

45TH FREE STATE MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIP
MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN
11 NOVEMBER 2017

**PROGRAM:
TRACK**

**PROGRAM:
FIELD**

07:30	10 000m	Open, Men & Women
08:30	5 000m Walk	Open, Men & Women
09:30	200m	Open, Men & Women
10:30	3 000m Steeplechase	Open + Men
10:50	2 000m Steeplechase	Open, Men & Women
11:05	1 500m	Open, Men & Women
11:45	110m Hurdles	Open & Men
12:00	100m/90/80m Hurdles	Open, Men & Women

08:00	Hammer Weight Throw Shot Put Long Jump	Men Open – 49 Men 50+ Women + Open Men Open – 49
09:30	Shot Put Greek Discus Hammer Pole Vault	Men Open – 49 Men 50+ Women + Open Open, Men & Women
11:00	Greek Discus Hammer Javelin Triple Jump High Jump	Men Open – 49 Men 50+ Women + Open Men + Open Women + Open

LUNCH: 12:30 - 13:15

Fun 50m for grandmothers/grandpa's and granddaughters/grandsons
Performance by Free State Cheerleaders

13:15	800m	Open, Men & Women
13:45	400/300/200m Hurdles	Open, Men & Women
14:15	100m	Open, Men & Women
15:10	1500m Walk	Open, Men & Women
15:30	400m	Open, Men & Women
16:00	5 000m	Open, Men & Women
16:45	4 x 400m Relay Women (No age restriction) 4 x 400m Relay Men (No age restriction) 4 x 100m Mixed Relay for families (2 men, 2 women – No age restriction) 4 x 100m Relay Women (No age restriction) 4 x 100m Relay Men (No age restriction)	

13:15	Weight Throw Javelin Discus Long Jump	Men Open – 49 Men 50+ Women + Open Men 50+
14:45	Javelin Discus Weight Throw High Jump Long Jump	Men Open – 49 Men 50+ Women + Open Men + Open Women + Open
16:15	Discus Shot Put Greek Discus Triple Jump	Men Open – 49 Men 50+ Women + Open Women + Open

Sponsored by:



KONICA MINOLTA



45TH FREE STATE MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIP
MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN
11 NOVEMBER 2017

GENERAL INFORMATION

- Link to online entry form: <https://goo.gl/forms/T15ln8RUUyCHWFpT2>.
- Link to enter online for the relays: <https://goo.gl/forms/lChNx3gcY7seyQuP2>.
- This championship is a qualifying event for the 2018 Commonwealth Games.
- Temporary license numbers to be collected at the Officials Hall (**PLEASE BRING OWN PINS**).
- Entries, as well as medals, are unlimited per athlete.
- Medals will be awarded to first three athletes in each age group. Medals will only be issued to **relay teams** that paid entry fees.
- Ensure that, when entering, your items do no clash. Participation will take place as prescribed by the rules laid down by SAMA, WMA, ASA and IAAF (where applicable).
- Please bring own starting blocks.
- **No entries will be allowed on the day of competition, except for the relay teams.**
- **The onus is on the athlete to do the paperwork in the case of an SA record.**

- **Athletes must wear their ASA numbers on the front and back as per ASA rules. (For Masters Athletes:** In all throwing events only one competition number (bib) is required, which shall be worn on the back.) In events where there are more than 10 entries, the age groups will be split, i.e. If more than 10 entries in group Open - 49, then the group Open - 39 followed by 40-49. This will apply to all groups.

NB: *SUB JOUTH U/16 (15 YRS AND YOUNGER); JOUTH U/18 (16, 17 YRS); AND JUNIORS U/20 (18, 19 YRS), AS WELL AS ATHLETES 20 - 29 YEARS (OPEN) WILL ALSO BE ALLOWED TO PARTICIPATE. MEDALS WILL ALSO BE AWARDED. PLEASE INDICATE AGE GROUP.*

NB: ELECTRONIC TIME AVAILABLE!!!

ENTRIES

Entries close on **3/11/2017**. **NO late entries, as well as entries without bank deposit slips will be accepted. All late entries will be charged a penalty fee of R100-00 apart from the entry fees.** Should we receive an entry without the necessary bank deposit slip, **that entry will not be processed.**

Please ensure that your ASA licence nr and date of birth are filled in on your entry form.

PLEASE ENTER YOUR NAME ON THE DEPOSIT SLIP AS A REFERENCE!!!

Fax entry forms and bank deposit slips to **FAX no: 086 535 8509** or e-mail to vrystaatmeestersatletiek@gmail.com.

Please make sure that we have received your entry form, as we cannot take responsibility for entries not received.

Cheques to be made out to **Free State Masters Athletics / Vrystaat Meesters Atletiek.**

ACCOMMODATION AVAILABLE AT:

Huis Magrietjie	Tel no: 051-522 4128
Shalom Guesthouse	Tel no: 051-522 2137
Linga Longa Guesthouse	Tel no: 051-522 7713
Scholtzstraat Guesthouse	Tel no: 051-522 2611
Wille Garden Flair Guesthouse	Tel no: 051-522 5861
21 On Coetzee Street Guesthouse	Tel no: 082-776-8932