

RULES OF TOP TEN INTER-CLUB MEETING

28 MARCH 2015

1. Points will be awarded according to the IAAF International Points Table.
2. Entry Fees: R20 per athlete (to be paid at the gate)
Adults – R10
Children – R5
3. There will be a maximum of eleven athletes per team (male and/or female). Athletes may enter for a maximum of two events.
Clubs may enter as many teams as they wish.
4. Team Competition: The performances of each athlete will be awarded points according to the points table. The best performance per athlete counts. The ten best athletes per team will count towards the team competition.
NB: If an athlete has entered two events, but fails to compete in both events, no points will be scored by that athlete. The only exception is if the athlete is injured before the second event and then only if certified by the medical staff on duty.
5. Closing date for entries: MONDAY 23 March 2015 at 18h00
6. Heats: Heats will be seeded according to time(s) already recorded during the season. (Times to be indicated when team entered.)
7. Athletes must wear their club colours.
8. Clubs will be fined R30 per athlete who entered and fails to participate without a doctor's certificate.
9. Reserves must be entered with the team. Changes to teams can only be made from the list of athletes entered, two hours before the start of the meeting in the VIP Room.
10. Fax entries to: 086 242 2920.