



Athletics
Gauteng North

AGN Senior Athletics 2021

Manual 2021

1. ASA Senior Track and Field Athletics Championships

The date of championships is taking place from the 15-17 April of 2021 at BestMed TUKS Athletics stadium

2. AGN Costs per athlete

There are no costs involved for Senior athletes

3. AGN Travel dates for ASA Seniors

The event will take place at BestMed TUKS Athletics stadium. Athletes must make use of their own transport as it is a local event.

4. AGN Team Management to ASA Senior Athletics Championships

The AGN team management will be the following:

Head of delegate:

- Sipho Shawe
- Manus Hendriks

AGN Commission

- Jerry Senekal Assistant manager

Compliance officers

- Danie Cornelius
- Elias Matjengi

Team Management

- General Manager: Janita Eva (Throws as well)
- Assistant General Manager Female: Fundi Hlobo
- Assistant General Manager Males: Jerry Senekal
- Team Manager Females: Maritza Coetzee (Hurdles)
- Team Manager Males: Hugo Badenhorst (High jump & Multi events)
- Middle distance coach: Ilse Wicksell
- Hurdle's coach: Riana Raath
- Sprints & relay coach: Nico van Heerden

- Throws coach: Janita Eva
- Javelin coach: Leon Rheeder
- Long and Triple jump: Neil Cornelius
- Walk coach: Chris Britz
- AGN office delegate: Harold Makola

Athletes please contact the following team management members regarding any issues:

- | | |
|--------------------|--------------|
| • Janita Eva | 082 920 7334 |
| • Fundi Hlobi | 082 295 3219 |
| • Jerry Senekal | 083 235 1689 |
| • Maritza Coetzee | 082 645 9448 |
| • Hugo Badenhorst | 083 675 3523 |
| • Nico van Heerden | 083 291 2377 |

5. AGN Attire & Rules

AGN Attire is available for all athletes to borrow or athletes can buy from XCO sport.

The following arrangements:

- AGN athletes must be present at medal presentation and please wear the AGN tracksuit
- Athletes please adhere to the ASA/World Athletics rules regarding attire/branding

6. AGN Relay teams

All AGN Athletes who were selected for the AGN Team, must please be available for relay teams (Not AGN Individual team)

The following arrangements:

- The relay teams will be announced on 12 April. The team will be placed on the WhatsApp group
- Relay teams which athletes will be selected for are 4 x 100m and 4 x 400m. All relays according to the provisional program is taking place on Saturday (17 April 2021)
- AGN have a tradition of doing well in relays, please support the relay teams.

7. AGN Team Changes/Withdrawals after due time to ASA

All AGN Athletes **we will not be able to add an athlete anymore**. We can assist however with the following:

- Additions until 6 April
- Athlete withdraw from the event (No longer participating)
- Athlete remove events
- No individual entries are allowed

8. AGN Team Communication

Communication will take place through WhatsApp groups for athletes, coaches, team management, AGN Office and parents.

Teams will be published here and all communication will be sent on these groups

These QR codes for WhatsApp groups will be available at the AGN Championships on 5 April 2021

We wish every AGN athlete to have an enjoyable experience at the ASA Senior Athletics track and field championships, we believe you will achieve the goal