

# **KZNA Senior & Masters Track & Field Championships**

**Competition Rules & Information  
for 21<sup>st</sup> & 22<sup>nd</sup> March 2013**

**Competition Entry Fee R 50.00 per athlete**

**(Masters have an additional R10.00 payable on competition weekend, which is a  
SAMA fee that needs to be paid)**

**A Standard Gate entry of R10.00 per day will be charged for all.  
Athletes, Coaches, Teachers, Parents, Supporters and Spectators**

1. Age Groups :                **Senior                Born on or before 11<sup>th</sup> April 1998**  
   **Master                Born on or before 14<sup>th</sup> March 1984**

**Masters age groups will be in the required 5 year categories**

The Age Disparity Rule applies, meaning the Athlete must be 16 years of age on competition day. No athletes born after 11<sup>th</sup> April 1998 (the day before the first day of the National Senior Championships) will be entertained at all. The Masters Age groups are according to the WMA Age Rule.

The Competition Management have the right to request proof of age during any event conducted under the rules of ASA and KZNA. It is a requirement to have proof of age in your possession or with a manager (ID Book or Birth Certificate with a recent colour photo attached)

2. Athletes **MUST** be members of a Club or School in good standing with Kwa-Zulu Natal Athletics. (in the case of Masters – in good standing with their provincial federations) Those athletes who register with one club may **NOT** change clubs without written consent from the departing club and written acceptance of the accepting club. This information must also be submitted to the KZNA office (Masters – relevant Provincial Federation) as well, to be ratified, otherwise the athlete will continue with the initially registered club. This normally happens at year end, not during the season.
3. ALL athletes **MUST** already be licensed for 2014 with a **PERMANENT** License number and have competed for their Club in their Club Colours. (Absolutely **NO** temporary Numbers will be available and athletes who do not already have permanent Licenses will **NOT** be eligible to enter. Masters over the age of 70 may apply for a temporary number which must then be supplied free of charge by the federation) Athletes must wear the supplied **COMPETITION NUMBER** on the front chest and one permanent license number on the centre back when competing (High Jump Athletes may compete with only a front number, but must have their permanent license number in their possession). Failure to carry out this simple request will mean that the athlete will not be allowed to participate
4. Athletes must also be appropriately attired for competition, undesirable or if inappropriately dressed will mean athletes will not be allowed to compete.
5. Athletes may also **NOT** compete in KZNA Kit at Leagues or Championships, if you wear such kit in competition you have the possibility of being disqualified. KZNA kit may **ONLY** be worn when representing the Provincial Federation at a nationally organised event.
6. There will **NOT** be a Call-Room for the competition, however the times indicated below are required to be followed as report times at the place of participation :
  - a. Track Events : 100m to 400m (including Hurdles)                =                20 minutes
  - b. Track Events : 800m & Longer    =                30 minutes
  - c. All Field Events :    =                20 minutes

Before the scheduled time of the event as per the program, where track athletes will be checked for dress-code as well as checked-in and all track athletes will be supplied with a Hip number, which

must be worn on the right hip for the whole duration of the event, Track athletes issued with Hip numbers will be required to remove the number on completion of the race and place in the basket provided.

7. Senior Athletes may ONLY compete in **3 Individual Events** (Masters may compete in more) in these championships, and athletes competing in 400m and above, may ONLY enter 2 events in total.
8. **For Championships :-** Entries will ONLY be accepted as Pre-Entry in the Electronic format provided, up until the, Monday, 10<sup>th</sup> March 2014 at 16h00 as the FINAL Closing date of the championship. No Entries will be entertained after the closing date.

9. Entries will ONLY be accepted if emailed on the correct documentation to the KZNA office on the prescribed entry form. Entries MUST be submitted to both the KZNA Office AND the Operations team. ALL Masters entries must also be submitted to the KZMA Secretary (Jodi Pastorino) for masters verification, or you will then be entered as a senior.

Masters : [idoj@iafrica.com](mailto:idoj@iafrica.com)

Operations : [clyde.kinloch@gmail.com](mailto:clyde.kinloch@gmail.com)

KZNA Office : [kzn@athletics.org.za](mailto:kzn@athletics.org.za)

Once entries have been received and FULL payment of the R50.00 Championship entry fee has been paid to KZNA, only then will your entry be processed, any entries which have not been paid for by the 11<sup>th</sup> March 2013 will be filed and not entered into the championships (Entry fees are NON-refundable)

Entry Fees are payable to **KZNA, ABSA Bank, Acc# 4051939339, Branch Code 630226**, Please use your Provincial Name as the reference, and the number of entries (eg: KZNA 10)

**MASTERS MUST PAY AN ADDITIONAL R10 ON THE DAY OF THE COMPETITION AT THE KZN MASTERS TENT. DO NOT INCLUDE THE R10 IN YOUR ENTRY PAYMENT OF R50.**

10. All entries received according to the rules and with contact information will receive a confirmation report no later than Friday, 15<sup>th</sup> March 2013, where confirmation of events and entries can be confirmed.
11. All events will be recorded on the Versus Computer program and all draws will be carried out in seeded order, where seeding is available. These Draws will be carried out on the Thursday night before the competition and posted on the Notice Board on the morning of the competition, for viewing prior to the competition taking place.
12. Should Track Events need to be competed for in Heats, all Heats will be recorded according to the IAAF Draw rule, to draw through to the next round or final. If not specified, all other Track Events will be straight finals.
13. The IAAF False Start Rule 162.6 will be in effect. Meaning that should an athlete False Start in a track event they will immediately be disqualified. (WMA Start rules apply to master categories only)

14. ALL Track Athletes competing on the track, WILL be required to wear Hip Numbers, which will be supplied by the Call-Room according to the Draw sheets supplied. Athletes failing to wear Hip numbers during these events and even if completing the event, will be declared as DNF.
15. All Track events will be electronically timed according to the IAAF Rule 165.13.
16. All Field Events will be Finals irrespective of age, following normal elimination procedures. Unless specifically indicated that elimination rounds are to be included.
17. Results:- Where events may be in mixed genders, results will be recorded as per age groups and genders by the results schedule on the computer program.
18. The program will run as close to the prescribed time reflected as possible, however it is subject to change, and will be pushed ahead once the Lunch break has ended on each day, following the event schedule and not program times, to finish ahead of time.
19. A KZNA under/23 & Senior Teams will be selected, by using parameters supplied by Athletics South Africa, to Represent KZNA at the ASA Senior Champs Nationals to be held at Pilditch Stadium (Pretoria) on Friday & Saturday 11<sup>th</sup> & 12<sup>th</sup> April for Seniors and Thursday, Friday & Saturday, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> April 2013 for U23 championships to be held in Stellenbosch. Details will follow to selected athletes soon after the championships.

# 2014 ASA SENIOR QUALIFICATION STANDARDS

SA Senior Championships		
Men	Event	Women
10.75	100m	12.45
21.70	200m	24.95
48.50	400m	58.50
1:52.0	800m	2:13.0
3:52.0/4:10.0	1500m/1 mile*	4:42.0/5:04.0
14:20.0/8:20.0	5000m/3000m**	18:30.0/10:30.0
31:30.0	10000m	40:00.0
9:20.0	3000m SC	11:30.0
14.80	110m H / 100m H	15.30
53.90	400m H	64.30
4.40	Pole Vault	3.00
2.05	High Jump	1.68
7.15	Long Jump	5.60
14.75	Triple Jump	11.50
15.80	Shot Put	12.40
49.00	Discus Throw	43.00
66.00	Javelin Throw	43.50
45.90	Hammer Throw	42.50
No Standard	20km Walk	No Standard
No Standard	Decathlon/Heptathlon	No Standard

**PROGRAM**

Basis for Performance Score adjustments: Electronic Time, Height above sea=10

Seq	Time	Pit	Event	Next	Spec
<b>START OF DAY 1</b>					
1	15:00		Heat 1 of 6 Men 200m (Senior)	(Semi Final=15)	
1	15:00		Heat 2 of 6 Men 200m (Senior)	(Semi Final=15)	
1	15:00		Heat 3 of 6 Men 200m (Senior)	(Semi Final=15)	
1	15:00		Heat 4 of 6 Men 200m (Senior)	(Semi Final=15)	
1	15:00		Heat 5 of 6 Men 200m (Senior)	(Semi Final=15)	
1	15:00		Heat 6 of 6 Men 200m (Senior)	(Semi Final=15)	
2	15:20		Heat 1 of 3 Women 200m (Senior)	(Final=23)	
2	15:20		Heat 2 of 3 Women 200m (Senior)	(Final=23)	
2	15:20		Heat 3 of 3 Women 200m (Senior)	(Final=23)	
3	15:30		Final Women Mixed TripleJump (Senior & Masters 30 +)		
4	15:30		Final Men Mixed TripleJump (Senior & Masters 30 +)		
5	15:35		Final Women Mixed 80m Hurdles (Masters 45 +)		
6	15:45		Final Women Mixed 100m Hurdles (Senior & Masters ->44)		
7	15:55		Final Men Mixed 100m Hurdles (Masters 50 +)		
8	16:00		Final Men Mixed 110m Hurdles (Senior & Masters >49)		
9	16:05		Heat 1 of 3 Men 800m (Senior)	(Final=58)	
9	16:05		Heat 2 of 3 Men 800m (Senior)	(Final=58)	
9	16:05		Heat 3 of 3 Men 800m (Senior)	(Final=58)	
10	16:30		Final Women Mixed 5km Walk (MASTERS ONLY 30 +)		
11	17:00		Final Women Mixed Discus (Senior & Masters 30 +)		
12	17:00		Final Men Mixed Shotput (Senior & Masters 30 +)		
13	17:15		Final Women Mixed 3000m SteepleChase (Senior & Masters ->45)		
14	17:30		Final Men Mixed 3000m SteepleChase (Senior & Masters ->50)		
15	17:45		Semi Final 1 of 3 Men 200m (Senior)	(Final=24)	
15	17:45		Semi Final 2 of 3 Men 200m (Senior)	(Final=24)	
15	17:45		Semi Final 3 of 3 Men 200m (Senior)	(Final=24)	
16	18:00		Final Men Mixed 5km Walk (MASTERS ONLY 30 +)		
17	18:30		Final Women Mixed Weight (MASTERS 30 +)		
18	18:30		Final Men Mixed Weight (MASTERS 30 +)		
19	18:40		Final Women Mixed 10000m (Senior & Masters - Combined Genders)		
20	18:40		Final Men Mixed 10000m (Senior & Masters - Combind Genders)		
21	19:20		Final 1 of 2 Women Mixed 200m (Masters 30 +)	(No final)	
21	19:20		Final 2 of 2 Women Mixed 200m (Masters 30 +)	(No final)	
22	19:30		Final 1 of 3 Men Mixed 200m (Masters 30 +)	(No final)	
22	19:30		Final 2 of 3 Men Mixed 200m (Masters 30 +)	(No final)	
22	19:30		Final 3 of 3 Men Mixed 200m (Masters 30 +)	(No final)	
23	19:40		Final Women 200m (Senior)		
24	19:45		Final Men 200m (Senior)		
25	19:50		Final Women Mixed 1500m (Senior & Masters)		
26	20:00		Final Men Mixed 1500m (Masters 30 +)		
27	20:10		Final 1 of 2 Men 1500m (Senior - SEEDED)	(No final)	
27	20:10		Final 2 of 2 Men 1500m (Senior - SEEDED)	(No final)	
<b>START OF DAY 2</b>					
28	05:30		Final Women Mixed 10km Walk (MASTERS ONLY - Combined Genders)		
29	05:30		Final Men Mixed 10km Walk (MASTERS ONLY - Combined Genders)		
30	05:30		Final Women Mixed 20km Walk (Senior & Masters - Combined Genders)		

**Meeting :KZNA SENIOR & MASTERS CHAMPS at KINGS PARK (DURBAN) on 2014/03/21**

31	05:30	Final Men Mixed 20km Walk (Senior & Masters - Combined Genders)	
32	08:00	Heat 1 of 6 Men 400m (Senior)	(Semi Final=47)
32	08:00	Heat 2 of 6 Men 400m (Senior)	(Semi Final=47)
32	08:00	Heat 3 of 6 Men 400m (Senior)	(Semi Final=47)
32	08:00	Heat 4 of 6 Men 400m (Senior)	(Semi Final=47)
32	08:00	Heat 5 of 6 Men 400m (Senior)	(Semi Final=47)
32	08:00	Heat 6 of 6 Men 400m (Senior)	(Semi Final=47)
33	08:00	Final Men Mixed Hammer (Senior & Masters 30 +)	
34	08:20	Final Women Mixed 5000m (Senior & Masters - Combined Genders)	
35	08:20	Final Men Mixed 5000m (Senior & Masters - Combined Genders)	
36	08:30	Final Women Mixed HighJump (Senior & Masters 30 +)	
37	08:30	Final Men Mixed LongJump (Senior & Masters 30 +)	
38	09:00	Heat 1 of 4 Men 100m (Senior)	(Semi Final=50)
38	09:00	Heat 2 of 4 Men 100m (Senior)	(Semi Final=50)
38	09:00	Heat 3 of 4 Men 100m (Senior)	(Semi Final=50)
38	09:00	Heat 4 of 4 Men 100m (Senior)	(Semi Final=50)
39	09:00	Final Women Mixed Javelin (Senior & Masters 30 +)	
40	09:20	Heat 1 of 2 Women 100m (Senior)	(Final=59)
40	09:20	Heat 2 of 2 Women 100m (Senior)	(Final=59)
41	09:30	Final Men Mixed Discus (Senior & Masters 30 +)	
42	09:40	Final Women Mixed 300m Hurdles (Masters 50 +)	
43	09:50	Final Women Mixed 400m Hurdles (Senior & Masters ->49)	
44	09:50	Final 1 of 2 Men Mixed 400m Hurdles (Senior & Masters 30 +)	(No final)
44	09:50	Final 2 of 2 Men Mixed 400m Hurdles (Senior & Masters 30 +)	(No final)
45	10:00	Final Men Mixed HighJump (Senior & Masters 30 +)	
46	10:00	Final Women Mixed LongJump (Senior & Masters 30 +)	
47	10:20	Semi Final 1 of 3 Men 400m (Senior)	(Final=63)
47	10:20	Semi Final 2 of 3 Men 400m (Senior)	(Final=63)
47	10:20	Semi Final 3 of 3 Men 400m (Senior)	(Final=63)
48	10:30	Final Men Mixed Javelin (Senior & Masters 30 +)	
49	10:30	Final Women Mixed Shotput (Senior & Masters 30 +)	
50	10:40	Semi Final 1 of 2 Men 100m (Senior)	(Final=60)
50	10:40	Semi Final 2 of 2 Men 100m (Senior)	(Final=60)
51	10:50	Final 1 of 2 Women Mixed 100m (Masters 30 +)	(No final)
51	10:50	Final 2 of 2 Women Mixed 100m (Masters 30 +)	(No final)
52	11:00	Final 1 of 2 Men Mixed 100m (Masters 30 +)	(No final)
52	11:00	Final 2 of 2 Men Mixed 100m (Masters 30 +)	(No final)
53	11:00	Final Women Mixed Polevault (Senior & Masters 30 +)	
54	11:00	Final Men Mixed Polevault (Senior & Masters 30 +)	
55	11:00	Final Women Mixed Hammer (Senior & Masters 30 +)	
<b>Track Recovery -Scheduled Break</b>			
56	12:00	Final Women Mixed 800m (Senior & Masters)	
57	12:10	Final Men Mixed 800m (Masters 30 +)	
58	12:20	Final Men 800m (Senior)	
59	12:30	Final Women 100m (Senior)	
60	12:35	Final Men 100m (Senior)	
61	12:45	Final 1 of 2 Women Mixed 400m (Senior & Masters)	(No final)
61	12:45	Final 2 of 2 Women Mixed 400m (Senior & Masters)	(No final)
62	12:55	Final 1 of 2 Men Mixed 400m (Masters 30 +)	(No final)
62	12:55	Final 2 of 2 Men Mixed 400m (Masters 30 +)	(No final)
63	13:05	Final Men 400m (Senior)	