

KWAZULU-NATAL ATHLETICS



KZN PROVINCIAL SENIOR incorporating UNDER 23 TRACK & FIELD CHAMPIONSHIPS

TEAM MANUAL

15-16 MARCH 2024

MSUNDUZI ATHLETICS STADIUM

PIETERMARITZBURG

Page 1 of 20

2024 KZN PROVINCIAL SENIOR
TRACK AND FIELD CHAMPIONSHIPS – TEAM MANUAL

INDEX

1	Date and Venue-----	P3
2	AGE Groups -----	P3
3	Events and Programme -----	P3-4
4	Entries -----	P6-8
5	Bibs of the Competition -----	P8
6	Assistance to athletes -----	P8-9
7	Technical Information Center -----	P9
8	Technical Meetings -----	P9-10
9	Training Areas -----	P10-11
10	Competition Rules -----	P11
11	Medal Ceremony -----	P11-12
12	Technical Data -----	P12
13	Equipments and Implements -----	P13-17
14	Protest and Appeals -----	P17
15	Athletes Control Centre -----	P18-19
16	Custody of Clothing -----	P19
17	Entry and Exit from Competition Area -----	P19
18	Race Walk -----	P20
20	Anti Doping Control -----	P21
21	Results -----	P21-22

1. VENUE & DATE

1.1 Date: Friday (16:30) - Saturday, 15 - 16 March 2024

1.2. Venue: Msunduzi Athletic Stadium, Pietermaritzburg

2. ACTIVITY PROGRAMME

Date	Time	Activity	Responsibility
Sat, 09 Mar	17:00	Submission of FINAL ENTRIES	Clubs/Athletes
Wed, 13 Mar	16:00	FINAL check of entries and confirmation of entries	Organising Committee Team Manages Athletes
Thur, 14 Mar	09:00 – 12:00	Printing of final start lists and emailed to Team Managers/ Athletes	Technical Delegate Operations Volunteers
Frid, 15 Mar	16:30 – 19:00	Day 1 of the Athletics Competition	All
Sat, 16 Mar	06:00 – 17:00	Day 2 of the Athletics Competition	All

3. AGE GROUPS AND PROOF OF AGE

3.1 AGE GROUPS

The following age groups will participate at KZNA Senior Incorporating Under 23 Track and Field Championships

CATEGORY	ACTUAL AGE IN 2024
Senior	Born in 2008/1990 (16 -34 years on 31st in the year of competition)
(U23)	Born in 2004/2 (20 - 23 years on 31st Dec. in the year of competition)

NB: Field Events athletes who missed Sub Youth/ Youth and Junior Champs may also enter for the competition and will be considered for selection into KZN Sub Youth, Youth and Junior Team

3.2 PROOF OF AGE

- **Only athletes with a valid SA ID-number will be allowed to enter**
- Entries without an ID-number will not be accepted, and it will be returned to the Club.
- Team Managers must have the file organized in chronological order for all his/her athletes.
- The file must be presented to KZNA for verification, on request,
- Team Managers will be held responsible if an athlete is entered in the wrong age division and will **forfeit the athlete's medal.**

4. ELIGIBILITY TO PARTICIPATE AND BIBS OF THE COMPETITION

4.1 Eligibility to Participate

- Athletes must be members of a CLUB in good standing with the Provincial Federation.
- ALL athletes MUST be Licensed with TWO (2) 2024 PERMANENT Licence numbers.
- Athletes must bring along their Permanent Licence Numbers during the Championships
- Athletes must compete for their Club in their Club Colours.
- In order to stand a chance to be selected in a KZN Team athletes should have participated in at least TWO leagues events, **this does not mean that athletes cannot enter for the Championships**

4.2 Bibs of the Competition (WA TR 5.7)

- During registration, each Club/Team Delegate will receive ONE (1) Competition Number per athlete
- Competition Numbers must be worn ONLY on the front chest on top of the license number and the other licence number at the back.
- For jumping events athletes must wear Competition Numbers ONLY on the front chest on top of the licence number or at the back in case of High Jump and Pole Vault

- At the Call Room athletes will be given ONE (1) additional hip number for events up to and include 400m which they must affix in their right hip.
- For events longer than 400m athletes will be given TWO (2) hip(s) additional numbers which they must affix in their right and left hip.
- The hip number(s) must not be obscured.
- These bibs must be worn as issued and may not be cut, folded or obscured in any way.
- In running or walking events of 10,000 metres and longer, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals which appear on them
- **No athletes will be allowed to participate without bib number(s)**

5. EVENTS AND QUALIFYING STANDARDS

The following events will be organized for KZNA Provincial Track and Field Senior Championships in conformity with the Athletics South Africa Competition Rules and Regulations.

Senior & u23 MEN	Event	Senior & u23 WOMEN
X	100m	X
X	200m	X
X	400m	X
X	800m	X
X	1 500m	X
X	5 000m	X
X	10 000m	X
X (91,4 cm)	3 000m SC	X (76.2cm)
----	100 m Hurdles	X (83,8cm)
X (1.067cm)	110m Hurdles	----
X (91,4cm)	400m Hurdles	X (76,2cm)
X (7.260kg)	Shot Put	X (4kg)
X (1,5kg)	Discus Throw	X (2kg)
X (800g)	Javelin Throw	X (600g)

X (7.260kg)	Hammer Throw	X (4kg)
X (13m)	Triple Jump	X (11m)
X	Long Jump	X
X	High Jump	X
X	20 000m Walk	X

NB Athletes must participate in the event(s) they wish to represent KwaZulu-Natal, should they be selected.

Minimum Qualifying Standards for the 2024 ASA Senior Championships for KZN Team

QUALIFYING STANDARD SENIOR MEN AND WOMEN				
MEN		EVENT	WOMEN	
Senior	Under 23	-----	Senior	Under 23
10.60	10.70	100m	12.30	12.50
21.40	21.80	200m	25.00	25.50
48.00	49.00	400m	57.00	58.90
1:52.50	1:55.00	800m	2:15.00	2:17.00
3:52.00	3:59.50	1500m	4:40.00	4:52.00
14:22.00	15:00.00	5000m	17:44.00	18:30.00
30:25.00	32:10.00	10 000m	38:30.00	40:50.00
9:30.00	10:10.00	3000m SC	12:30.00	13:17.00
-----	-----	100mH	14.60	15.15
14.90	15.75	110mH	-----	-----
52.80	55.00	400mH	1:01.00	1:04.50
2.00m	1.95m	High Jump	1.65m	1.60m
4.40m	4.00m	Pole vault	3.20m	2.90m
7.10m	6.90m	Long Jump	5.40m	5.30m
14.50m	14.00m	Triple Jump	11.40m	11.00m
16.50m	14.50m	Shot Put	12.30m	11.70m
47.50m	43.50m	Discus Throw	44.00m	41.00m
54.00m	48.00m	Hammer Throw	50.00m	44.00m
62.00m	57.50m	Javelin Throw	42.00m	40.00m
-----	55.30.00	10.00km Walk	-----	01: 06:30.

6. TECHNICAL DATA

6.1 WEIGHTS AND IMPLEMENTS

MEN & UNDER 23	EVENTS	WOMEN & UNDER 23
7.260kg	Shot Put	4kg
1,5kg	Discus Throw	2kg
800g	Javelin Throw	600g
7.260kg	Hammer Throw	4kg
13m	Triple Jump	11m

6.2 BAR HEIGHTS

The following bar height will be applicable for the High Jump

GROUP	MEN		EVENTS	WOMEN	
	QS	SH		QS	SH
Senior	2.00m	1.90m	High Jump	1.65m	1,55m
Under 23	1.95m	1.85m		1.60m	1.50m
Senior	4.40m	4.20m	Pole vault	3.20m	3.00m
Under 3	4.00m	3.80m		2.90m	2.70m

6.3 HEIGHTS & DISTANCES BETWEEN HURDLES & NUMBER OF HURDLES & STEEPLE CHASE – 2023

MEN						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance: Last Hurdle to Finish	Total
Senior	110m H	1.067cm	13,72 m	9,14 m	14,02 m	10
	400m H	91,4 cm	45,00 m	35,00 m	40,00 m	10
	3000 SC	91,4 cm				

GIRLS/WOMEN						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance: Last Hurdle to Finish	Total
Women	100 m H	84,0 cm	13,00 m	8,50 m	10,50 m	10
	400 m H	76,2 cm	45,00 m	35,00 m	40,00 m	10
	3000 SC	76,2 cm				

7. EQUIPMENT AND IMPLEMENTS

- The organising committee will provide all equipment and implements.
- Those athletes who want to use their own Implements for the throws must hand them in for ASIZING purposes TWO (2) hours before their event at the assizing room.
- The Implement will be returned to the athlete at the finish of the competition.
- The implement must be collected from Assizing Room after the competition
- For events up to and include 400m athletes must use the starting blocks that will be provided by the organising committee.
- Implements will be available for the training sessions.
- All implements must comply with World Athletics Rules.

8. SUBMISSION OF ENTRIES

8.1 ENTRIES

- The CLOSING DATE for entries is **SATURDAY, 09 MARCH 2024** at 17:00.
- No Entries will be entertained after the closing date and more especially on the days of the competition.
- The entry fee will be **NINETY** rand (R90-00) which is **payable when submitting the Entry Form**
- Failure to enter by the CLOSING DATE will mean NO competition.
- 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 for competition purposes
- **Please verify your submission after you have forwarded it with KwaZulu-Natal Athletics on 031 312 9374**
- An athlete may participate in a maximum of 3 (THREE) Track Events and 2 (TWO) Field Events vice versa.
- Athletes will not be allowed to compete in two different age groups during the Championships.

- Below are the banking details of KZNA

Banking Details

KZN Athletics

Bank: FNB

Branch code: 210835

Account number: 62823881372

Reference: Name of Club/School + U23/S Champs

8.2 CONFIRMATION OF ENTRIES

- No entries will be taken on the day of the competition. It's a pre-entry event.
- Once the entries have been confirmed no more changes will be entertained.
- Track events take precedence over field events.

8.3 SIMULTANEOUS ENTRIES

- If the athlete is entered in both Track Event and a Field Event, or in more than one Field Event taking place simultaneous, the appropriate Referee may, for the one round of trials at a time, or for each trial in the High Jump allow an athlete to take their trial in an order different from that decided upon by the draw prior to the start of the competition.
- However, if an athlete subsequently is not present for a particular trial, it shall be deemed that they are passing once the period allowed for the trial has elapsed.
- In the Field Events, the Referee shall not allow an athlete to take a trial in a different order in the final round of trials but the Referee may allow an athlete to do so during any earlier round of trials.
- Further if the athlete has to go for another events, the athlete will join the other competitors where the athlete will find them

8.4 FAILURE TO PARTICIPATE

- An athlete shall be excluded from further participation in ALL further events (including other events in which they are simultaneously participating) in the competition, including relays, in cases where:

- ✚ final confirmation was given that an athlete would start in an event but then failed to participate;
 - ✚ an athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further;
 - ✚ an athlete failed to compete honestly with bona fide effort, the relevant Referee will decide on this and the corresponding reference must be made in the official results.
- However, a medical certificate, provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 6 of the Competition Rules or, if no Medical Delegate has been appointed, by medical doctor so designated by the Organisers, may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmations closed or after competing in a previous round but will be able to compete in further events

NB: Athletes, who withdraw from an event during the championships due to medical reasons, will only be considered for selection to represent KZNA, if cleared by a medical doctor and a fitness test was done under the supervision of KZNA Delegate

9. TIME TABLE

- Below is the Preliminary programme, the FINAL programme will be available in KZNA website by Thursday, 13 March 2023.
- Day 1 – Start at 16:30 and finishes at 20:25
- Day 2 – Start at 06:30 and finishes at 13:40

(Please attached the program here)

10. HEATS AND QUALIFICATIONS

- For some of the track events there will be heats and finals as follows.
 - If there are 4 heats, the first athletes in each heat plus 4 fastest times will go through the final
 - If there are 3 heats, the first 2 athletes in each heat plus 2 fastest times will go through the final

- If there are 2 heats, the first 3 athletes in each heat plus 2 fastest times will go through the final
- For 1500m if there are 2 heats, the first 6 athletes in each heat will go through the final
- All Field Events will be finals

11. RESULTS

11.1 Announcement of Results

- Results of each event will be announced as soon as possible.
- The results will be considered official from the moment they are announced.
- Announcers will draw the spectator's attention to the fact that results of certain events have already been displayed.
- Announcements will be made in English and IsiZulu.
- Copies of results will be displayed at the Technical Information Centre and at the Official results board.
 - Boys / Men = Blue
 - Girls / Women = Pink

11.2 Results Packages

- The types of results packages that will be available:
 - Immediate written results which will be placed in the T.I.C. pigeon box and displayed on notice boards, in the Stadium.
 - Electronic version sent directly to the email of the club. (Please make sure that you provide correct email address during registration)
 - Electronic version that will be posted on KZNA website, www.kznathletics.org.za

11. CALL ROOM PROCEDURE

11.1 Athletes Control Centre (Call Room)

- The Call Room for the athletes will be situated at the warm-up area.
- All athletes must report to the call-room.
- When the control has been completed an official will accompany the athletes to the final Control Point and Starting Area.
- Athletes call out times will be as follows:

Event	Call Room	Entry on the field
Field events	40-minutes before the start	20-minutes before the start

Track Events	40-minutes before the start	10-minutes before the start
Hurdles	35-minutes before the start	15-minutes before the start

- Technical officials at the Call Room will check:
 - Whether athletes are on the start list
 - Check whether the bib number/competition number correspond with the one on the start list.
 - Check whether athletes have correct hip number(s)
 - Check the club attire
 - Check the shoes
 - Check the bags of the athletes
 - Check that no electronic appliances such as radios, walkman, cordless phones, earphones etc. are not allowed in the competition area

11.2 Failure to Report to the Call Room(s)

- Subject always to any additional sanction under Rule 4.4 of the Technical Rules, and except as provided below, an athlete shall be excluded from participation in any event in which they are not present in the Call Room(s) at the relevant time as published in the Call Room schedule (see Rule 29 of the Competition Rules).
- They shall be shown in the results as DNR.
- The relevant Referee will decide on this (including whether the athlete may compete under protest if a decision cannot be made immediately) and the corresponding reference must be made in the official results.
- The official transport system or an error in the published Call Room schedule) may, after confirmation, be accepted by the Referee and the athlete may then be allowed to take part

12. TECHNICAL INFORMATION CENTRE

- The TIC will be located at Msunduzi Athletic Stadium in one of the rooms above the stands on northern side of the stadium.
- The main function of the Technical Information Centre is to establish a smooth link among each delegation, the Technical Secretary, the Local Organising Committee and the Technical Delegates concerning all technical matters.
- The T.I.C. will be responsible for the following: -
 - The programme
 - Entries Confirmation

- Appeals
- Urgent Technical matters to and from the Technical Delegate.
- Results
- Viewing of photo finish photo

13. PROTESTS AND APPEALS

13.1 Protest concerning the status of the athlete. (WA TR 8.1)

- Protest concerning the status of an athlete to participate in the competition must be made prior to the commencement of the competition, to the Technical Delegate.
- Once the Technical Delegate makes a decision, they shall be right of appeal to the Jury of Appeal.
- The athlete can be allowed to run “under protest” if the matter before the Jury of Appeal cannot be settled satisfactory.

13.2 Protests concerning the result or the conduct of an event (WA TR 8.2)

- Protests concerning the result or the conduct of an event shall be made within thirty minutes (30 min) following the official announcement of the results of the event.
- Any protest, shall in the first instance be made orally to the Referee concerned, either by the athlete himself or by someone acting on his behalf or by an official representative of the team
- The Referee concerned may decide on the protest or may refer the matter to the Jury of Appeal.
- If the Referee concerned makes a decision, there shall be a right of appeal to the Jury.

13.3 Procedure of Appeal

- An appeal to the Jury of Appeal must be made in writing on the appeal form which can be obtained at the T.I.C.
- It must be signed by a responsible official on behalf of the athlete and shall be accompanied by a **deposit of R500-00**, which will be forfeited if the protest is not upheld.
- A signed copy of the appeal form will then be presented to the official who submitted the protest on behalf of the athlete mentioning the official time the protest was registered, and the amount of money given and refunded.

- The Jury of appeal will give a written answer as soon as possible.
- A copy of which will be kept in the team's pigeon box at the T.I.C. and another one will be displayed on the T.I.C. Notice Board.

14 Medical (WA TR 6.1)

- Medical examination / treatment and/or physiotherapy may be provided either on the competition area itself by the official medical staff appointed by the Organisers and identified by armbands, vests or similar distinctive apparel
- or in designated medical treatment areas outside the competition area by accredited team medical personnel specifically approved by the Medical or Technical Delegate(s) for the purpose.
- In neither case shall the intervention delay the conduct of the competition or an athlete's trial in the designated order.
- Such attendance or assistance by any other person, whether immediately before competition, once athletes have left the Call Room or during competition, is assistance.
- Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant rules and regulation.
- Any athlete giving or receiving assistance from within the competition area during an event (including under Rules 17.14, 17.15, 54.10 and 55.8 of the Technical Rules) shall be warned by the Referee and advised that, if there is any repetition, they will be disqualified from that event. Note: In cases under Rules 6.3.1 or 6.3.6 of the Technical Rules, disqualification may be made without warning
- The Medical Delegate have the power to order an athlete to retire or withdraw from an event during the completion. (WA TR 6.1.4)
- First aid will be provided at the ground for minor accidents.
- Clubs/Teams will need to provide their own medical staff as well.
- If an athlete is referred to the hospital that must be done with immediate effect and the club of athlete concern will be liable for the cost.

15. Security

- There will be security in and around the stadium.
- Let us try and respect the instructions from security at all times.
- They are there to make our lives easy, so let's treat them with respect.

16. Doping control

- The anti-doping control may be conducted on all days of competition in accordance with the WA procedural guidelines for anti-doping control under the supervision of KZNA Anti-Doping Control Delegate and the SA Institute for Drug Free Sport.
- On receiving written notification of a test, the athlete will be permanently accompanied by an Anti-Doping Control chaperone and shall have to report to the Anti-Doping Control station within 60 minutes.
- Athletes will be allowed to first participate in any medal ceremony or press conferences before reporting to the Anti-Doping Control Station.
- Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and make them sign a consent form, will carry out the urine test.
- Athletes are entitled to be accompanied to the Anti-Doping Control Centre by one person of their choice. Personal identification must be presented.
- Any athlete who has not been selected for testing may request testing. Athletes concerned should report to the TIC and will then be escorted to the Anti-Doping Control Centre. Cost for such tests will be entirely the responsibility of the athlete's respective province

17. Custody of clothing

- Team Managers to take care of the clothing of their teams.
- There will be no basket carries at start as well as the finish of the race.
- Technical Officials are not allowed to look after athlete's clothing.

18. 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 distributed at the technical meeting.
- Please note that athletes must be dressed in their official uniform, track suit or club vest as the medal ceremony is part of the competition.
- Failure to comply with this rule will result in the athlete not being allowed to be part of the ceremony.
- Medals will be presented in descending order: Three., 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 honour this rule may lead to the confiscation of the medal.
- Athletes who do not honour 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:
 - Incapacitated as a result of an injury
 - or participating in another item.
- The Team Manager must present written proof of such exceptions to the Competition Manager.

19. SEATING ARRANGEMENTS

There will be no seating arrangements. You may sit anywhere.

20. ASSISTANCE TO ATHLETES

- In all races from 800 meters and above, intermediate times will be displayed on an electronic board located close to the finish line.
- In Running and Race Walking events of 5000m or longer, the Organisers may provide water and sponges to athletes if weather conditions warrant such provision. (WA TR 17.5.1)
- An athlete who receives or collects refreshment or water from a place other than the official stations, 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 a red card.
- The athlete shall then immediately leave the track. (WA TR 17.5.7)
- No coaches or team managers will be allowed in the infield however athletes will be allowed to communicate with their coaches outside the competition area (WA TR 6.4.1)

21. TECHNICAL DATA

21.1 Starting Blocks (WA TR 15.1)

- All athletes taking part in the Sprints, Hurdles and Relays must use starting blocks
- Starting blocks shall be used for all races up to and including 400m including Hurdles, Relays and shall not be used for any other race.
- When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, with the exception that, provided there is no obstruction to any other athlete, the rear part of the frame may extend beyond the outer lane line.
- Athletes must use the starting blocks that are being provided by the organisers of the competition.
- NO athletes must his/her starting blocks.

21.2 The Start (WA TR 16.2)

- Starter's Command (World Athletics Rule 162.2) will give command in ENGLISH.
- In races up to and including 400m, the commands shall be On your marks and Set.
- In races longer than 400m the command shall be On your marks.
- All races will be started by the report of the Starter s gun held upwards
- The start of the 800m event will be run in lanes until the athlete reaches the break-in-line.

21.3 False Start (WA TR 16.7)

- No fault start will be allowed

- An athlete, after assuming a full and final starting position, shall not commence their start until after receiving the report of the gun.
- If, in the judgement of the Starter (including under Rule 22.6 of the Competition Rules), they do so any earlier, it shall be a false start.
- In the case of a standing start, as any motion that results in one or both feet losing contact with the ground.
- If the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of their start, it shall also be a false start. (WA TR 16.8)

21.4 Timing and Photo Finish (WA TR 19.3)

- Photo Finish timing and Running Hand timing (back up) will be used.
- ONE race number per athlete will be issued during the competition, athletes must always wear the number in front (on the chest) except for High Jump where athletes can wear front (on the chest) or at the back.
- Number must be wear in their original shape and size properly secured on the four corners.
- ***Any athlete who does not respect these rules will not be allowed to compete.***

22. RACE WALK RACES

- When a Judge is not completely satisfied that an athlete is fully complying with Rule 54.2 of the Technical Rules, they should, where possible, show the athlete a yellow paddle with the symbol of the offence on each side
- When a Judge observes an athlete failing to comply with Rule 54.2 of the Technical Rules by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.
- Except as provided in Rule 54.7.3 of the Technical Rules, when three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and they shall be notified of this disqualification by the Chief Judge or a Chief Judge Assistants by either shown of red paddle.
- The failure to give notification shall not result in the reinstatement of a disqualified athlete.

Penalty Area (World Athletics Rule 230.7(c))

- For Race Walking events on track 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.
- The applicable period in the Penalty Area shall be as follows:

Races up to and including	Time
5 000m/ 5km	0,5min (30 sec)
10,000m/10km	1min

- An athlete who fails to enter the Penalty Area when required to do so, or do not remain there for the applicable period, shall be disqualified by the Chief Judge.
- If an athlete receives a third Red Card and it is no longer practicable to direct him to enter the Penalty Area before the end of the race, the Referee shall add the time he would have been required to spend in the Penalty Area to his finishing time and adjust the finishing order as may be necessary.
- If, at any time, the athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, he shall be disqualified.

23. TECHNICAL MANAGER'S OFFICE

- The office of the Technical Manager will be located at Msunduzi Athletics Stadium on the south of the stadium.

24. IDENTIFICATION OF OFFICIALS

- During the competition, the officials will be recognisable by means of different coloured shirts:
 - Meeting Manager and staff.....Green
 - Referees.....Blue
 - Starters.....Red
 - Technical Manager and staff.....Yellow
 - Judges..... White

25. GENERAL

- The competition will be conducted under KZNA/ ASA Rules.
- Athletes are not permitted to take any cassette recorders, cell phones, radios etc., into the competition area.
- No littering within the grounds will be allowed.
- Respect officials - poor behaviour etc. can result in suspension.
- No alcohol or glass bottles will be allowed at the stadium.
- Team Managers and Coaches are responsible for the good conduct and behaviour of their own athletes. Disciplinary action will be taken against any defaulting Province.
- Athletes will not be allowed to compete in any event if in the opinion of the officials, he/she is not suitably attired.
- No person, except technical officials, will be allowed within the arena. The same apply to athletes who are not participating.
- Only Team Managers may enter the competition area to launch a protest.
- Athletes must leave the arena immediately after they have completed their event.
- Track athletes must remain in their lanes after completing their event. Track judges will take them to the recording table.

GOOD LUCK WITH YOUR PREPARATIONS FOR OUR CHAMPIONSHIP