



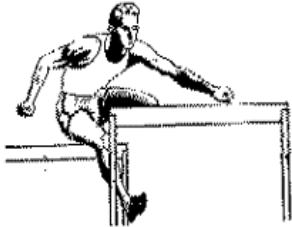
**ABSA NMMU Athletics Club EP Track & Field  
LEAGUE 2010**

**Saturday, 09 October 2010**

**Xerox NMMU Athletics Stadium South Campus, Summerstrand**

**Start @ 08:00**

**Prize-giving @ end of Programme in Athletics Club House**



**Registration Fees**

<b>Spectators fees @ gate</b>	-	<b>FREE</b>
<b>Snr Athletes Registration</b>	-	<b>R10.00</b>
<b>Yth, Jnr, Scholar Athletes Registration-</b>		<b>R5.00</b>
<b>EP Temp Licence Number</b>	-	<b>R25.00</b>

<b>Prize categories</b>							
<b>Relays</b>							
<b>Secondary schools</b>	<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>	<b>Clubs</b>	<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>
Male	R 500.00	R 300.00	R 200.00	Male	R 500.00	R 300.00	R 200.00
Female	R 500.00	R 300.00	R 200.00	Female	R 500.00	R 300.00	R 200.00
<b>Event categories</b>							
<b>Male</b>	<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>	<b>Female</b>	<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>
Throws	R 500.00	R 300.00	R 200.00	Throws	R 500.00	R 300.00	R 200.00
Jumping	R 500.00	R 300.00	R 200.00	Jumping	R 500.00	R 300.00	R 200.00
Sprints	R 500.00	R 300.00	R 200.00	Sprints	R 500.00	R 300.00	R 200.00
Middle & Long distance	R 500.00	R 300.00	R 200.00	Middle & Long distance	R 500.00	R 300.00	R 200.00
<b>Coaches</b>							
<b>Any Category</b>							
1st place	R 300.00						
2nd Place	R 250.00						
3rd Place	R 200.00						



**RACE COMPETITION RULES AND RULES FOR RELAYS**

- Athletes can either enter for their school or Club in this competition and not for both.
- Clubs Participate in their club colours & schools in their School colours.
- Clubs & Schools cannot combine members from different clubs or Schools.
- Athletes have to enter as seniors to qualify for prizes.
- Coaches qualify for prizes based on their athlete's performances.
- Only prize winners who are present at the prize giving will eligible for prize money.
- Prizes will be allocated according to the IAAF Scoring table 2008
- All Relay Team members to be registered.



**RACE OR GANISER: Nellis Bothma (082 575 1818)  
ASSISTANT: Michelle De Bruyn (041 504 3243)**





**ABSA NMMU TRACK AND FIELD LEAGUE 1  
SATURDAY, 09 October 2010  
XEROX NMMU STADIUM**



**Relay starting times depend on numbers of teams entered before  
10.00am on race day**

08:00	5000m Walk Men, Women, Junior Boys, Junior Girls
08:15	Pole Vault Men, Women, Junior Boys, Junior Girls
08:15	Hammer Throw Men, Women, Junior Boys, Junior Girls
08:15	Shot Put Men, Women, Junior Boys, Junior Girls
08:15	High Jump Women, Junior Girls
08:15	Long Jump Men, Women, Junior Boys, Junior Girls
08:15	400m Hurdles Men, Junior Boys
08:20	400m Hurdles Women, Junior Girls
08:40	100m Girls u/15 – u/17
08:45	100m Boys u/15 – u/17
08:50	100m Men, Boys u/19
09:00	100m Women, Girls u/19
09:00	Javelin Men, Women, Junior Boys, Junior Girls
09:10	800m Women, Junior Girls
09:15	800m Boys u/15 – u/17
09:20	800m Boys u/19
09:30	800m Men
09:35	5000m Men, Women, Junior Boys, Junior Girls
09:40	Discus Men, Women, Junior Boys, Junior Girls
09:40	High Jump Men, Junior Boys
09:40	Triple Jump Men, Women, Junior Boys, Junior Girls
09:55	100m Hurdles Women, Girls u/17 – u/19
10:05	110m Hurdles Men, Boys u/17 – u/19
10:10	1500m Women, Junior Girls
10:20	1500m Boys u/15 – u/17 – u/19
10:30	1500m Men
10:40	400m Girls u/15 – u/17
10:50	400m Women, Girls u/19
10:55	400m Boys u/15 – u/17
11:05	400m Men, Boys u/19
11:10	3000m Steeple Chase Women
11:25	3000m Steeple Chase Men
11:40	200m Women / Junior Girls
11:50	200m Men / Junior Boys
12:00	Relay 4 x 100m Junior Girls/Boys
12:30	Relay 4 x 100m Club Senior Women/Men
13:00	Prize giving at Athletics Club House

**ENTRIES CLOSE 30 MINUTES BEFORE THE START OF EACH EVENT AT THE  
ENTRY TABLE.**

**ONLY SENIOR AND U/19 IMPLEMENTS ARE AVAILABLE.**

