

**KZNA PROVINCIAL 20KM
RACE WALKING CHAMPIONSHIP
AND
INTER-CLUB RACE WALKING
CHALLENGE**



TEAM MANUAL

**25 DECEMBER 2023
KINGS PARK ATHLETICS
STADIUM
DURBAN**

OBJECTIVES

The main objectives of the Championships and Inter Club Challenge is to: -

- be able to have an annual selection event for ASA Road Race Walk Championships.
- select athletes to participate in the ASA Race Walk Championship at the beginning of 2024.
- Develop Race Walk for the younger age groups.

1. VENUE & DATE

Date: Saturday, 25 December 2023.

Venue: Kings Park Athletics Stadium, Durban

2 AGE GROUPS

The following age group will participate at the KZN Provincial 20km Race Walking Championships and Inter-Club Race Walking Challenge

CATEGORY	AGE GROUP	ACTUAL AGE IN 2023
Senior Men & Women	20 - 34 years	Born in 2003/1988 (20/34 years on 31 December 2023)
Juniors	18 & 19	Junior born in 2004/2005 on 31 December 2023
Youth	16 & 17	Youth born in 2006/2007 on 31 December 2023
Masters	35 upwards	Born in 1989 upwards

3 PROOF OF AGE

- The following documents may be used as proof of age; -
 - South African Birth Certificate (16 years Only)
 - Identity Document
 - South African Passport
- Team Managers, Coaches, Parents, Teachers and Care Givers must have the file organized in chronological order for all his/her athletes
- The file must be presented to KZNA for verification, if requested.
- All athletes that are going to meet the Qualifying Criteria and Qualifying Standards must also on the day of the championships submit their certified proof of age document to KZNA

- The certified document must not be older than ONE a year

4. PRIZE MONEY

AGE CATEGORY	POSITION		
	1	2	3
Boys/Men and Girls/Female			
Open :20km	R1 000-00	R750-00	R500-00
Open: 10km	R750-00	R500-00	R300-00
35-39	R150-00		
40-49	R150-00		
50-59	R150-00		
60+	R150-00		
Youth: 5km	R300-00	R200-00	R100-00
Junior/Youth: 10km	R500-00	R350-00	R200-00

5. ACTIVITY PROGRAMME SATURDAY, 03 DECEMBER 2022

Time	Activity	Venue
04:00 – 05:45	Collection of race numbers and registration	Kings Park Athletic Stadium Boardroom
05:00 – 05:15	Team Managers Meeting	Kings Park Athletics Stadium
05:30	Start of First Event – 20km	Masabalala Yengwa Avenue
06:00	Start of all other events – 5km & 10 km	Masabalala Yengwa Avenue
11:00	Medal Presentation	Kings Park Athletic Stadium Boardroom

6. ENTRIES

- Clubs are not restricted to a maximum number of entries that they may wish to submit.
- Athletes must be members of a **CLUB** in good standing with the Provincial Association
- ALL athletes **MUST** be Licensed with a **PERMANENT** Licence number and compete for their **Club in their Club Colours**.

- Entries will **ONLY** be accepted as **PRE-ENTRY** up until, **Wednesday, 22 November 2023**
- Failure to enter by the CLOSING DATE will mean NO competition. No Entries will be entertained after the closing date and more especially on the day.
- Entries will **ONLY** be accepted if emailed on the correct documentation to the KZNA Operations Team on the prescribed entry form.
- Entries MUST be sent to :- KZNA Competition Operations : [_entries@kznathletics.co.za](mailto:entries@kznathletics.co.za)
- **Please verify your submission, after you have forwarded it, with KwaZulu-Natal Athletics on 031 312 9374**
- Entry fee for the KZNA Championships will be SIXTY RAND (R60-00)
- Below are the banking details of KZNA

Banking Details

KZN Athletics

Bank: FNB

Branch code: 210835

Account number: 62823881372

Reference: Name of Club/School + RW

Champs

7. BIBS OF THE COMPETITION

- Licence Numbers must be worn on the front Chest and the second permanent Licence Number on the centre back when competing
- Competition Numbers must be worn **ONLY** on the front chest on top of the licence number
- At the Call Room competitors will be given a supplementary number which they must attach on the right hip. (World Athletics Rule 143.5,10)
- **It is forbidden to cut, punch or fold the bib which must be worn as they were issued.**
- **Failure to carry out this rule may result in DISQUALIFICATION**

8 ASSISTANCE TO ATHLETES (WA Rule 144)

- In all races intermediate times will be displayed on an electronic board located close to the finish line.
- Water will be provided on the course at a water point $\pm 200\text{m}$ past the start line.
- Water will be provided at the finish line.
- No Seconding will be allowed by any person except for authorized Championship officials.
- For all events up to and including 10km, drinking/sponging stations with water only shall be provided [WA Rule 230.9(b)]
- For all events longer than 10km, refreshments may be provided on every lap in addition to the water stations. [WA Rule 230.9(c)]
- Athletes shall provide their own refreshments, to be placed on the refreshments table prior to the race, so they are easily accessible during the race.
- Clubs to supply their own assistance at refreshment station.
- An athlete who collects refreshment from a place other than the refreshment station renders himself/herself liable to disqualification [WA Rule 230.9(e)]
- An athlete who receives or collects refreshments or water from a place other than the official stations, except where provided for medical reasons from or under the directions of race officials, or takes the refreshments of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing by showing a red card. The athlete shall then immediately leave the course.
- Note: An Athlete may receive from or pass to another athlete refreshments and water, provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.

9. THE RACE WALKING COURSE

- The course consists of a 1 km flat loop on Masabalala Yengwa Avenue.
- The course will start and finish outside Kings Park Athletics Stadium.

10. PUBLICATION OF RESULTS

- The results of each event shall be displayed on the “Results board” at the venue after approval by the Chief Referee (approximately 30 minutes after completion of the race).
- A full set of results will be e-mailed to each club who participated.
- Please provide correct email address during registration.
- Results will also be posted on KZNA website

11. ATHLETES CONTROL CENTRE

- The Call Room will be situated next to the start area. All athletes must report to the Call Room at least 20 minutes before the start of their event.
- Only reporting athletes and authorized technical officials will be allowed inside the Call Room area.
- Parents and team coaches entering this area submit their athlete to the risk of disqualification.
- Team Managers are responsible for the clothing and personal belongings of the athletes.
- Ensure that every athlete comply with all the requirements needed in the competition. This includes race numbers, age category tags (SAMA age group categories only) and club attire.

12 ACCESS TO TOILETS

- One toilet shall be placed along the route and be available for use by athletes during the race.
- Only in the 10km and events over longer distance, may an athlete leave the course to go to the toilet, with the permission and under the supervision of an official. [WA Rule 230.11]
- Such an athlete shall return to exact position on the course where he/she left the route to continue the race.

13. UNIFORM AND KIT

- Athletes must be appropriately attired in their registered **Club Kit** for competition.
- Undesirable or if inappropriately dressed will mean athletes will not be allowed to compete.
- No sponsored kit which is not their club's registered kit will be permitted.
- NO athlete that may compete in Provincial Colours, either for the Association or Associated Member, SASA KZN

14. MEDAL CEREMONY

- The first three athletes in each final event must report to the medal ceremonies area 30 minutes before the time of the victory ceremony.
- The medal ceremony will be held according to the medal ceremony program which will be provided before the start of the competition.
- Please note that athletes must be dressed in their official uniform, as the medal ceremony is part of the competition.
- Failure to comply will result in the athlete not being allowed to be part of the ceremony. (World Athletics Rule 143.1).
- Medals will be presented in ascending order: Third, Second, First.
- Once the athlete is awarded a medal, the athlete must wear the medal until the athletes have left the competition arena. **Failure to honor this rule may lead to the confiscation of the medal.**
- Athletes who do not honor the medal ceremony will not be issued with medal afterwards.
- The only exception to this rule will be when the athlete, during the time of the medal ceremony, is: -
 - In the anti-doping room in the process of testing; or
 - Incapacitated as a result of an injury.

The Team Manager must present written proof of such exceptions to the Competition Manager.

15 RACE WALK (Penalty Area (World Athletics Rule 230.7(c))

- For Race Walking events on track or road a Penalty Area shall be used for all athletes irrespective of the age category.
- In such cases, an athlete will be required to enter the Penalty Area and remain there for the applicable period, once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him.
- When three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and shall be shown the red paddle by the Chief Judge [WA Rule 230.6(a)]
- Except as provided on Rule 230.3(j), when Red Cards from three different Judges have been sent to the Recorder or Chief Judge on the same competitor, that competitor is disqualified and shall be notified of this disqualification by the Chief Judge or the Chief Judge's Assistant by being shown a Red Paddle. Any disqualified athlete who fails to leave the course or track or comply with directions given under Rule 230.3(j) to enter and remain for the required period in the Pit Lane may be liable to further disciplinary action in accordance with Rule 145.2.
- The applicable period in the Penalty Area shall be as follows:

For Races up to and	Time
5km	30sec
10km	1min
20km	2min

16 TECHNICAL DATA:

- Hand timing will be used for all events along with electronic clocks.
- Athlete's numbers will be recorded after they cross the finish line and will be required to stay in their order until after the capturing point.
- The Starter's command will be ON YOUR MARKS and then the Gun
- Starter's command will be in ENGLISH
- Any athlete who will fault start will be disqualified

17. MEDICAL SERVICE:

- Medical services will be available at the venue.

18. PROTESTS:

- Protests shall be made in accordance with WA Rule 146. During the course of an

event an athlete or his team official may lodge a verbal protest to the appropriate Referee.

- If the problem is not satisfactory solved, an appeal must be lodged in writing on the prescribed protest form, which can be obtained from the Technical Information Centre (TIC) and must be signed by a team manager or anyone on behalf of the athlete.
- The protest must be submitted to the TIC accompanied by a deposit of R500 -00, not later than 30 minutes after the official announcement of the results of the event. ASA Rule 27
- The decision of the Jury of Appeal shall be published in an official manner. The claimant will receive a copy of the final decision.

19. TECHNICAL INFORMATION CENTRE (TIC):

- The TIC shall be placed near the finish line.
- The centre will help as a link between clubs, the Technical Delegate and the LOC.
- The exact position will be announced at the Team Managers Meeting.
- The TIC will be responsible of urgent notifications and Team Managers and officials will be able to collect the main technical results there.
- It will be open as from 04:30 in the morning until the end of the championships.

20. GENERAL:

- The competition will be conducted under 2021 – 2022 ASA Domestic & WA Competition Rules
- Athletes are not permitted to take any cell phones, music recorders, radios, I-pods etc., into the competition area/course.
- Spectators, Coaches, and parents will not be allowed to walk with participants.
- If a Referee is satisfied on the report from a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered the athlete shall be disqualified.

21. ENQUIRIES:

KwaZulu Natal Athletics
Jabulani Mhlungu
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Tel: (031) 312 9374