

Rules and regulations

COVID 19 LEVEL 1 COMPLIANCE RULES :-

NO. MASK. NO. ENTRY

NO SPECTATORS

SOCIAL DISTANCE TO BE KEPT AT ALL TIMES

NO CONGRATULATIONS HUGGING

Athletes to report at least 1 hour before start of their event at the Call room at the entrance

1. Draws list to be checked at 1st Call Room

2. Only Athletes who has been Pre Entered will be allowed entrance

3. Two valid 2020

license numbers to be visible during competition

High jump only one number

4. Athletes are only allowed to enter 2 Events

5. Field Events only 4 Attempts will be allowed

6. Only 4 athletes per heat

Middle distance races 10 per heat

7. Once Pre entry is confirmed Athletes to move to ATHLETES entrance

8. Register to be signed

Temperatures recorded

and Hand sanitized

9. R20 entry fee payable

10. Athletes are requested to leave the stadium after finishing their events

11. Coaches accompanies their athletes must be accredited to the province and ASA

They can leave when all their athletes are finish with their events

12. Mask can only be removed during attempt or race

13. MEETING HOSTED UNDER THE RULES OF World athletics(WA) Athletics South Africa(ASA) and Central Gauteng Athletics(CGA)

Athletes entry link : <https://tinyurl.com/CGA14Nov2020>

Coaches entry link : <https://tinyurl.com/Coaches-registraion>



**CENTRAL GAUTENG
ATHLETICS**

Open League

14 November 2020

Boksburg Stadium, Jubilee road, Ekurhuleni



PROGRAM

Performance Scores: ASA_2016 table, Electronic Time, Height above sea=1627

Seq	Time	Pit	Event	Next	Spec
1	09:30		Final Girls 15 3000m		
2	09:45		Final Boys 15 3000m		
3	10:00		Final Girls 17 3000m		
4	10:15		Final Boys 17 3000m		
5	10:30		Final Girls 19 3000m		
6	10:45		Final Boys 19 3000m		
7	11:00		Final Women 25 3000m		
8	11:15		Final Men 25 3000m		
9	11:30		Final Girls 15 90m Hurdles		76.2cm
10	11:35		Final Girls 17 100m Hurdles		76.2cm
11	11:40		Final Girls 19 100m Hurdles		84cm
12	11:45		Final Women 25 100m Hurdles		
13	11:50		Final Boys 15 100m Hurdles		84cm
14	11:55		Final Boys 17 110m Hurdles		91.4cm
15	12:00		Final Boys 19 110m Hurdles		99.5cm
16	12:05		Final Men 25 110m Hurdles		
17	12:20		Final Girls 15 100m		
18	12:35		Final Boys 15 100m		
19	12:50		Final Girls 17 100m		
20	13:05		Final Boys 17 100m		
21	13:20		Final Girls 19 100m		
22	13:35		Final Boys 19 100m		
23	13:50		Final Women 25 100m		
24	14:05		Final Men 25 100m		
25	14:20		Final Girls 15 400m		
26	14:35		Final Boys 15 400m		
27	14:50		Final Girls 17 400m		
28	15:05		Final Boys 17 400m		
29	15:20		Final Girls 19 400m		
30	15:35		Final Boys 19 400m		
31	15:50		Final Women 25 400m		
32	16:05		Final Men 25 400m		
33	09:30	A	Final Girls 17 HighJump		
33	09:30	A	Final Girls 19 LongJump		
34	09:30	A	Final Girls 17 LongJump		
34	09:30	A	Final Girls 15 LongJump		
35	09:30	A	Final Boys 17 Discus		1.5kg
35	09:30	A	Final Men 25 Discus		
35	09:30	A	Final Boys 19 Discus		1.75kg
35	09:30	A	Final Boys 15 Discus		1kg
36	11:00	A	Final Boys 15 HighJump		
36	11:00	A	Final Boys 17 HighJump		
37	11:00	A	Final Women 25 Shotput		
37	11:00	A	Final Girls 19 Shotput		4kg
37	11:00	A	Final Girls 15 Shotput		3kg
37	11:00	A	Final Girls 17 Shotput		3kg



38	12:30	A	Final Boys 15 LongJump		
38	12:30	A	Final Boys 17 LongJump		
39	12:30	A	Final Men 25 HighJump		
39	12:30	A	Final Boys 19 HighJump		
40	12:30	A	Final Girls 15 Hammer		3kg
40	12:30	A	Final Women 25 Hammer		
40	12:30	A	Final Girls 17 Hammer		3kg
40	12:30	A	Final Girls 19 Hammer		4kg
41	14:00	A	Final Men 25 LongJump		
41	14:00	A	Final Boys 19 LongJump		
42	14:00	A	Final Women 25 HighJump		
42	14:00	A	Final Girls 19 HighJump		
43	14:00	A	Final Men 25 Shotput		
43	14:00	A	Final Boys 19 Shotput		6kg
43	14:00	A	Final Boys 15 Shotput		4kg
43	14:00	A	Final Boys 17 Shotput		5kg

Note this is a provisional program with no heats but times wont be affected much. Final program will be posted latest Friday morning 13 November 2020