

TRACK & FIELD GENERAL RULES & REGISTRATIONS

COMPETITION RULES WILL APPLY AT ALL MEETINGS

COMPETITION RULES WILL APPLY AT ALL MEETINGS

Two valid licence numbers and **full club colours** must be worn at all times during competition.

Temporary licences will be available @ R10-00 and are valid for **ONE DAY ONLY**. Mislaidd licence numbers must be substituted by a temporary licence for the **DURATION OF THE MEETING**. The temporary licence will be destroyed by the official after the final event.

CHAMPIONSHIP RULES

The above rules also apply at Championship events.

1. In the heats, the fastest 8 athletes will qualify for the final. The fastest 12 athletes qualify for the 1500m final.
2. If there are insufficient entrants in the heats, the race becomes a final and will be run at the scheduled time of the final.
3. Where events are considered to be finals and more entries are received than can be accommodated in a final, more than one race can be run and results will then be determined on the fastest times.
4. Athletes must report to the call centre 60 minutes before the published time of the track event. Field athletes must report within 30 minutes except for the pole vault which remains 60 minutes. **NO LATE ENTRIES WILL BE ACCEPTED!**
5. All personal implements must be submitted for assaying at least 2 hours before the scheduled time of the event.
6. Withdrawal from an event after submission of names by the team manager, will result in the disqualification of the athlete from any further participation in the Championships. The Chief Referee of the Championship reserves the right to accept valid reasons to override this rule.
7. Starting blocks supplied by the stadium must be used for all events up to 400m (for primary schools this is optional).
8. Only athletes domiciled in Central Gauteng may compete in the CGA Provincial Championships and CGA Talent ID competitions unless otherwise determined by the Chairperson of CGA Track and Field Commission.
9. All athletes wishing to participate in the Talent ID Competition must be 13, 14, 15 or 16 on the 31st of December of the year that the competition takes place. This competition traditionally occurs in September.
10. **Proof of Age (certified copy of Green Bar-Coded ID book or birth certificate if under 16 years) must be submitted at the Championships at the latest and before CGA team selection to any Championship.**
11. No Temporary licence will be allowed at the Provincial Championships, two ASA license number must be worn during the competitions with one on the back and one on the front with sponsor's logo visible at all times, an exception to High Jump and Pole Vault athletes who may wear one license number on the front.

ENTRY FEE: R20-00 at league meetings and R30-00 for ALL Championships. Stickers provided must be completed in Capital print and handed at each event.

PLEASE NOTE THAT NO SPECIFIC TIME IS ALLOCATED TO ALL THE EVENTS AS THEY WILL FOLLOW ON EACH OTHER. INDICATED TIMES ARE ONLY A GUIDELINE FOR THE START OF CERTAIN EVENTS. PLEASE ENSURE THAT ATHLETES START WARMING UP 4 EVENTS BEFORE THEIR CHOSEN EVENT

RATIONALE:

This arrangement was decided upon after the last fiasco at the CGA Championships since 2005 AND RECENT INTERNATIONAL COMPETITIONS. At a recent African Championship certain events were postponed 3 times to three different days with athletes warming up for each event. This unnecessary effort for the athlete will now be eliminated by this new arrangement.

Note that this is a learning opportunity for athletes to learn how to manage their time according to the flow of events rather than published times on a programme.

SELECTION CRITERIA OF CGA TRACK AND FIELD

The following criteria must be met for the selection to the CGA team to participate in any interprovincial meeting:

1. Certified copies of birth certificates/Green Bar-Coded ID Books must be submitted to the **CGA Track and Field Commission** with the original to be viewed simultaneously not later than the closing date for the CGA Track and Field Championship pre-entries. CGA cannot be held responsible for lost documents.
2. Athletes must be in possession of a permanent race number before selection of the team takes place. This number also acts as an insurance policy should the athlete be injured during training or racing according to the prerequisites of the underwriter concerned.
3. Qualifying standards determined by CGA track and field commission must be attained. It remains the prerogative of the selection committee to waive any qualifying standard should it be deemed necessary to do so.
4. Certified proof of any performance attained by an athlete in meetings other than ASA/CGA organised events must be submitted to the CGA Track and Field Commission not later than the closing date for the CGA Track and Field Championship pre-entries.
5. For the selection to ASA Championships it is expected that the athlete participates in at least three (3) CGA meetings as set out in the CGA seasonal programme and the CGA CHAMPIONSHIPS that will serve as the final official trials. Failure to comply with this rule could lead to omission from the CGA team.
6. Should an athlete be ranked in the latest ASA top ten best performance list, s/he will be included in the team.

The domicile rule for selection to any CGA team will be applied strictly.

The Domicilium Rule

29.4.2 An athlete shall only represent the ASA province where s/he is domiciled.

29.4.3 With the exception of a National athlete, an athlete shall only be a member of a club if the athlete and the club are both domiciled in the same ASA province.

29.4.4 A National Athlete* may belong to a club of his/her choice anywhere in South Africa, **BUT s/he will ONLY represent an ASA province where he/she is domiciled.**

29.4.5 No athlete may relocate from one province to another without being in possession of a written clearance certificate from his/her former province entitling him/her to compete in the new province. Failure to obtain such a clearance certificate shall render the athlete ineligible to compete in the new province.

*National Athlete

A national athlete is an athlete whose name appears on ASA's Register of National Athletes. Essentially, athletes on the Register of National Athletes will be those who have represented South Africa at a senior international championship or who placed in the top ten at Comrades.

QUALIFYING STANDARDS TO PARTICIPATE IN THE ASA TRACK AND FIELD CHAMPIONSHIPS

TIMES ARE BASED ON THE 10TH BEST PERFORMANCE OR LAST PERFORMANCE IN THE STATISTICS
IF LESS THAN 10 ENTRIES DURING THE LAST 7 YEARS

2019 / 2020 QUALIFYING STANDARDS

EVENT		B15	B17	B19	SEN	G15	G17	G19	SEN
100m	H	11.3	10.8	10.6	10.2	12.4	12.2	12.2	11.7
	E	11.48	10.98	10.79	10.44	12.65	12.45	12.41	11.89
200m	H	22.7	21.8	21.5	20.7	25.6	25.1	25.1	23.8
	E	23.09	22.14	21.86	21.04	25.97	25.44	25.46	24.15
400m	H	51.5	48.9	48.1	46.2	59.2	57.4	57.7	54.4
	E	51.96	49.38	48.52	46.71	59.64	57.88	58.22	54.83
800m	C	2:02.35	1:55.92	1:52.94	1:48.22	2:18.56	2:14.63	2:17.72	2:07.64
	I	2:04.35	1:57.92	1:54.94	1:50.22	2:20.56	2:16.63	2:19.72	2:09.64
1500m	C	4:14.27	4:01.99	3:57.31	3:43.70	4:49.12	4:44.12	4:48.69	4:28.15
	I	4:18.27	4:05.99	4:01.31	3:47.70	4:53.12	4:48.12	4:52.69	4:32.15
3000m	C	9:25.31	8:49.02		8:15.71	10:39.99	10:28.50	10:49.20	9:50.82
	I	9:33.31	8:57.02		8:23.71	10:47.99	10:36.50	10:57.20	9:58.82
5000m	C			15:02.52	14:10.79			19:16.73	17:04.83
	I			15:14.52	14:22.79			19:28.73	17:16.83
10 000m	C			33:48.71	29:44.61			34:51.14	39:47.74
	I			34:15.71	30:11.61			35:18.13	40:14.74
1500m SC	C	4:38.95							
	I	4:42.95							
2000m SC	C		6:10.02				8:34.37	8:25.20	6:45.57
	I		6:15.32				8:39.67	8:30.50	6:50.87
3000m SC	C			9:31.73	9:01.89			12:32.03	11:28.41
	I			9:39.73	9:09.89			12:40.03	11:36.41
90mH	H					13.6			
	E					13.80			
100mH	H	13.6					15.0	15.0	14.2
	E	13.81					15.22	15.28	14.47
110mH	H		14.2	14.5	14.1				
	E		14.43	14.80	14.31				
300mH	H	40.4				46.4			
	E	40.90				46.82			
400mH	H		53.9	54.0	50.6		64.5	64.8	60.3
	E		54.58	54.73	51.30		65.21	65.54	61.05
HIGH JUMP		1.84	1.96	1.98	2.09	1.62	1.66	1.66	1.74
POLE VAULT		3.04	3.59	3.68	4.60	2.17	2.61	2.60	3.34
LONG JUMP		6.25	6.71	6.90	7.49	5.14	5.36	5.40	5.81
TRIPLE JUMP		12.03	13.44	13.92	14.93	10.26	10.84	11.50	11.50
SHOT PUT		15.82	16.20	15.50	16.19	10.95	11.82	11.37	12.96
DISCUS		50.68	48.15	46.44	51.02	33.03	37.13	35.79	44.67
HAMMER		42.74	50.19	46.18	51.25	33.73	33.85	29.80	43.28
JAVELIN		54.61	62.02	59.69	69.75	35.83	39.94	38.36	48.82
MULTI-EVENT		3012.00	3953.00	4901.57	5563.29	2295.00	3163.17	3359.86	3586.86
5000mW	C	27:57.74	26:29.60	26:00.18	23:12.30	32:25.26	29:44.01	30:00.53	27:39.17
	I	28:12.74	26:44.60	26:15.18	23:27.30	32:40.26	29:59.01	30:15.53	27:54.17
10 000mW	C		0:53:57.48	0:56:31.65	0:50:13.32			1:07:37.97	1:01:46.77
	I		0:55:07.48	0:57:41.65	0:51:23.32			1:08:47.97	1:02:56.77
20km WALK	C			1:38:39.69	1:42:28.89				2:09:45.71
	I			1:41:09.69	1:44:58.89				2:12:15.71