



## **2021 TWIZZA ASA Track and Field Age Category (U16-U20) Championships**

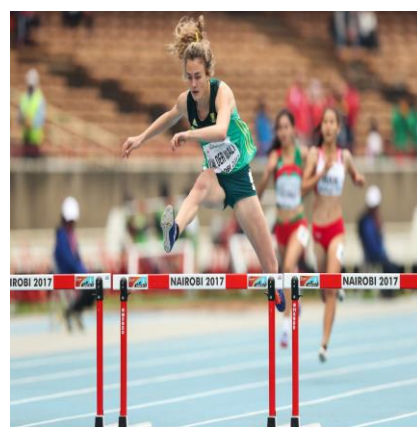
**07-10 April 2021**

**Hosted by Boland Athletics  
at Dal Josaphat Athletics Stadium**

# **Revised - TEAM MANUAL**

**For Provincial Team  
Managers and Team Coaches**

**This event takes place in  
accordance with WA and ASA  
Competition Rules**



## Table of Contents

1. VENUE .....	3
2. GENERAL .....	3
3. EVENTS PER AGE GROUP FOR THE 2021 CHAMPIONSHIPS .....	7
4. ASSISTANCE TO ATHLETES .....	8
5. ATHLETES CONTROL CENTRE .....	8
6. RECORDS .....	9
7. VICTORY CEREMONY .....	9
8. TECHNICAL DATA.....	9
9. TECHNICAL / TEAM MANAGERS MEETING.....	9
10. ANTI-DOPING CONTROL .....	10
11. MEDICAL SERVICES .....	11
12. PROTESTS AND APPEALS .....	11
13. TECHNICAL INFORMATION CENTRE .....	11
14. TECHNICAL MANAGER'S OFFICE .....	11
15. TECHNICAL OFFICIALS .....	11
16. VISITS TO THE STADIUM .....	12
17. SEATING ARRANGEMENTS .....	12
18. RESULTS .....	12

## 1. VENUE

- 1.1 The competition will take place at the Dal Josaphat Athletics Stadium, Paarl from Wednesday, 07 April 2021 to Saturday 10 April 2021.
- 1.2 The stadium has an eight-lane synthetic track around and a ten-lane track in the straight, with facilities for all athletics events.

## 2. GENERAL

- 2.1 The meeting will be conducted under the rules of World Athletics (WA) and ASA.
- 2.2 ASA Health and Safety Protocols (**Addendum A**) during Athletics Competitions will be followed. ASA Checklist to be Covid – 19 compliant for Training and Competition (**Addendum B**) is added to the Manual. All athletes and officials will complete a Health Questionnaire on the day prior to the competition which will be handled at the Covid – 19 Check point where everybody will be screened.
- 2.3 Deadline for submission of all entry forms from Provinces is Wednesday, 24 March 2021. **Please note that no hard copies will be accepted. Faxed or scanned entries will be rejected and the athletes will not be entered for the competition.**
- 2.4 The Championships are open for all ASA provincial members. Only athletes with a valid SA ID-number will be allowed to enter. This implies that all athletes should be registered members of a club and in possession of a 2021 ASA license number (or as determined by ASA).
- 2.5 Attached find **Addendum C** – (Revised) 2021 TWIZZA ASA T & F Age Category (U/16 - U/20) Championships Progressions & Time Table. **Addendum D** – Health Screening Questionnaire and **Addendum E** – ASA World U/20 Qualification System and Entry Standards (Updated July 2020).
- 2.6 Competition is for the following age groups only (WA Rule TR3):
  - 2.6.1 Only athletes aged 14, 15, 16, 17, 18, 19 in the year of competition may compete in their respective age group event.
  - 2.6.2 The maximum number of events in which an athlete in the age group 14 to 17 years in the year of competition can compete in during the championships is two (2) individual events plus the relays. If the two individual events are track events, only one of these events may be longer than 400m.
- 2.7 **Under 16** - 14 or 15 years on 31 December 2021 (born in 2007 or 2006)
- 2.8 **Under 18** - 16 or 17 years old on 31 December 2021 (born in 2005 or 2004)
- 2.9 **Under 20** - 18 or 19 Years old on 31 December 2021 (born in 2003 or 2002)

- 2.10 **Note: No athlete younger than 14, and/or older than 19 in the year of competition will be allowed to participate**
- 2.11 **Note: Athletes must participate in the event(s) they wish to represent South Africa, should they be selected.**
- 2.12 Entries without an ID-number, or a birth certificate in the case of athletes younger than 16 years, will not be accepted, and it will be returned to the Province. **Please have copies of ID documents/birth certificates available at number collection.**
- 2.13 **Implements:** Competitors may use their own implements, provided these are checked before competition by the Technical Manager. These implements can only be used by other athletes with the permission of the owner of the implement (competition specific rule). Personal implements, with the owner's name on it, must be handed in at the equipment room not later than 3 hours before the official starting time of the event. No competitor shall be permitted to take any implement into the arena. At the end of the competition, athletes shall leave the field carrying their own implements.
- 2.14 **Pole Vault:** Poles must be delivered at the Equipment Room no later than 3 hours before the official starting time of the event, or as the Technical Meeting decide. Each pole or bag must be clearly marked with the name and competition number of the athlete and the event no. After the inspection the Technical Staff shall deliver the poles to the competition area in time for the athlete's warm-up. At the end of the competition, athletes shall leave the field carrying their own poles.
- 2.15 Athletes are not permitted to have in their possession cell phones, cassette recorders, radio, iPods, MP3s etc., or any other communication device, in the competition arena (WA Rule TR6.3.2)
- 2.16 At the competition area before the beginning of the event, each field athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges (WA Rule TR25.1).
- 2.17 Once the competition has begun, competitors are not permitted to use implements, runways or circles for practice or warm-up purposes. (WA Rule TR25.2)
- 2.18 A competitor shall be excluded from further participation in the championships in cases where:
- 2.18.1 A final confirmation was given that the athlete would start in an event but then failed to participate. (WA Rule CR4.4.1)
- 2.18.2 He/she qualified in preliminary rounds or heats for further participation in an event but then failed to participate further. (WA Rule CR4.4.2)
- 2.18.3 **Note: Athlete who withdraw from an event during the championships due to medical reasons, will not be considered for selection to represent South Africa, for a period of 4 weeks after the championships, and a fitness test was done under the supervision of an ASA Delegate.**

## 2.19 Heats and Qualifications:

- 2.19.1 As soon as an athlete has achieved the qualification standard, he/she shall be requested to leave the field, accompanied by a Judge. All other athletes shall leave the field together, accompanied by a Judge when the event finishes.
- 2.19.2 In qualifying rounds of field events, if less than 12 competitors reach the required qualification standard, the first 12 and every competitor tying for the 12th place will be entitled to compete in the finals. In the 800m track events, 8 athletes and from 1500m and longer events, 12 athletes will go through to the finals.
- 2.19.3 In all field events and track events from and including 1500m, if only 15 competitors or less are entered for an event, there will be no qualifying rounds, and all competitors will go directly to the final.
- 2.19.4 Any athlete who is lapped by another athlete will be requested to leave the track until 8 athletes are remaining (ASA Rule 30).
- 2.19.5 There will be no qualifying standards set by ASA for the 2021 TWIZZA ASA T & F Age Category (U/16 - U/20) Championships. However, due to the duration of field events, there will be starting heights and starting distances in the qualifying rounds.

### 2.19.6 Field Events - Starting Heights and Starting Distances

Field Events - Starting Heights and Qualifying Distances	Male	Female
High Jump – U/20 starting height	1.90	1.60
High Jump - U/18 starting height	1.85	1.55
High Jump – U/16 starting height	1.80	1.50
Pole Vault - U/20 starting height	3.80	2.60
Pole Vault - U/18 starting height	3.60	2.40
Pole Vault - U/16 starting height	3.40	2.20
Long Jump – U/20 starting distance	6.70	5.20
Long Jump – U/18 starting distance	6.40	5.10
Long Jump – U/16 starting distance	6.10	4.80
Triple Jump – U/20 starting distance	14.00	11.40
Triple Jump - U/18 starting distance	13.60	11.20
Triple Jump – U/16 starting distance	13.20	10.10
Shot Put – U/20 starting distance	14.70(6kg)	11.20(4kg)
Shot Put - U/18 starting distance	14.20(5kg)	12.00(3kg)
Shot Put U/16 starting distance	14.20(4kg)	11.80(3kg)
Discus Throw – U/20 starting distance	44.00(1.75kg)	37.00(1.00kg)
Discus Throw – U/18 starting distance	46.00(1.5kg)	36.00(1kg)
Discus Throw – U/16 starting distance	36.00(1.0kg)	29.00m(1kg)
Hammer Throw – U/20 starting distance	42.50(6kg)	38.00(4kg)
Hammer Throw – U/18 starting distance	48.00(5kg)	39.00(3kg)
Hammer Throw – U/16 starting distance	34.00(4kg)	29.00(3kg)
Javelin Throw – U/20 starting distance	54.00(800g)	38.00(600g)
Javelin - U/18 - starting distance	56.00(700g)	40.00(500g)
Javelin - U/16 - starting distance	47.00(600g)	32.00(500g)

2.19.7 Team Managers must confirm the names and running order in writing, of the athletes participating in the various relay teams to the Meeting Secretary at least three (3) hours before each relay event takes place.

## **2.20 Publication of Results:**

**2.20.1 Due to Covid -19, the 2021 Championships will be paperless. The designated Service Provider will provide a LINK for results.** Draw list for each event (heats, qualifying rounds and finals) as well as the results of each event will be communicated via the LINK.

### **2.20.2 Participation and Entry Fee:**

2.20.2.1 The entry fee for athletes at this Championship will be:

2.20.2.2 Provincial Entries: R50

### **2.20.3 Spectator entry fee:**

**2.20.3.1 Due to Covid -19, no entrance fees will be charged during the 2021 Championships as NO SPECTATORS will be allowed and only 250 people will be allowed inside the stadium at one given time.**

### **2.20.4 Payment of entry fees**

Entry fees are payable directly to Boland Athletics into the following bank account:

- Bank Name: Standard Bank
- Branch: PAARL
- Branch Code: 050210
- Account Name: Boland Athletics
- Account Number: 072179503
- Account Type: Cheque Account
- Reference: "Members Name" & 2021 ASA Age Group Champs
- Note: Please provide proof of payment with your entries.

### **2.20.5 Closing date for entries**

2.20.5.1 The closing date for provincial entries is by the close of business on Wednesday, 24 March 2021.

2.20.5.2 Provincial entries must be done on the attached entry form and must be forwarded to the ASA office for attention of **Durell JeJane (DurellJ@athleticsa.co.za)**.

**2.20.5.3 PLEASE KINDLY NOTE THAT PENALTIES WILL BE CHARGED TO ALL LATE ENTRIES**

## 2.21 SELECTION OF SOUTH AFRICAN TEAMS

2.21.1 A team will be chosen for the CAA African U/18 & U/20 championships at a venue still to be announced.

2.21.2 Two athletes per event will be chosen for these championships.

### 3. EVENTS PER AGE GROUP FOR THE 2021 CHAMPIONSHIPS

Male			Item	Female		
u/16	u/18	u/20		u/16	u/18	u/20
X	X	X	100m	X	X	X
X	X	X	200m	X	X	X
X	X	X	400m	X	X	X
X	X	X	800m	X	X	X
X	X	X	1500m	X	X	X
X	X	X	3000m	X	X	X
-	-	X	5000m	-	-	X
-	-	-	10000m	-	-	-
X (76,2cm)	-	-	1500m SC	X (76,2cm)	-	-
-	X (83.8cm)	-	2000m SC	-	X (76,2cm)	-
-	-	X (91,4cm)	3000m SC	-	-	X (76,2cm)
-	-	-	90 m Hurdles	X(76,2cm)	-	-
X(83.8cm)	-	-	100 m Hurdles	-	X (76,2cm)	X (83,8cm)
-	X (91,4cm)	X (99,1cm)	110m Hurdles	-	-	-
X (83.8cm)	-	-	300m Hurdles	X (76,2cm)	-	-
-	X (83,8cm)	X (91,4cm)	400m Hurdles	-	X (76,2cm)	X (76,2cm)
X (4kg)	X (5kg)	X (6kg)	Shot Put	X (3kg)	X (3kg)	X (4kg)
X (1kg)	X(1,5kg)	X (1,75kg)	Discus Throw	X (1kg)	X (1kg)	X (1kg)
X (600g)	X (700g)	X (800g)	Javelin Throw	X (500g)	X (500g)	X (600g)
X (4kg)	X (5kg)	X (6kg)	Hammer Throw	X (3kg)	X (3kg)	X (4kg)
X	X	X	Long Jump	X	X	X
X (9m)	X (11m)	X (13m)	Triple Jump	X (9m)	X (11m)	X (11m)
X	X	X	High Jump	X	X	X
X	X	X	Pole Vault	X	X	X
X	-	-	Medley Relay	X	-	-
X	X	X	4*100m Relay	X	X	X
-	X	X	4*400m Relay	-	X	X
-	-	X	4*400m Mix Relay	-	-	X
X	-	-	5000m Walk	X	X	-
-	X	X	10000m Walk	-	-	X

#### 4. ASSISTANCE TO ATHLETES

- 4.1 At all races from 800 meters and above, intermediate times will be displayed on an electronic board located close to the finish line.
- 4.2 In Track Events of 5000m and longer water will be provided to athletes on the track if weather conditions warrant it. (WA Rule TR17.15)
- 4.3 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 Rule TR6.4.1)

#### 5. ATHLETES CONTROL CENTRE

- 5.1 The call room for the athletes will be situated at the warm up area. All athletes must report to the call-room. If an athlete is entered in both track and field events which takes place simultaneously, the Team Manager must report this to the Control Room at least one (1) hour prior to the start of the first event.
- 5.2 When the control has been completed an official will accompany the athletes to the waiting area and final control point.
- 5.3 Only athletes and official team managers will be allowed in the call room (i.e. no parents, coaches etc.)
- 5.4 Athletes call out times will be as follows:

Event	Call Room	Entry on the field
Field events	60-minutes before the starting time	35-minutes before the starting time [except for Pole Vault]
Pole Vault	80-minutes before the starting time	65-minutes before the starting time
Track events	35-minutes before the starting time	10-minutes before the starting time
Hurdles	35-minutes before the starting time	15-minutes before the starting time

- 5.5 At registration, 2 bib numbers will be issued to each athlete. During the competition, athletes must always wear the numbers in their original shape and size properly secured on the four corners with the exception of the Pole Vault and High Jump, Long Jump and Triple Jump athletes where only one number is compulsory (WA Rule TR5.7 & 5.8) Any athlete who does not respect these rules will not be allowed to compete.



5.6 Competitors taking part in track events might be given a supplementary number which they must attach on the right hip. (WA Rule TR5.10)

5.7 Custody of Clothing:

5.1.1 All competitors competing in track events will receive a basket at the start for his/her clothes. Basket carriers will take the basket to the mixed zone. There will be a lane mark on each basket in order to make it easier for the athletes to locate their basket after the event.

## 6. RECORDS

6.1 Provincial teams are requested to provide the TIC with a list of provincial records for each event. If provincial teams want a provincial record ratified this must be arranged with the competition secretary and where anti-doping control is required the provincial teams will be responsible for the cost of those test. It is advisable that provincial team managers provide the TIC with their provincial record application forms at the Technical Meeting.

## 7. VICTORY CEREMONY

Due to Covid -19, there will be no victory ceremony at the 2021 championships. Medals will be packed according to province and team managers can collect these after each day. More information will be provided at the team mangers meeting.

## 8. TECHNICAL DATA

8.1 Electronic timing will be used, and hand timing will be provided as a back- up.

8.2 A video recording will be used as back-up for Place Judges and during appeals

8.3 The measurement of distances at the field events shall be by means of a fiber measuring tape, but all records will be measured by a steel measuring tape. We are also looking at introducing laser measuring devices at these Championships for all field events

8.4 The starting heights for High Jump and Pole Vault are given under 2.19.5.

## 9. TECHNICAL / TEAM MANAGERS MEETING

9.1 The Technical/ Team Managers Meeting will take place as follows:

9.1.1 **Date:** Tuesday, 06 APRIL 2021

9.1.2 **Time:** 17:30

9.1.3 **Venue:** Dal Josaphat Athletics Stadium, PAARL

- 9.2 The Meeting will be open by the Track and Field Chairperson and chaired by the ASA Technical Delegate. The following officials or delegates should be in attendance: -
- 9.2.1 One (1) representative from each Province (17);
  - 9.2.2 The Competition Management (2);
  - 9.2.3 The members of Jury of Appeal (1);
  - 9.2.4 All National Technical Officials and Referees (3);
  - 9.2.5 Representatives of the LOC (1);
  - 9.2.6 ASA Delegates (1).
  - 9.2.7 Total 25
- 9.3 All team managers must collect their team's race numbers from 12h00 – 16h00 on Tuesday 06 April 2021 at the Dal Josaphat Athletics Stadium. Final confirmation of athletes entered must be given at that time. Any withdrawals and corrections should also be addressed during that time as no further corrections will be accepted at any day after the commencement of the competition. No late entries will be accepted after 24 March 2021.
- 9.4 We want all Provinces that will register relay teams to pay an amount of R500 per team and it will be refunded after your team has participated in the relay.**
- 9.5 Any further withdrawals of athletes for specific events must be done by 16:00 on the day prior to the completion, as draw sheets will then be compiled for the next day of competition.

## **10. ANTI-DOPING CONTROL**

- 10.1 Anti-doping control will be conducted on each day of competition in accordance with the WA Procedural Guidelines for Anti-doping Control under the supervision of ASA Anti-doping Control Delegate and the SA Institute for Drug Free Sport.
- 10.2 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.
- 10.3 Athletes will be allowed to first participate in any medal ceremony or press conferences before reporting to the Anti-doping Control Station.**
- 10.4 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.

- 10.5 Athletes are entitled to be accompanied to the Anti-doping Control Centre by one person of their choice. Personal identification must be presented.
- 10.6 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.

## **11. MEDICAL SERVICES**

- 11.1 A full emergency medical service with an ambulance will be available at the stadium.
- 11.2 Physiotherapists will be available at the medical centre and at the warm up area.
- 11.3 Athletes who belong to a medical scheme must bring their membership cards in case they are required due to injuries.

## **12. PROTESTS AND APPEALS**

- 12.1 Protest shall be made in accordance with WA Rule TR8. During the course of the event an athlete or his/her team manager may lodge a verbal protest to the appropriate Referee.
- 12.2 All appeals must be made in writing on the prescribed appeal form, which can be obtained from the Technical Information Centre (TIC). All appeal forms must be signed by the athlete or team manager.
- 12.3 The appeal must be submitted to the TIC, accompanied by a deposit of R500, no later than 30 minutes after the official announcement of the results, which is the defined time when the result are posted on the official website and social media (WhatsApp).

## **13. TECHNICAL INFORMATION CENTRE**

- 13.1 The TIC will be located in the main stadium.

## **14. TECHNICAL MANAGER'S OFFICE**

- 14.1 The office of the Technical Manager is located at the stadium.
- 14.2 The Assizing room is situated under the main pavilion of the stadium and will be clearly marked.

## **15. TECHNICAL OFFICIALS**

- 15.1 Due to the restriction of people in the stadium it is recommended that Provinces nominate a maximum of 3 Technical Officials to officiate at the championships.
- 15.2 These Technical Officials must be part of the provincial team, their travelling and accommodation will be the responsibility of their respective province.

- 15.3 ASA will be responsible for the remuneration of the Technical Officials for all days of competition.
- 15.4 Please submit the names of your Technical Officials on the form supplied, with their preferred placing. Technical Officials will not necessary be placed as preferred.
- 15.5 The dress code for the championships will be a white golf shirt and a ~~dark blue or~~ black pants or skirt.
- 15.6 Technical Officials must report 90 minutes before the start of competition on each day of the championships

## **16. VISITS TO THE STADIUM**

- 16.1 A visit to the stadium shall be organized for Team Managers to show the exact location of the main facilities.
- 16.2 The visit shall take place at 15h00, before the Technical Meeting on Tuesday, 06 April 2021.
- 16.3 No warm ups or practicing will be allowed on the track on the eve of competition. The warm up area will be available to athletes.
- 16.4 Covid – 19 Protocols will be followed during this exercise (wear of masks/sanitizing/social distance).

## **17. SEATING ARRANGEMENTS**

- 17.1 No spectators will be allowed and there will be NO provisional seating for athletes and Team Managers.

## **18. RESULTS**

- 18.1 Results will be posted on the LINK provided as soon as it is available. A complete set of results will be e-mailed to all provinces after the last day of the championships. Results will only be available on the internet LINK provided during the Technical and Managers Meeting on 06 April 2021.

**Good Luck to all teams and enjoy the 2021 Championships!**  
.....