TEAM MANUAL

ASA U/7, U/9, U/11 & U/13 Track & Field National Championships

Friday - Saturday: 04-05 December 2026

NWU McArthur Stadium, 71 Beyers Naude Ave, Potchefstroom, 2520

HOST PROVINCE

ACNW

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

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1. VENUE

1.1 The championship will take place at **NWU McArthur Stadium, 71 Beyers Naude Ave, Potchefstroom, 2520** from **Friday, 04 December 2026 to Saturday, 05 December 2026.**

1.2 The stadium has 10 lanes for sprints and an eight-lane synthetic track around, with facilities for all athletics events.

2. GENERAL

2.1 The meeting will be conducted under the rules of World Athletics (WA) and Athletics South Africa (ASA).

2.2 Deadline for electronic submission of all entry forms from Provinces is **Tuesday, 24 November 2026 by 12H00**. **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**. Each province may enter up
to 5 entries per event per age group. **No individual entries**.

2.3 The ASA U7, U9, U11 & U13 Track & Field championship is open for all ASA provincial members. Only athletes with **a valid SA birth certificate** will be allowed to enter. This implies that all athletes should be registered members of a club and be in possession of a 2026 ASA license number and be a South African Citizen.

2.4 The Competition is for the following age groups only (WA Technical Rule 3.1):

2.4.1 Only athletes aged 6, 7, 8, 9, 10, 11, 12 or 13 on 31 December 2026 (born in 2013, 2014, 2015, 2016, 2017, 2018, 2019 and 2020) may compete in their respective age group events.

2.4.2 The maximum number of events in which an athlete can compete in during the championships is three (3) events. The new multi events (Triathlon and Pentathlon) count as their own event. *(See 4.1)*

2.5 **7 Age Group** - 6 or 7 years on 31 December 2026 **(born in 2020 or 2019)**

2.6 **9 Age Group** - 8 or 9 years old on 31 December 2026 **(born in 2018 or 2017)**

2.7 **11 Age Group** - 10 or 11 Years old on 31 December 2026 **(born in 2016 or 2015)**

2.8 **13 Age Group** – 12 & 13 Years old on 31 December 2026 **(born in 2014 and 2013)**

2.9 Entries without a South African identity number will not be accepted, and it will be returned to the Province. **Please have copies of birth certificates available at the team managers' meeting on 3 December 2026.**

2.10 **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, event number and event name on it, must be handed in at the equipment room not later than 3 hours before the official starting time of the event. Should the event be within the first two hours of the program, the implement must be handed in the previous day. 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.

2.11 Athletes are not permitted to have in their possession cell phones, cassette recorders, radio, iPods, MP3s etc., or any other communication device, including smart watches, in the competition arena (WA TR 6.3.2).

2.12 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 TR 25.1).

2.13 Once the competition has begun, competitors are not permitted to use implements, runways or circles for practice or warm-up purposes (WA TR 25.2).

2.14 All competition shoes must comply with the World Athletics Technical Rules (TR 5.2) and the Athletic Shoe Regulations approved by the World Athletics Council on 22 December 2021. Where any Referee has a reasonable suspicion that a shoe worn by an athlete in a competition might not comply with the letter or the spirit of the Rules, the Referee may request, and the athlete must immediately hand over the shoe to the Referee at the conclusion of the event, for further investigation (WA Shoe Regulation 14.7).

2.15 A competitor shall be excluded from further participation in the championships in cases where:

2.15.1 A final confirmation was given that the athlete would start in an event but then failed to participate (WA TR 4.4.1).

2.15.2 He/she qualified in preliminary rounds or heats for further participation in an event but then failed to participate further (WA TR 4.4.2).

2.16 **Heats and Qualifications:**

2.16.1 All events 60m to 200m, Boys and Girls, will be heats and finals accept hurdle events. Best 8 will participate in finals.

2.16.2 Best 12 times during Middle distance events that have finals will participate in final.

2.16.3 Field events with finals will have an automatic height / distance for participating in final Best 12 athletes will be participating in final, except if there is a tie for the 12th position.

Field events qualifying distances / heights for finals	**Male**	**Female**
Shot Put - 13	**12.53m**	**11.79m**

High Jump - 13	**1.58m**	**1.54m**
Long Jump -13	**5.70m**	**4.98m**
Javelin Throw – 13	**40.67m**	**36.95m**

2.16.4 Due to the duration of Vertical Jump events, there will be starting heights.

Field Events - Starting Heights for Vertical Jump events

Vertical Jumps - Starting Heights	**Male**	**Female**
High Jump – 11 - starting height	**1.24**	**1.18**
High Jump – 13 - starting height	**1.37**	**1.30**
Pole vault – 13 -starting height	**1.70**	**1.40**

2.17 **Publication of Results:**

The designated Service Provider will provide a LINK for results and the results will be paperless. Draw list for each event (heats and finals) as well as the results of each event will be communicated via the LINK.

2.18 **Participation and Entry Fee:**

2.18.1. **Athletes, Team Management and Team Coaches**

[redacted]

Please note that AGN will enter the AGN Team

[redacted]

2.18.2 **Spectators**: The spectator fee is **R50.00** for primary school children and **R70** per person/day. Children under 6 years old are free. Entrance will be at Main Gate. All spectators will buy a

ticket at the gate and card facilities will be available.

2.19 Closing date for entries

2.19.1 The closing date for **<u>Provincial Entries</u>** is by the close of business (12:00) on **Tuesday, 24 November 2026.** (Please adhere to ASA Qualification standards and rules set out in manual).

2.19.2 **PLEASE KINDLY NOTE THAT A PENALTY OF R1500 WILL BE CHARGED FOR ALL LATE ENTRIES.**

3. EVENTS PER AGE GROUP FOR THE 2025 ASA TRACK & FIELD CHAMPIONSHIPS - AGE CATEGORY (U/7 - U/13)

MINIMUM QUALIFYING STANDARDS

ITEM	GIRLS 7	GIRLS 9	GIRLS 11	GIRLS 13	BOYS 7	BOYS 9	BOYS 11	BOYS 13
60M	10,00 - I 10,25 -C	9,10			9,60 – I 9,80 - C	9,00		
80M	13,00	11,80	11,00-I 11,20-C		12.80	11,50	10,90 - I 11,00 – C	
100M			13,80-I 13,90-C	13,00			13,55	12,00
200M				27,20				25,20
400M	1:45.00				1:40.00			
600M		2:04,00				1:58,00		
800M				2:30,00				2:18,00
1200M			4:19,20				4:02,10	
1500M				05:20,00				04:50,30
1500MW				9:45,00				9:40,00
70MH			12.20				11,70	
75MH				12,13				
80MH								12.30
200MH				31,20				29,00
TURBO JAV		18.00	20.00			21.00	24.50	
JAV				30.00				35.55
HJ			1.30	1.50			1.32	1.55
LJ			4.20	4.60			4.30	5.30
SP			10.10	10.72			11.10	11.20
DIS				34.00				36.00
POLE VAULT				1.60				2.00
TRIATHLON			1050P				1150P	
PENTATHLON				2050P				2250P

4. PROGRAM

Attached as annexure A

NB!- 400m B7/G7 will start on the curve.

4.1 Multi events

Triathlon athletes may participate in one (01) individual event on the Saturday but not on the Friday.

Pentathlon events may not participate in extra individual events on the Friday or Saturday.

5. ASSISTANCE TO ATHLETES

5.1 At all races from 800 meters and above, intermediate times will be displayed on an electronic board located close to the finish line. This time must not be perceived as the official time.

5.2 No Coaches or Team Managers will be allowed in the competition area however, athletes will be allowed to communicate with their coaches who are on the outside of the competition area (WA TR 6.4.1)

6. ATHLETES CONTROL CENTRE

6.1 The gathering point for the athletes will be situated at the warmup area. All athletes must report to the gathering point. If an athlete is entered in both track and field events which take place concurrently, the Team Manager must report this to the Control Room at least one (1) hour prior to the start of the first event.

6.2 When the control has been completed an official will accompany the athletes to the call room.

6.3 Only athletes and official Team Management will be allowed in the call room (i.e. no parents, personal coaches etc.).

6.4 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
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

6.5.1 At the call room, 2 hip numbers will be issued to each athlete. These numbers must be worn on the athlete's pants and be visible, thus vests that cover the numbers will need to be tucked in.

6.5.2 During the competition, athletes must always wear the 2026 ASA numbers, these will serve as the competition bibs, in their original shape and size, properly secured on the four corners with the exception of athletes in the Jumping Events where only one number is compulsory (WA TR 5.7). **Any athlete who does not respect these rules will not be allowed to compete.**

6.6 **Custody of Clothing**:

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.

7. RECORDS

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.

8. VICTORY CEREMONY

8.1 The first three athletes in each final event must report to the victory ceremonies area 30 minutes before the time of the victory ceremony. The victory ceremony will be held according to the victory ceremony program distributed at the technical meeting.

8.2 Please note that athletes must be dressed in their provincial colours (full track suit and tekkies), as the victory ceremony is part of the competition. Failure to comply will result in the athlete not being allowed to be part of the ceremony (WA TR 5.1).

9. TECHNICAL DATA

9.1 Electronic timing will be used, and hand timing will be provided as a back- up. Back up Electronic timing will be available.

9.2 A video recording may be used as back-up for Track Judges and during appeals.

9.3 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.

9.4 The starting heights and increments for High Jump will be confirmed at the Technical Meeting.

9.5 Starting blocks will be provided to athletes (8 years old and older) by the stadium. No private blocks may be used.

10. TECHNICAL / TEAM MANAGERS' MEETING

10.1 The Team Managers' Meeting will take place as follows:

Date: Thursday, 03 December 2026
Time: 16:00 – 17:00
Venue – Koos Snyman Hall - Luiperds Rugby Union

10.2 All Team Managers must collect their team's arm bands from **12:00 – 15:30** on Thursday, 3 December 2026 at Koos Snyman Hall - Luiperds Rugby Union.
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 on any day after the commencement of the competition. No late entries will be accepted after 3 December 2026.

10.3 The Technical officials Meeting will take place as follows:

Date: Friday, 04 December 2026
Time: 08:30 – 10:00 NWU McArthur Stadium – Gelderblom Hall

The following officials or delegates should be in attendance:

- Technical Delegate(s)
- The Competition Management
- The members of Jury of Appeal
- All National Technical Officials and Referees
- Representatives of the LOC
- ASA Delegates

Provinces must provide a list of officials with special dietary requirements.

10.4 Any further withdrawals of athletes for specific events must be done by 16:00 on the day prior to the competition, as draw sheets will then be compiled for the next day of competition.

11. ANTI-DOPING CONTROL

11.1 SAIDS will conduct Anti – Doping Educational Program

12. MEDICAL SERVICES

12.1 A full emergency medical service with an ambulance will be available at the stadium.

12.2 Athletes who belong to a medical scheme must bring their membership cards with, in case they are required due to injuries.

13. PROTESTS AND APPEALS

13.1 Protest shall be made in accordance with WA Technical Rule 8. During the course of the event an athlete or his/her Team Manager may lodge a verbal protest to the appointed and appropriate Referee.

13.2 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 Team Manager.

13.3 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 results are posted on the official Results links.

14. TECHNICAL INFORMATION CENTRE

The TIC will be located in the main stadium. The precise location will be communicated during the team managers' meeting.

15. TECHNICAL MANAGER'S OFFICE

15.1 The office of the Technical Manager is located at the stadium.

15.2 The Technical Manager's / implements weighing and measuring room is situated under the main pavilion of the stadium and will be clearly marked.

16. TECHNICAL OFFICIALS

16.1 Provinces are requested to nominate a minimum of 3 and a maximum of 5 Technical Officials to officiate at the championships. Not all nominated Technical Officials will be necessarily placed. The deadline to submit the names of the technical officials is **19**

November 2026 by 12H00 to TechnicalOfficials@athleticssa.co.za

16.2 These Technical Officials must be part of the provincial team; their travelling and accommodation will be the responsibility of their respective province.

16.3 **Hosting province will be responsible for the remuneration of the Technical Officials for all days of competition.**

16.4 Please submit the names of your Technical Officials on the form supplied, with their preferred placing and dietry needs, i.e. halaal, kosher, etc. Technical Officials will not necessarily be placed as preferred.

16.5 The dress code for the championships will be a white golf shirt and black pants or skirt.

16.6 Technical Officials must report 90 minutes before the start of competition on each day of the championships.

17. SAFEGUARDING

17.1 A safeguarding meeting will be held during the Championship.

17.2 Provinces must forward the name and certificate of the person who is appointed as the safeguarding Officer of their team to ASA.

18. VISITS TO THE STADIUM

18.1 A visit to the stadium shall be organized for Team Managers to show the exact location of the main facilities.

18.2 The track will be available to athletes and coaches on Thursday, 3 December 2026, from 14:00 to 17:00 for visiting. No training may take place.

19. SEATING ARRANGEMENTS

Athletes and Team Managers will be seated in the stadium in areas designated for such. Details will be available at the Technical / Team Managers' Meeting.

20. ACCESS CONTROL (Disaster Management Regulations)

Note: Event Accreditation will be available at the registration table prior to the event. All requests for accreditation must be submitted by provincial federations to ASA at the date and time that will be communicated.

20.1 Athletes and Team Managers will be provided with event accreditation.
20.2 All affiliated coaches will be provided with event accreditation.

20.3 All stadium staff and Technical officials will be provided with event accreditation.
20.4 All Stakeholders and guests will be provided with event accreditation.
20.5 All service providers will be provided with event accreditation upon entry and exit of the facility.
20.6 All media representatives will be provided with event accreditation.

21 PARKING

Secure parking will be available at the stadium for Spectators at Entrance Gate, for a fee of R30 per car per day.

VIP Entrance will be at Boom Gate and Busses, entrance from south, graveyard side.

Parking on the west side of pavilion and in front of A and B rugby field, will be for LOC, Technical Officials and VIP's. Buses and parents will park in street or open area at Boys High School Sport grounds opposite Leopards Rugby Stadium.

22. ACCOMMODATION

Each province is responsible for travel and accommodation for their team.

Recommended Accommodation Options

- NWU Sports Village
- Astrovilla
- Presidensie Guest Rooms
- Beesdam Guesthouse
- Camelot Guest House & Apartments
- The Oak Potch Guesthouse
- Adato B&B Guest House
- Grey Manor Guesthouse
- The Willows Garden Hotel
- Sunset Manor Guest House
- Opstal Guesthouse
- Road Lodge Potchefstroom