

**46TH FREE STATE MASTERS ATHLETICS THROWS MULTI-EVENTS / TALENT
IDENTIFICATION / TRACK & FIELD CHAMPIONSHIP
MANGAUNG ATHLETICS STADIUM, BLOEMFONTEIN
9-10 NOVEMBER 2018**

GENERAL INFORMATION:

1. Online entry is the preferred method of entry, because the payment is also done online with the entry. The link for online entries is <http://qkt.io/acSKTs>.
2. **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.***
3. The following events will be hosted simultaneously on 9 November 2018:
 - a. Talent identification
 - b. Throws Triathlon - shot put, discus and javelin.
 - c. Throws Tetrathlon – hammer, shot put, discus, javelin.
 - d. Throws Pentathlon – hammer, shot put, discus, javelin, weight throw.
 - e. Athletes that enter for the heptathlon and decathlon events must participate in the throw events (heptathlon - shot put and javelin and decathlon - shot put, discus and javelin) on 9 November 2018. **NB!!! Please note that the order of the events is not according to the prescribed order!!!**

Only athletes participating in these events will be allowed on the stadium as there will be no security personnel to secure the stadium from unwelcomed thieves. All athletes participating in these events must be at the stadium before 13h30. The gates will close at 13h30.

4. **Please ensure that your ASA licence number and date of birth are filled in on your entry form.**
5. Ensure that, when entering, your items do not clash. Entries, as well as medals, are unlimited per athlete.
6. Cheques to be made out to **Masters Athletics Free State. PLEASE ENTER YOUR NAME AND SURNAME ON THE BANK DEPOSIT SLIP/EFT TRANSFER AS A REFERENCE!!!**
7. Fax entry forms and bank deposit slips to fax no **086 535 8509** or e-mail to **vrystaatmeestersatletiek@gmail.com**.
8. Entries close on **2/11/2018. 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.**
9. **Please make sure that we have received your entry form, as we cannot take responsibility for entries not received.** Free State Masters Athletics will confirm entries by a SMS or an e-mail. If you have not received an SMS or e-mail by 4 November 2018, contact Dinah Heymans to enquire about your entry.
10. **No entries will be allowed on the day of competition, except for the relay teams!! No changes will be made to events on the day.**
11. Temporary license numbers to be collected at the Officials Hall (**PLEASE BRING OWN PINS**).

12. **Athletes must wear their ASA numbers on the front and back as per ASA rules.** (In all jumping events, only one competition number (bib) is required, which may be worn on the chest or 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.
13. Participation will take place as prescribed by the rules laid down by SAMA, WMA, ASA and IAAF (where applicable).
14. Anti-doping measures applicable as per IAAF rules.
15. Starting blocks will be provided by the Stadium.
16. ***NB: ELECTRONIC TIME AVAILABLE!!!***
17. Medals will be awarded to first three athletes in each age group. No medal standards apply. Medals will only be issued to **relay teams** that paid entry fees.
18. **The onus is on the athlete to do the paperwork in the case of an SA record. Please take note that individual event records can be set during multi-events.**
19. Golf Shirts (175g Barron Pique Knit Golfer) and T-Shirts (160g Barron Crew Neck T-Shirt) will be available at a cost of R185-00 for the Golf Shirt and R170 for the T-Shirt. Please enter your size on your entry form and whether you want the men or ladies cut. The T-shirt is only available in the men cut. The shirts will be orange with the AFS Logo on the front left chest with Masters Champs, Bloemfontein 2018 underneath the AFS Logo in front.
20. Please ensure that no articles of value are visible in vehicles. Security will be on duty during the championship. Please tip generously. Be careful with your personal belongings throughout the championship as the organizers cannot be held responsible for any loss of possessions.

ACCOMMODATION AVAILABLE AT:

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| 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 |
| Home Sprint Home self-catering | Cell no: 084 680 0161 |
| Namib Dlux Guestrooms | Cell no: 076 012 6160 |
| College Lodge | Tel no: 051 444 3837 |
| Protea Hotel Willow Lake | Tel no: 051 412 5400 |