



Attention:

ASWD Board Members
ASWD T&F Commission Members
ASWD Technical Commission
ASWD Clubs
All Schools Athletics Convenors
Coaches & Athletes

ASWD TRACK & FIELD CHAMPIONSHIPS: 1-2 MARCH 2024

The ASWD Track and Field Championships is taking place as follows

DATE	EVENTS	PLACE	TOWN
Thursday 29 February	Hammer & Pole Vault	Outeniqua High School	George
Friday 1 March		De Jager Athletics Track	Oudtshoorn
Saturday 2 March		De Jager Athletics Track	Oudtshoorn

AGE GROUPS

In the past the different terminology used by ASA and SASA created confusion among coaches, parents and athletes. This communication serves to minimize the confusion and help athletes, parents and coaches to prepare properly.

ASA	SASA	ACTUAL AGE AS ON THE 31 DECEMBER 2024
Seniors + Masters	N/A	Born in 2003 +
Under 20- Junior	19	Born in 2005/2006
Under 18- Youth	17	Born in 2007/2008
Under 16- Sub Youth	15	Born in 2009 /2010

ENTRIES

Please use the supplied form to enter your athletes and follow the steps. Closing date for entries are Monday the **26 February** 2024 at **16h00**.

Entries must be send to manager@aswd.co.za and cc mitchellreginald86@yahoo.com

NO LATE ENTRIES WILL BE ACCEPTED.
NO ENTRIES ON DAY OF EVENT

A scrutiny meeting will be held on Tuesday 27 February 2024 at 16h30 at the ASWD office in George. All team managers must attend the meeting.

Cost is as follows:

Athlete registration: R30

Gate Fees Adults R40

Cars : R20

Children under 12: R20

Entre fees must be paid in the following bank account:

Account Name : **Athletics SWD**
Bank : **ABSA**
Branch : **George 630-114**
Account Number : **890 157 777**
E Mail : **manager@aswd.co.za**
Reference : **NAME and SURNAME / region or Club**

Club athletes must please enter via their clubs.

WEIGHTS OF IMPLEMENTS

MALE					EVENT	FEMALE				
U 15*	U 16	U 18	U 20	SENIOR		U15*	U 16	U18	U20	SENIOR
4 kg	4 kg	5 kg	6kg	7.26 kg	SHOT PUT	3 kg	3 kg	3 kg	4 k	4 kg
1 kg	1 kg	1.5 kg	1.75kg	2 kg	DISCUS	1 kg	1 kg	1 kg	1 kg	1 kg
600g	600g	700g	800 g	800g	JAVELIN	500g	500g	500g	600g	600 g
4 kg	4 kg	5 kg	6 kg	7.26 kg	HAMMER	3 kg	3 kg	3 kg	4 kg	4 kg
	9 m	11m	13m	13m	TRIPLE JUMP		7 m	9m	9m	11 m

* SASA / WCSA ONLY

Program

The program is included.

Call Room

All athletes must report to the call room at least 30 min before the start of an event. No athlete will participate in an event if he/she didn't report to the call room

Yours truly

R. Mitchell
ASWD Track & Field Chairperson