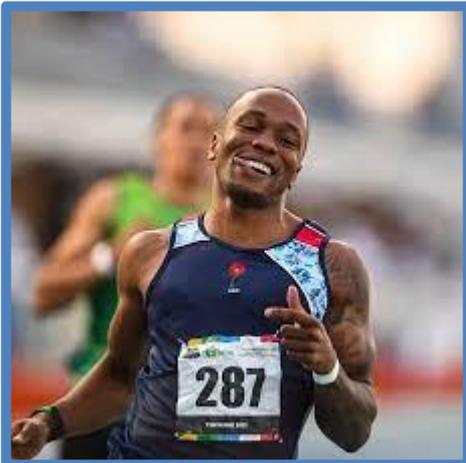




2022
AGN TRACK & FIELD CHAMPIONSHIPS
Age Category Track & Field
(U16, U18, U20 & Seniors)
Championships



11 & 12 March 2022
Hosted by Athletics Gauteng North
at Bestmed TUKS Athletics Stadium

TEAM MANUAL

For Provincial CLUB Managers and Team Coaches

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



Athletics Gauteng North

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1. VENUE

- 1.1 The competition will take place at the Bestmed Athletics TUKS Stadium, Pretoria on 11 & 12 March 2022
- 1.2 The stadium has an eight-lane synthetic track around and a ten-lane track in the straight, with facilities for all athletics events.

2. GENERAL

- 2.1 The meeting will be conducted under the rules of World Athletics (WA) and ASA.
- 2.2 ASA Health and Safety Protocols (**Addendum A**) during Athletics Competitions will be followed. ASA Checklist to be Covid – 19 compliant for Training and Competition (**Addendum B**) is added to the Manual. All athletes and officials will complete a Health Questionnaire on the day prior to the competition which will be handled at the Covid – 19 Check point where everybody will be screened.
- 2.3 Deadline for submission of all entry forms from Clubs is Tuesday, 8 March 2022. **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. This must be done on the excel entry template provided or the Google link <https://forms.gle/e2YD7VjZLmtwoN37>.**

Very important: Clubs you need to make one payment to AGN, not each athlete individually.

- 2.4 The Championships are open for all AGN club members. (Foreign & master athletes will NOT be allowed to compete at the AGN Closed Track & Field Championships.)

This implies that all athletes should be registered members of a club and in possession of a 2022 ASA license number

- 2.5 Attached find **Addendum C** – provisional program for AGN Track & Field Championships on 11 & 12 March 2022.
- 2.6 Competition is for the following age groups only (WA Rule TR3):
 - 2.6.1 Only athletes aged 14, 15, 16, 17, 18, 19 and senior athletes in the year of competition may compete in their respective age group event.
 - 2.6.2 All Athletes are only allowed to participate in a maximum number of two (2) individual events plus the relays during the championships. For the age group 14 to 17 years, if the two individual events are track events, only one of these events may be longer than 400m.
- 2.7 **Under 16** - 14 or 15 years on 31 December 2022 (born in 2007 or 2008)

2.8 **Under 18** - 16 or 17 years old on 31 December 2022 (born in 2005 or 2006)

2.9 **Under 20** - 18 or 19 Years old on 31 December 2022 (born in 2003 or 2004)

2.10 Senior Category

Note: No athlete younger than 14 (2008 birthdates) are allowed

2.11 **Note: Athletes must participate in the event(s) they wish to represent Athletics Gauteng North, should they be selected.**

2.12 **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, however foreigners will be allowed and indicate an F next to their name.**

2.13 **Implements: Competitors may use their own implements, provided these are checked before competition by the Technical Manager. 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 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.**

2.14 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 no. After the inspection the 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.

2.15 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 Rule TR6.3.2)

2.16 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 Rule TR25.1).

2.17 Once the competition has begun, competitors are not permitted to use implements, runways or circles for practice or warm-up purposes. (WA Rule TR25.2)

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

2.18.1 A final confirmation was given that the athlete would start in an event but then failed to participate.

2.18.2 He/she qualified in preliminary rounds or heats for further participation in an event but then failed to participate further.

2.18.3 **Note: Athlete who withdraw from an event during the championships due to medical reasons, will not be considered for selection to represent Athletics Gauteng North, for a period of 2 weeks after the championships, and a fitness test was done under the supervision of an AGN Medical Delegate.**

2.19 Heats and Qualifications:

2.19.1 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.

2.19.2 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, 12 athletes and from 1500m and longer events, 15 athletes will go through to the finals.

2.19.3 In all field events and track events from and including 1500m, if only 18 competitors or less are entered for an event, there will be no qualifying rounds, and all competitors will go directly to the final.

2.19.4 Below are the qualifying standards set by AGN for the 2022 ASA T & F Age Category (U/16 - U/20) Championships. This is to qualify for the ASA National U16, U18 & U20 Track and Field Championships

Sub-youth (boys 16) Inland/Coast	Youth (boys 18) Inland/Coast	Junior (boys 20) Inland/Coast	Event	Junior (girls 20) Inland/Coast	Youth (girls 18) Inland/Coast	Sub-youth (girls 16) Inland/Coast
11.50/11.60	11.00/11.10	10.90/11.00	100m	12.40/12.50	12.60/12.70	12.70/12.80
23.60/23.70	22.50/22.60	22.00/22.10	200m	25.60/25.70	25.90/26.00	26.50/26.60
53.80	50.10	49.30	400m	59.00	59.20	1:01.00
2:04.00	1:57.50	1:55.00	800m	2:17.00	2:19.00	2:21.00
4:30.00/4:25.00	4:08.00/4:04.00	4:04.00/4:00.00	1500m	4:55.00/4:50.00	4:56.00/4:51.00	4:58.00/4:53.00
9:20.00/9:10.00	8:58.00/8:48.00	8:50.00/8:40.00	3000m	10:45.00/10:33.00	10:50.00/10:38.00	11:00.00/11:10.00
		15:35.00/15:20.00	5000m	20:45.00/20:25.00		
		33:00.00/32:15.00	10000m			
5:00.00/4:55.00			1500m SC			6:10.00/6:03.00
	6:40.00/6:33.00		2000m SC		8:00.00/7:51.00	
		10:30.00/10:20.00	3000m SC	12:50.00/12:35.00		
			90mH			13.90/14.00
13.90/14.00			100mH	15.20/15.30	15.00/15.10	
	14.90/15.00	14.90/15.00	110m H			
41.50			300mH			46.50
	55.40	55.30	400mH	1:05.00	1:05.50	
29:45.0/29:00.0			5000m Walk		31:30.0/30:00.0	31:45.0/31:00.0
	56:30/55:00	54:30.0/54:00.0	10000m Walk	67:00.0/65:30.0		
			20km Walk			
6.10	6.60	7.00	Long Jump	5.40	5.30	5.10
13.20	13.40	14.00	Triple Jump	10.80	10.60	10.20
1.80	1.90	1.94	High Jump	1.60	1.60	1.55
3.50	3.80	3.90	Pole Vault	2.80	2.60	2.50
15.00	16.40	14.70	Shot Put	11.60	13.50	12.30
48.00	49.00	45.00	Discus Throw	40.00	39.00	38.00
40.00	50.00	52.00	Hammer Throw	44.00	44.00	38.00
49.00	57.00	57.00	Javelin Throw	41.00	41.00	40.00

2.19.5 Below are the qualifying standards set by AGN for the 2022 ASA Senior T & F Age Championships. (This is to qualify for the ASA Senior Track and Field Championships)

QUALIFYING STANDARD SNR MEN AND WOMEN		
MEN	EVENT	WOMEN
10.30	100m	12.10
21.20	200m	24.90
47.50	400m	56.50
1:51.50	800m	2:14.00
3:52.50	1500m	4:42.00
14:30.00	5000m	17:40.00
30:53.50	10 000m	39:00.50
9:30.50	3000m St/C	12:30.00
	100mH	14.30
14.60	110mH	
52.80	400mH	1:00.00
2.00m	High Jump	1.70m
4.40m	Pole vault	3.20m
7.30m	Long Jump	5.70m
14.80m	Triple Jump	11.50m
18.00m	Shot Put	12.90m
47.50m	Discus Throw	46.00m
54.00m	Hammer Throw	50.00m
62.00m	Javelin Throw	42.00m
5 000 Points	Decathlon	
	Heptathlon	4 200 Points
1h48:00.0/1h50:00.0	20km Walk	2h03:00.0/2h05:00.0

2.19. 6 Field Events - Starting Heights and Qualifying Distances

Field Events - Starting Heights and Qualifying Distances	Male	Female
High Jump – U/20 starting height	1.75	1.40
High Jump - U/18 starting height	1.70	1.40
High Jump – U/16 starting height	1.65	1.35
Pole Vault - U/20 starting height	3.40	2.40
Pole Vault - U/18 starting height	3.20	2.20
Pole Vault - U/16 starting height	3.00	2.00

2.20 Publication of Results:

2.20.1 Due to Covid -19, the 2022 Championships will be paperless. The designated Service Provider will provide a LINK for results. Draw list for each event (heats, qualifying rounds and finals) as well as the results of each event will be communicated via the LINK.

2.20.2 Participation and Entry Fee:

The entry fee for athletes at this Championship will be R40-00 per entry

2.20.2.1 Provincial Entries: R40

2.20.3 Spectator entry fee:

Spectator entry fee is R60 per ticket per day, tickets are available at My Athletics

<https://myathletics.co.za/>

2.20.4 Payment of entry fees

Entry fees are payable directly to Athletics Gauteng-North into the following bank account:

- Bank Name: ABSA Bank
- Branch Code: 335642
- Account Name: Athletics Gauteng North
- Account Number: 4056373566
- Account Type: Cheque Account
- Reference: "Clubs Name" & 2022 AGN T&FChamps
- Note: Please provide proof of payment with your entries.

Clubs, please take note that you need to enter your athletes and make payment for them
We only accept entries from Clubs.

2.20.5 Closing date for entries

2.20.5.1 The closing date for provincial entries is by the close of business on
Tuesday, 8 March 2022 at 16:00

2.20.5.2 Team entries must be done on the attached entry form and must be
forwarded to the AGN office for the attention of office@agn.co.za and
cc astucity@mweb.co.za

2.20.5.3 **Athletes must participate in a 2022 ASA permanent license number;
this can be purchased through your club. Please do it well in time!
(No license, no entry).**

2.20.5.4 **PLEASE KINDLY NOTE THAT PENALTIES WILL BE CHARGED TO ALL
LATE ENTRIES, LATE ENTRIES WILL BE R100 PER ENTRY**

2.21 SELECTION OF AGN TEAMS

AGN SENIOR TEAM

- 2.21.1** An AGN Senior team will be chosen for the ASA Senior championships which will take place at Greenpoint stadium 21 to 23 April 2022 as well as a team for the ASA relay and multi events championships which takes place on 29 & 30 April at the University of Mpumalanga
- 2.21.2** The first three athletes per event will be chosen for the ASA Senior Track and Field championships in Greenpoint provided that they have achieved the qualification standard. In an event where no athlete achieved the qualification standard, the selectors may choose the first position and/or second position depending on the National ranking of the athlete/s.
- 2.21.3** Additional athletes may be chosen, depending on qualification standards and national ranking.
- 2.21.4** AGN will provide accommodation and transport (bus) for the athletes who are selected.
- 2.21.5** No participation at AGN Championships will mean NO selection, the only consideration will be for athletes who are tested positive for COVID-19, also athletes will be considered who hand in a medical certificate, and however this athlete will go through a fitness before final selection for this specific athlete.
- 2.21.6** There is NO requirements for an athlete to participate in prior leagues.

AGN U16, U18 & U20 TEAM

- 2.21.7** An AGN U16, U18 & U20 team will be chosen for the ASA U16, U18 & U20 Track and Field championships which will take place at Potchefstroom from 31 March to 2 April 2022 as well as a team for the ASA relay & multi events championships which takes place on 29 & 30 April at the University of Mpumalanga
- 2.21.8** The first four athletes per event will be chosen for the ASA U16, U18 & U20 Track and Field championships where the athletes have achieved the qualification standard. In an event where no athlete achieved the qualification standard, the selectors may choose the first position and/or second position depending on the National ranking of the athlete/s.
- 2.21.9** Additional athletes may be chosen, depending on qualification standards and national ranking.
- 2.21.10** AGN will provide accommodation and transport (bus) for the athletes who are selected.
- 2.21.11** No participation at AGN Championships will mean NO selection, the only consideration will be for athletes who are tested positive for COVID-19, also athletes will be considered who hand in a medical certificate, and however this athlete will go through a fitness before final selection for this specific athlete.
- 2.21.12** There is NO requirements for an athlete to participate in prior leagues

3. EVENTS PER AGE GROUP FOR THE 2022 CHAMPIONSHIPS

Male			Item	Female		
u/16	u/18	u/20		u/16	u/18	u/20
X	X	X	100m	X	X	X
X	X	X	200m	X	X	X
X	X	X	400m	X	X	X
X	X	X	800m	X	X	X
X	X	X	1500m	X	X	X
X	X	X	3000m	X	X	X
-	-	X	5000m	-	-	X
-	-	-	10000m	-	-	-
X (76,2cm)	-	-	1500m SC	X (76,2cm)	-	-
-	X (83,8cm)	-	2000m SC	-	X (76,2cm)	-
-	-	X (91,4cm)	3000m SC	-	-	X (76,2cm)
-	-	-	90 m Hurdles	X(76,2cm)	-	-
X(76,8cm)	-	-	100 m Hurdles	-	X (76,2cm)	X (83,8cm)
-	X (91,4cm)	X (99,1cm)	110m Hurdles	-	-	-
X (76,2cm)	-	-	300m Hurdles	X (76,2cm)	-	-
-	X (83,8cm)	X (91,4cm)	400m Hurdles	-	X (76,2cm)	X (76,2cm)
X (4kg)	X (5kg)	X (6kg)	Shot Put	X (3kg)	X (3kg)	X (4kg)
X (1kg)	X(1,5kg)	X (1,75kg)	Discus Throw	X (1kg)	X (1kg)	X (1kg)
X (600g)	X (700g)	X (800g)	Javelin Throw	X (500g)	X (500g)	X (600g)
X (4kg)	X (5kg)	X (6kg)	Hammer Throw	X (3kg)	X (3kg)	X (4kg)
X	X	X	Long Jump	X	X	X
X (9m)	X (11m)	X (13m)	Triple Jump	X (9m)	X (9m)	X (9m)
X	X	X	High Jump	X	X	X
X	X	X	Pole Vault	X	X	X
X	-	-	Medley Relay	X	-	-
X	X	X	4*100m Relay	X	X	X
-	X	X	4*400m Relay	-	X	X
-	-	X	4*400m Mix Relay	-	-	X
X	-	-	5000m Walk	X	X	-
-	X	X	10000m Walk	-	-	X

4. ASSISTANCE TO ATHLETES

- 4.1 At all races from 800 meters and above, intermediate times will be displayed on an electronic board located close to the finish line.
- 4.2 In Track Events of 5000m and longer water will be provided to athletes on the track if weather conditions warrant it. (WA Rule TR17.15.1)
- 4.3 No coaches or team managers will be allowed in the infield however athletes will be allowed to communicate with their coaches outside the competition area (WA Rule TR6.4.1)

5. ATHLETES CONTROL CENTRE

- 5.1 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 prior to the start of the first event.
- 5.2 When the control has been completed an official will accompany the athletes to the waiting area and final control point.
- 5.3 Only athletes and official team managers will be allowed in the call room (i.e., no parents, coaches etc.)
- 5.4 Athletes call out times will be as follows:

Event	Call Room	Entry on the field
Field events	60-minutes before the starting time	35-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

- 5.5 At registration, 1 bib number will be issued to each athlete. During the competition, athletes must always wear the numbers in their original shape and size properly secured on the four corners with the exception of the Pole Vault and High Jump, Long Jump and Triple Jump athletes where only one number is compulsory (WA Rule TR5.7 & 5.8) Any athlete who does not respect these rules will not be allowed to compete.

5.6 Competitors taking part in track events might be given a supplementary number which they must attach on the right hip. (WA Rule TR5.10)

5.7 Custody of Clothing:

All competitors competing in track events will receive a basket at the start for his/her clothes. Basket carriers will take the basket to the mixed zone. There will be a lane mark on each basket in order to make it easier for the athletes to locate their basket after the event.

6. MEDALS & PRIZE MONEY

6.1 The first three athletes in each final event must report to the medal table. The athletes will receive their medals there

6.2 There are NO prize money for 2022

7. TECHNICAL DATA

7.1 Electronic timing will be used, and hand timing will be provided as a back- up.

7.2 A video recording will be used as back-up for Place Judges and during appeals

7.3 The measurement of distances at the field events shall be by means of a fiber 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

7.4 The starting heights for High Jump and Pole Vault are given under 2.19.5.

8. MEDICAL SERVICES

8.1 A full emergency medical service with an ambulance will be available at the stadium.

8.2 Athletes who belong to a medical scheme must bring their membership cards in case they are required due to injuries.

8.3 Medical doctor will be at the event, all athletes must make use of this doctor during the event.

9. PROTESTS AND APPEALS

9.1 Protest shall be made in accordance with WA Rule TR8. During the course of the event an athlete or his/her team manager may lodge a verbal protest to the appropriate Referee.

9.2 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.

- 9.3 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 is posted on the official website and social media (WhatsApp).

10. TECHNICAL INFORMATION CENTRE

The TIC will be located in the main stadium.

11. TECHNICAL MANAGER'S OFFICE

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

11.2 The Assizing room is situated in the building behind the 100m start line

12. TECHNICAL OFFICIALS

12.1 The dress code for the championships will be a white golf shirt and a dark blue or black pants or skirt.

12.2 Technical Officials must report 90 minutes before the start of competition on each day of the championships

13. RESULTS

Results will be posted on the LINK provided as soon as it is available. A complete set of results will be e-mailed to all CLUBS after the last day of the championships. Results will be available on the current AGN Results WhatsApp Groups and the website.

There are 5 WhatsApp Results groups where all the draws, programs & results for all the events are posted on.

Good Luck to all teams and enjoy the 2022 Championships!