



CENTRAL GAUTENG
ATHLETICS

**2024 CGA TRACK AND FIELD
(PRE-SEASON) BOOKLET**



CGA Track and Field Commission Members

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TRACK AND FIELD FIXTURES 2024

<u>DATE</u>		<u>MEETING</u>	<u>VENUE</u>	<u>TIME</u>
August 2024				
SATURDAY	24	Soncini Regional Games Johannesburg	TBC	09h00
https://sites.google.com/view/ortambosoncini				
September 24				
SATURDAY	14	Soncini Regional Games Ekurhuleni	Germiston Stadium	09h00
SATURDAY	14	Soncini Regional Games West Rand	'Hoërskool Jan Viljoen	09h00
SATURDAY	21	CGA SUB-YOUTH LEAGUE 1	Germiston Stadium	08h30
ENTRY		https://tinyurl.com/21Sept2024L1		
October-24				
SATURDAY	5	CGA SUB-YOUTH LEAGUE 2	Germiston Stadium	<u>08h30</u>
ENTRY		https://tinyurl.com/5Oct2024L2		
November-24				
SATURDAY	9	CGA SUB-YOUTH LEAGUE 3	Germiston Stadium	08h30
ENTRY		https://tinyurl.com/9Nov2024L3		
SATURDAY	23	CGA Primary Age Group Provincial Championships	Germiston Stadium	08h30
ENTRY		https://tinyurl.com/23NOV2024Champs		
SATURDAY	30	CGA/UJ SUMMER CHALLENGE	UJ AUCKLAND PARK	09H00
ENTRY		https://tinyurl.com/UJSUMMER2024		
December-24				
	7	ASA Inter-Provincial Championships	Bloemfontein	08h00

TRACK & FIELD GENERAL RULES & REGULATIONS

Competition rules will apply at ALL meetings

ALL LEAGUES AND CHAMPIONSHIPS WILL BE PRE-ENTRIES only as per the Pre-Entry Link

1. Two valid licence numbers and full club colours must be worn at all times during competition
(Clubs waiting for club attire will be allowed to participate with plain White Top and Dark Plain pants.)
2. Temporary license will be available @ R20 and is valid for ONE DAY ONLY. Mislaidd license numbers must be substituted by a temporary number for the duration of the meeting.
3. No TEMPORARY LICENSE will be on sale on the day of the Compulsory Close Provincial Championship. During the Championships only Licence athletes will be allowed to pre enter and participate and consider for selection represent CGA team.
4. In the heats the fastest 8 athletes will be qualified for the Final. The fastest 15 athletes qualify for the finals events 800m and further. If there is not enough entrants in the heats, the races become a FINAL and will be run at the scheduled time as indicated on the program.
5. Where events are considered to be finals and more entries are received that can be accommodated in a final, more than one race, can be run and results will then be determined on the FASTEST TIMES.
6. Athletes must report to the call room at least 45 minutes before the published time of the TRACK events and FIELD Athletes 30 minutes, excepting time for Pole Vault remains 60 minutes.
7. ALL personal implements must be submitted for assizing at least 2 hours before the scheduled time of the event.
8. Withdraw from an event after submission of names by the team manager/coach/parents disqualify the athlete from any further participation in the competition/championships.
9. Starting blocks supplied by the stadium must be used for all events up to 400m. Primary school from 9 year old. As per the invite from ASA Interprovincial rules.
10. Only athletes' domicile in Central Gauteng may compete in CGA Provincial Close Championships and CGA Talent ID Competitions unless otherwise determined by the Chairperson of CGA Track & Field Commission.

11. All athletes wishing to participate in the Talent ID Competition must be 14/15 on December of the year the Competition takes place. This competition traditionally occurs in August/September/October. Municipality area in CGA Ekurhuleni, west Rand and JHB- Soncini trails.

12. PROOF OF AGE must be submitted at the Championships at latest and before CGA sitting of the Selection Committee.

13. Athletes without a SA ID number can unfortunately not be considered for selected to represent the province at ASA international Provincial and National Championships.

13. ENTRY FEE

- League meetings- Athletes R30 (2 events)
- Championships- R40 (3 events)
- Spectators R50 at both leagues and championships
- Parking R10 per vehicle.

(Preferably no parking in surrounding streets)

SELECTION CRITERIA OF CGA TRACK & FIELD

The following Criteria must be met for Consideration to the CGA Team to participate in any ASA national and ASA Interprovincial meeting.

1. Certified copy of the athletes Birth certificate/ID card with recently coloured ID size photo pasted in left top corner of the certificate/ID copy
2. Athlete must be in possession of 2 valid permanent license number.

Example: P YYYYY for senior athlete

J YYYYY for junior number

3. Qualifying standards are determined by CGA, ASA SYIP committee and ASA that must be attained. It is the prerogative of the selection committee to waive any qualified standard should it be deemed necessary to do so.
4. Certified proof of any performance attained by an athlete in meetings other than ASA or CGA organised events must be submitted to the CGA Track and Field commission not later than the closing date for the CGA Track & Field championship pre-entries.

5. For selection to ASA championship it is expected that the athlete participates in at least 50% of meetings as set out in the CGA seasonal programme plus CGA COMPULSORY CHAMPIONSHIP which will serve as the FINAL OFFICIAL trials. Failure to comply with this rule could lead to the athlete omission from the CGA team selection.

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

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

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

3. A national "Athlete" may belong to a club of her choice anywhere in SA, BUT s/he will ONLY represent an ASA province where s/he is domiciled.

4. 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 complete in the new province.

This rule also caters for our club members relocating to other clubs without a clearance letter.

ALL MEETINGS WILL BE HELD UNDER RULES OF CGA, ASA, WA

AGEGROUPS in 2024 for SUB youth programs

- 7 Years Born in 2018/2017
- 9 Years Born in 2016/2015
- 11 Years Born in 2014/2013
- 13 Years Born in by 2012/2011

One program will be used for both leagues and championships this season. See the below program for more information.

	Versus Super: Registered to: CENTRAL GAUTENG ATHLETICS(CGA) Printed at: 2024/08/06 15:38 Meeting :CGA SUB-YOUTH LEAGUE 1 MEET 7 (2024) 2024/09/21 at GERMISTON STADIUM	Page 1	
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PROGRAM

Performance Scores: ASA 2020 table, Hand time, Height above sea=0

Seq	Time	Pit	Event	Category	Next	Spec
1	09:00		Final Boys 11 HighJump			
2	09:00	A	Final 1 of 2 Girls 11 LongJump		(No final)	
3	09:00	A	Final Boys 13 Shotput			4kg
4	09:00	A	Final Girls 13 Javelin			500g
5	09:40		Final 1 of 2 Girls 13 200m Hurdles		(No final)	68cm
6	09:50		Final 1 of 2 Boys 13 200m Hurdles		(No final)	68cm
7	10:00		Final 1 of 2 Girls 09 600m		(No final)	
8	10:10		Final 1 of 2 Boys 09 600m		(No final)	
9	10:20		Heat 1 of 5 Girls 13 100m		(Final=30)	
10	10:30		Heat 1 of 5 Boys 13 100m		(Final=31)	
11	10:30		Final Girls 13 HighJump			
12	10:30	A	Final 1 of 2 Boys 13 LongJump		(No final)	
13	10:30	A	Final Girls 11 Shotput			2kg
14	10:30	A	Final Boys 11 TurboJavelin			400g
15	10:40		Final 1 of 2 Girls 11 1200m		(No final)	
16	10:50		Final 1 of 2 Boys 11 1200m		(No final)	
17	11:00		Final 1 of 4 Girls 13 800m		(No final)	
18	11:10		Final 1 of 5 Boys 13 800m		(No final)	
19	11:20		Final 1 of 3 Girls 07 60m		(No final)	
20	11:30		Final 1 of 3 Boys 07 60m		(No final)	
21	11:40		Final 1 of 4 Girls 09 60m		(No final)	
22	11:45	A	Final 1 of 2 Girls 13 LongJump		(No final)	
23	11:45		Final Girls 11 HighJump			
24	11:45	A	Final Girls 13 Shotput			3kg
25	11:45	A	Final Girls 09 TurboJavelin			300g
26	11:45	A	Final Boys 13 Discus			1kg
27	11:50		Final 1 of 7 Boys 09 60m		(No final)	
28	12:00		Final 1 of 6 Girls 11 80m		(No final)	
29	12:10		Final 1 of 6 Boys 11 80m		(No final)	
30	12:25		Final Girls 13 100m			
31	12:30		Final Boys 13 100m			
32	12:40		Final Girls 13 1500m Walk			
32	12:50		Final Boys 13 1500m Walk			
33	13:00		Heat 1 of 7 Girls 13 200m		(Final=54)	
34	13:10		Heat 1 of 6 Boys 13 200m		(Final=55)	
35	14:00	A	Final Boys 13 HighJump			
36	14:00	A	Final Boys 11 Shotput			2kg
37	14:00	A	Final 1 of 2 Boys 11 LongJump		(No final)	
38	14:00		Final Girls 13 Discus			0.75kg
39	14:00	A	Final Girls 11 TurboJavelin			400g
40	14:00		Final 1 of 2 Girls 11 70m Hurdles		(No final)	68cm
41	14:10		Final 1 of 3 Boys 11 70m Hurdles		(No final)	68cm
42	14:20		Final 1 of 2 Girls 13 75m Hurdles		(No final)	76.2cm
43	14:30		Final 1 of 2 Boys 13 80m Hurdles		(No final)	76.2cm
44	14:40		Final 1 of 3 Girls 07 80m		(No final)	



**Meeting : CGA SUB-YOUTH LEAGUE 1 MEET 7 (2024)
2024/09/21 at GERMISTON STADIUM**



45	14:50	Final 1 of 3 Boys 07 80m	(No final)
46	15:00	Final 1 of 4 Girls 09 80m	(No final)
47	15:10	Final 1 of 8 Boys 09 80m	(No final)
48	15:15	A Final Boys 09 TurboJavelin	300g
49	15:15	B Final Boys 13 Javelin	600g
50	15:40	Final 1 of 2 Girls 13 1500m	(No final)
51	15:50	Final 1 of 3 Boys 13 1500m	(No final)
52	16:00	Final 1 of 7 Girls 11 100m	(No final)
53	16:15	Final 1 of 7 Boys 11 100m	(No final)
54	16:30	Final Girls 13 200m	
55	16:35	Final Boys 13 200m	



PROGRAM

Performance Scores: ASA 2020 table, Electronic Time, Height above sea=1600

Seq	Time	Pit	Event	Category	Next	Spec
1	09:30		Final Women Masters 50 3000m Walk			
1	09:30		Final Girls U16 3000m Walk			
1	09:30		Final Women Senior 3000m Walk			
1	09:30		Final Women U18 3000m Walk			
1	09:30		Final Women U20 3000m Walk			
1	09:30		Final Men Masters 50 3000m Walk			
1	09:30		Final Boys U16 3000m Walk			
1	09:30		Final Men Senior 3000m Walk			
1	09:30		Final Men U18 3000m Walk			
1	09:30		Final Men U20 3000m Walk			
2	09:50		Final Men Senior 60m Hurdles			
3	09:55		Final Women U20 60m Hurdles			
4	10:00		Final Boys U16 LongJump			
4	10:00		Final Men U18 LongJump			
5	10:00		Final Girls U16 HighJump			
5	10:00		Final Women Senior HighJump			
5	10:00		Final Women U18 HighJump			
6	10:00		Final 1 of 2 Girls U16 1000m		(No final)	
7	10:10		Final 1 of 2 Boys U16 1000m		(No final)	
8	10:25		Final Women Senior 1000m			
8	10:25		Final Women U18 1000m			
8	10:25		Final Women U20 1000m			
9	10:30		Final Men U18 1000m			
9	10:30		Final Men U20 1000m			
10	10:35		Final Men Senior 1000m			
11	10:45		Final 1 of 3 Girls U16 300m		(No final)	
12	10:55		Final 1 of 2 Boys U16 300m		(No final)	
13	11:00		Final Boys U16 HighJump			
13	11:00		Final Men U18 HighJump			
14	11:00		Final Girls U16 LongJump			
14	11:00		Final Women U18 LongJump			
15	11:05		Final Women U18 300m			
16	11:10		Final Women U20 300m			
17	11:15		Final Women Senior 300m			
18	11:20		Final 1 of 2 Men U18 300m		(No final)	
20	11:25		Final Men U20 300m			
21	11:30		Final 1 of 6 Men Senior 300m		(No final)	
22	11:40		Final 1 of 2 Girls U16 60m		(No final)	
23	11:40		Final 1 of 3 Boys U16 60m		(No final)	
24	11:50		Final Women U18 60m			
25	11:55		Final 1 of 2 Men U18 60m		(No final)	
26	12:00		Final Men Senior HighJump			
26	12:00		Final Men U20 HighJump			
27	12:00		Final Women Senior LongJump			
27	12:00		Final Women U20 LongJump			



**Meeting : CGA/UJ SUMMER CHALLENGE
2024/11/30 at UJ AUCKLAND PARK CAMPUS STADIU**



28	12:10	Final Women U20 60m	
29	12:15	Final 1 of 2 Men U20 60m	(No final)
30	12:25	Final Women Senior 60m	
31	12:30	Final 1 of 5 Men Senior 60m	(No final)
32	12:45	Final 1 of 2 Girls U16 600m	(No final)
33	12:50	Final 1 of 2 Boys U16 600m	(No final)
34	12:55	Final Women U18 600m	
34	12:57	Final Women Senior 600m	
34	12:57	Final Women U20 600m	
35	13:00	Final Men U18 600m	
36	13:00	Final Men Senior LongJump	
36	13:00	Final Men U20 LongJump	
37	13:00	A Final Women Senior TripleJump	11m
37	13:00	A Final Women U20 TripleJump	11m
37	13:00	A Final Men U18 TripleJump	11m
38	13:10	Final Men U20 600m	
39	13:20	Final 1 of 2 Men Senior 600m	(No final)
40	13:30	Final 1 of 2 Girls U16 150m	(No final)
41	13:40	Final 1 of 3 Boys U16 150m	(No final)
42	13:50	Final Women U18 150m	
43	13:55	Final 1 of 3 Men U18 150m	(No final)
44	14:00	B Final Men Senior TripleJump	13m
44	14:00	B Final Men U20 TripleJump	13m
45	14:10	Final Women U20 150m	
46	14:15	Final 1 of 2 Men U20 150m	(No final)
47	14:25	Final Women Senior 150m	
48	14:30	Final 1 of 6 Men Senior 150m	(No final)