

GENERAL INFORMATION

Entries:

Online entry is the preferred method of entry, because the payment is also done online with the entry. The link for online entries are <http://qkt.io/LrG75n>.

Deadline for the receipt of entry forms is Thursday 12 April 2018. Entries post-marked or received after 12 April 2018 will be returned. No telephonic arrangements will be attended to. All monies to be paid in advance. 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. Athletes must therefore ensure that they are fully paid-up members of their provinces and SAMA. Entry forms will be cross-checked against provincial and national membership lists.

Cheques to be made out to **Masters Athletics Free State**. 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. Free State Masters Athletics will confirm entries by a SMS or an e-mail. If you have not received an SMS or e-mail by **12 April 2018**, contact Dinah Heymans to enquire about your entry. If you have not received an SMS or e-mail and you bring your entry documents to the stadium, your entry 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.

There is no restriction on the number of entries. However, it is up to the individual athletes to ensure that their events do not clash.

Registration:

Registration will take place on Thursday, 26 April 2018 (06h45 – 20h00) at **Pellies Park club house, UFS**, and Friday/Saturday (06h45 – close of program) at **Mangaung Athletics Stadium official's hall**.

Directions to Pellies Park: When in Nelson Mandela Ave enter UFS at robot in Kanseliers Street, turn right in Graduandi Street, turn left in Shimla Street. Parking area is before Shimla Street on the left.

Athletes will receive a registration envelope which will include a program, dinner/dance tickets (if booked) etc. **Athletes must report to their respective events at least 30 minutes before the start of the event, except for pole vault which is at least 45 minutes. No poles will be provided, athletes to bring own poles. If a previous event runs late, inform the officials at the next event prior to the starting time of such an event.**

ASA license numbers:

2018 ASA permanent license numbers are compulsory and must be worn by all SAMA athletes at the back and their allocated championship number in front of their vest/top (over the ASA permanent license number). Temporary license numbers at the cost of R50-00 will only be made available to foreign athletes. The temporary license number 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 of the vest. This is also applicable to foreign athletes wearing temporary license numbers. Age category tags will also be available at the registration table (R20-00 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 following event to start on time 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 championship, 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, the said implement will be impounded after the event by the Field Referee for the purposes of assizing. However, Free State Masters Athletics will provide apparatus in all the throwing events that have already been assized and it will be marked accordingly. Hence, athletes using their own implements will be advised to ensure that their implements meet the specifications set by World Masters Athletics (WMA) prior to coming to Bloemfontein. 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 Mangaung Athletics Stadium on Friday/Saturday (06h30 – close of program). In the event of a record at Pellies Park, the apparatus will be transported to Mangaung Athletics Stadium on Friday 27 April 2018 for assizing purposes.

Spikes:

The maximum length of spikes on running shoes shall be 9mm, except in the High Jump and Javelin Throw, where it shall not exceed 12mm.

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 informed 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 province/country must be appointed to complete a list of their relay teams. A relay entry form for completion will be provided by Free State Masters Athletics. Forms must be submitted to the event secretary at the registration table by 15h00 on Saturday. The athlete's name and **completed years** in brackets must appear on the form. 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 in Att Horak Street next to the Manguang Athletics Stadium.

Medals:

The first three finishers in each event will receive South African Masters Athletics 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 three positions in an event, they will receive the SAMA gold, silver or bronze medal. Similarly the first three South African Athletes will also receive the same medals, irrespective of their positions when competing together with the foreign athletes, provided 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 by Free State 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. Remember that individual event records can be set during multi events (throws pentathlon, pentathlon and decathlon), regardless of whether the athlete completes the whole multi event or not. However, a record so submitted must comply with the rules for the individual event.

Opening Ceremony:

Friday, 27 April 2018 (12h45 – 13h30):

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 at the start of the 110m at 12h30 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 and T-Shirts:

Golf Shirts (175g Barron Pique Knit Golfer) and T-Shirts (160g Barron Crew Neck T-Shirt and Barroness Ladies T-Shirt) will be available at a cost of R185-00 for the Golf Shirt and R170 for the T-Shirt. Please enter your size on your entry form and whether you want the men or ladies cut. The shirts will be royal blue with the SAMA Logo on the front left chest and the AFS Logo on the right sleeve, with Bloemfontein 2018 underneath the SAMA Logo in front.

Medical Services:

Qualified paramedics will be on duty throughout the championship.

Security:

Please ensure that no articles of value are visible in vehicles. Security will be on duty during the championship. Please tip generously. Be careful with your personal belongings throughout the championship as the organizers cannot be held responsible for any loss of possessions.

SAMA Annual General Meeting:

Will be held on Friday, 27 April 2018 at 18h30 at the Mangaung Athletics Stadium official's hall. Please support the AGM as important issues are to be voted on, including ex-officio elections.

Function:

- * **Format :** Dinner/Dance and National Awards Ceremony.
- * **Venue :** Orangia Bowling Club, Att Horak Street (± 800m from the stadium).
- * **Cost :** R250-00 per person.
- * **Date :** Saturday 28 April 2018.
- * **Time :** 18h00 for 18h30.
- * **Dress :** Smart Casual (Jacket & Tie).
- * **Tickets :** Must be bought via entry form (to allow for catering/seating arrangements).
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.