND NUMBER ADVISED BY KZNA AND INCLUDED  
ON THE ENTRY FORM. (BLANK OR THE WORD "TEMP" OR ANYTHING OTHER THAN THE "T" NUMBER), WILL BE  
REJECTED.

ALL TECHNICAL OFFICIALS, COACHES AND ATHLETES MUST COMPLETE THE REQUIRED HEALTH FORM AND  
HAND IN TO THE COMPLIANCE OFFICER ON ARRIVAL, EACH DAY.

ONLY RECOGNISED LICENSED COACHES REGISTERED WITH ASA/KZNA CAN APPLY TO BE PRESENT AT THE STADIUM,  
TO BE WITH THEIR ATHLETE'S, COACHES MUST PRODUCE THEIR ACCREDITATION AT THE GATE AS WELL.

### **PRE-ENTRY AS PER ASA COVID19 RULES :-**

~~ALL ENTRIES (ATHLETE & COACHES) FOR JUNIORS CLOSED ON THE TUESDAY, 16th March 2021 AT 12h00~~

**ALL ENTRIES (ATHLETE & COACHES) FOR SENIORS CLOSE ON THE TUESDAY, 23rd March 2021 AT 12h00**

AS PER COVID19 COMPLIANCE REQUIREMENTS, TECHNICAL OFFICIALS, COACHES & ATHLETES REGISTER MUST BE  
SUPPLIED TO ASA BY THE KZNA OFFICE NO LATER THAN 09H00 ON THE WEDNESDAY MORNING BEFORE THE MEET.

### **Competition ENTRY FEE : R 60 PER ATHLETE PRIOR TO ENTERING**

Bank Details: Kwa-Zulu Natal Athletics FNB : 6282 388 1372 Ref : Club / Name of Athlete

**NO MONEY WILL BE TAKEN AT THE GATE, EFT'S OR CASH DEPOSITS ARE THE ONLY MEANS OF PAYMENT**

**PROOF OF PAYMENT MUST BE INCLUDED WITH THE ENTRY, OR THE ENTRY WILL BE REJECTED**

CONTROLLED ACCESS TO THE STADIUM (MEANING **ONLY THOSE** WHO APPEAR ON THE REGISTER) FOR  
TECHNICAL OFFICIALS, REGISTERED COACHES AND ATHLETES, COMPLYING TO HEALTH AND SAFETY REGULATIONS  
AND SCREENING BY THE COMPLIANCE OFFICER. COMPLETED HEALTH FORMS MUST BE HANDED IN AT THE SAME  
TIME, NO FORMS WILL BE AVAILABLE AT THE STADIUM, YOU MUST DOWNLOAD FROM THE WEBSITE.

**THE FINAL PROGRAM WILL ONLY BE FINALISED AND TIMES ADJUSTED ACCORDINGLY FROM WEDNESDAY NIGHT,  
24TH MARCH 2021, AFTER ALL ENTRIES HAVE BEEN LOADED AND REQUIRED DRAW RULES APPLIED.**

ATHLETES MUST **ONLY** ARRIVE APPROXIMATELY **1HOUR** OR AS CERTAIN BATCHES REQUIRE PRIOR TO THEIR  
SCHEDULED EVENT AS PER THE PROGRAM ATHLETES AND COACHES MUST **DEPART IMMEDIATELY** THEY HAVE  
COMPLETE THEIR EVENTS.

SANITIZER STATIONS WILL BE AVAILABLE AT VARIOUS POINTS AROUND THE STADIUM, INCLUDING EACH AREA  
OF THE FIELD EVENTS AND AT THE START AREA OF EACH TRACK EVENT, THIS **MUST** BE USED ACCORDINGLY.

RECOGNISED COACHES MAY PLACE THEMSELVES ANYWHERE AROUND THE PERIMETER OF THE TRACK, OUTSIDE

THE RAILINGS OF THE PERIMETER OF THE TRACK.

# NO SPECTATORS ALLOWED

## THE TUCKSHOP WILL BE CLOSED :

### NO SALE OF FOOD OR COLDRINKS ALLOWED

### PLEASE ENSURE YOU BRING YOUR OWN REFRESHMENTS

**MASKS** TO BE WORN BY ALL PEOPLE AT **ALL TIMES** EXCEPT WHEN ACTUALLY COMPETING, IN FIELD EVENTS MASKS MUST BE PUT ON AGAIN BETWEEN ATTEMPTS AND SOCIAL DISTANCE PRACTICE ADHERED TO AT ALL TIMES.

THE STADIUM WILL HAVE AN ISOLATION ROOM DEDICATED TO THOSE WHO NEED MEDICAL ASSISTANCE.

**EVERY ATHLETE REGISTERED FOR THE COMPETITION WILL BE ALLOCATED 2 COMPETITION NUMBERS AFTER RH SCREENING PROCESS, THESE NUMBERS MUST BE WORN OVER THE PERMANENT LICENCE ON THE FRONT AND BACK AND OVER THOSE WITH TEMPORARY NUMBERS ON THE FRONT AND JUST THE COMPETITION NUMBER ON THE BACK. FAILURE TO CARRY OUT THIS RULE WILL MEAN NON PARTICIPATION OR EVEN DISQUALIFICATION**

**ALL DRAWS WILL BE PUBLISHED ON THE NOTICE BOARD AND LIVD WEBSITE PRIOR AND DURING THE COMPETITION**

**TRACK EVENTS** :- ATHLETES ARE TO REPORT TO THE CALL ROOM NO LESS THAN 45 MINUTES BEFORE THE START OF YOUR SPECIFIED TRACK EVENT, OBTAIN A "HIP NUMBER" TO BE WORN ON THE "RIGHT" HIP, THEN REMAIN SOCIALLY DISTANCED AWAY FROM ALL FELLOW ATHLETES WITH MASKS "ON", WITHIN EARSHOT OF THE CALL ROOM CHIEF FOR THE CALLING OF YOUR RACE. WHERE YOU WILL SANITIZE AS PER REQUIREMENTS, THEN PROCEED TO THE START AS AN EVENT UNDER THE SUPERVISION OF A CALL ROOM OFFICIAL, WHERE MASKS MAY BE REMOVED JUST PRIOR TO THE START. ONCE YOUR RACE IS COMPLETED, YOU WILL REMOVE THE "HIP NUMBER" AND PLACE IT IN THE CONTAINER AT THE FINISH, SANATIZE YOUR HANDS AND DEPART THE THE COMPETITION AREA , DONING YOUR MASK AGAIN AND REMAIN SOCIALLY DISTANCED APART

**TRACK - Heats/ Semi's & Finals**



CERTAIN TRACK EVENTS MAY HAVE ROUNDS REMOVED, DEPENDING ON NUMBR OF ATHLETES ENTERED  
HEATS WILL ALWAYS REMAIN AT THEIR SPECIFIED TIMES IF REQUIRED  
SEMI FINALS WILL REMAIN IF NUMBERS FROM HEATS REQUIRE, OTHERWISE THEY WILL FALL AWAY  
FINALS WILL ALWAYS REMAIN AT FINALS TIMES  
**THE PROGRAM WILL BE UPDATED DAILY ON THE WEBSITE AND NEW INFORMATION WILL BE POSTED EACH NIGHT**

**FIELD EVENTS** :- ATHLETES ARE TO REPORT TO THE CALL ROOM NO LESS THAN 45 MINUTES BEFORE YOUR EVENT THEN REMAIN SOCIALLY DISTANCED AWAY FROM ALL FELLOW ATHLETES WITH MASKS "ON", WITHIN EARSHOT OF THE CALL ROOM CHIEF FOR THE CALLING OF YOUR RACE. WHERE YOU WILL SANITIZE AS PER REQUIREMENTS, THEN PROCEED TO THE START AS AN EVENT UNDER THE SUPERVISION OF A CALL ROOM OFFICIAL, YOU WILL BE REQUIRED TO PLACE YOURSELF IN A SAFE AREA, SOCIAL DISTANCING YOURSELF, WITH YOUR MASKS "ON", UNTILL YOU ARE CALLED TO PARTICPATE, WHERE YOU MAY REMOVE YOUR MASK, SANITIZE AND PARTICIPATE, THEN SANITIZE AGAIN AND RETURN TO YOUR "SAFE SPOT" REPLACE YOUR MASK UNTIL YOUR TURN AGAIN.

**ALL DRAWS AND RESULTS** DURING THE COMPETITION WILL BE PUBLISHED LIVE ON A SPECIFIED WEBSITE AND WHATSAPP - WHATSAPP REGSITRATION TAKES PLACE AT THE GATE BY SCANNING THE REGISTRATION BLOCK.

**LIVE WEBSITE**  
**[www.kznchamps.co.za](http://www.kznchamps.co.za)**

**ALL RESULTS** WILL BE PUBISHED ON THE KZNA WEBSITE AT THE COMPLETION OF THE COMPETITION, RESULTS WILL BE PRINTED AND POSTED ON THE NOTICE BOARD

ATHLETES WISHING TO QUALIFY FOR ASA JUNIORS AND SENIORS, CAN DO SO AT THE KZNA CHAMPIONSHIPS, USING THE 2020 KZNA INTERIM COACHES QUALIFYING STANDARDS, HOWEVER ONLY 2 (TWO) QUALIFIED ATHLETES PER EVENT WILL BE TAKEN INTO ACCOUNT FOR POSSIBLE SELECTION, THE FINAL DECISION WILL BE BETWEEN THE KZNA SELECTORS, TRACK & FIELD COMMISSION AND ASA COMPETITIONS DIRECTRATE. QUALIFICATION IS NOT A GUARENTEE FOR SELECTION, IT IS A GUIDELINE. ASA ARE BEING EXTREMELY STRICT ON NATIONAL PARTICIPATION AND HAVE THE RIGHT TO REJECT POSSIBLE SELECTED ATHLETES.

*Competition is held under the Rules of ASA & KZNA and according to Government and ASA Covid 19 Compliance*