

## TEAM MANUAL



**2021**

# ASA NATIONAL 10KM CHAMPIONSHIPS

Hosted by KwaZulu Natal Athletics

*The Athletics South Africa  
10km Championships will  
take place at Battery Beach  
Road, Durban on Sunday,  
31 October 2021*

*The ASA 10km  
Championships will be  
hosted in conjunction with  
the Absa DURBAN 10K  
CITYRUN race hosted by  
KwaZulu Natal Athletics*

*Closing date for Provincial  
entries is Friday 22 October  
2021*

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## 1. INTRODUCTION

The meeting will be conducted under the rules of World Athletics (WA) and ASA.

The following mandatory protocols will be in place during the Absa DURBAN 10K CITYRUN.

All participants and Team Managers will need to be **fully vaccinated or undergo a Rapid Antigen Test**, which must return a negative result. All Rapid Antigen Tests will be conducted at Race Pack Collection at The Globe Theatre - Suncoast Casino Hotels and Entertainment.

Participants and Athlete Managers are considered to be fully vaccinated if:

- they have had two doses of the Pfizer vaccine (with the second dose having been received a minimum of 7 days prior to the event)  
**or**
- they have received one dose of the J&J vaccine (at least a minimum of 28 days before the event)

**Proof of vaccination:** Participants / Athlete Managers will be required to prove their vaccination status by either showing their vaccination card together with personal identification or, in the case of international participants, their vaccination bar code.

**Participants not fully vaccinated or not vaccinated:** In the case of participants / Athlete Managers who have not been fully vaccinated or are unvaccinated, Rapid Antigen Tests (that take 15 minutes) will be conducted at Registration and must return a negative result before participants/Athlete Managers will receive the accreditation.

In the event that a participant/Athlete or Manager shows a negative Rapid Antigen Test but is displaying Covid-19 symptoms such as a fever or feeling unwell, the participant/Athlete Manager will be required to undergo a PCR Test with a negative result.

This must be undertaken separately by the participant/Athlete Manager.

Should an athlete/Athlete Manager require a PCR Test, there is a Lancet drive through lab at Greyville, details below:

- Lancet Medical Centre, 74 Ismail Meer street Greyville Durban  
Tel: 031 308 6500 (open until 20:00 on Friday but only 13:00 on Saturday)

The Absa DURBAN 10K CITYRUN is hosted by KWAZULU NATAL ATHLETICS and combines a number of elite events:

- The 10km event will take place on Sunday 31 October 2021 starting from Sun Coast Casino Car Park, Snell Parade, Durban.
- The event is a World Athletics label event. It is open to invited World Athletics Elite athletes.
- It is a competition for both Men and Women and is open to all ASA Member Provinces and Associate Members including Countries in the Southern Region.
- All athletes must be licensed through the ASA club structures in the Athletics Provinces, with foreign invited athletes covered by the temporary license system.

All ASA 10km Championship entries must be done through the Provinces or Associate Members.

**Note: This manual will be subject to, and all entrants will abide by, any change in Guideline, Regulation, or/and Rule applied through Government, South African Sport, and ASA as a result of the Covid-19 pandemic conditions at the time of the race. Any such changes will be announced at both the compulsory ASA Technical Meeting, and the compulsory Elite / Contender Athlete meeting on the day prior to the race.**

## 2. ENTRIES

The event is in effect many races run concurrently:

- The World Athletics 10km Label is an open race for all athletes in the first two starts. The advertised prize money is available to all these athletes.
- There are Two primary starts competing for titles, awards, and prize money:
  - Elite Women, Junior, and Women over 35 – Contender Women
  - Elite Men, Junior, and Men over 35 – Contender Men
- Elite International and South African Label athletes, as well as all provincially selected athletes, will commence in one group per gender.
- All performances including the World Label Race, ASA championships, will be timed from Starting Gun to Finish line mat as separate races.
  - This will be followed by at least three Mass Batch starts based on performance, commencing with other men and women approved and accepted as capable of sub 52 minutes.
- **The ASA Championships race is a closed competition for provincially selected athletes only.**
  - The ASA Championship titles, and medals (Men & Women) will be awarded to the first South African athlete who will be representing his/her province to cross the finish line.
  - All provincial athletes must be licensed athletes for 2021. At registration, Team Managers may be requested to provide copies of ID-books (or passports) of athletes for checking of ages.
  - The ASA rule on eligibility will be strictly enforced.
  - National athletes must compete for the Province where they are domicile and licensed.
  - No individual athletes will be allowed to enter the Championship race, but they can enter the open race as contenders, providing they meet the qualifying criteria.
  - Athletes not selected to represent a province can enter the open race as individuals, but may not wear provincial colours, and will not count towards the member team prizes. These entries must be sanctioned by the province and are done with the LOC. The individual athletes must pay their own entry fee as stipulated on the brochure of the race.
  - Provinces have first call on any athlete and an athlete selected and entered by a province must compete for that province and may not enter as an individual. Individually entered athletes must compete in their registered club colours or any unbranded kit.
  - Athletes not participating for their Provinces at the ASA 10km championships will not be selected to represent South Africa
  - Athletes who are determined as ‘Ambassadors’ and selected for their province may run in the ASA championships under the following conditions:
    - They may run as individuals in approved Ambassador kit providing, they wear a tag above their race number indicating their province (CGA, AGN, KZN, etc.) front and back – the letters will be a minimum of 6cm high and Printed (not handwritten) black on white. They are responsible for provision of such tags.

- If they wish to be counted in the team awards, they must wear the unaltered provincial colours in the race.
- The athlete, (not the club), must notify their *Province, ASA, and the LOC*, in writing not less than 10 days prior to race day, of their intention to compete as an Ambassador, and in which status (i.e. individual or and Team). The Manager must submit their ambassador kit at the technical meeting for approval in terms of World Athletics and ASA rules and regulations. A photograph of the kit (FRONT AND BACK) for verification will also suffice.
- Failure to meet the above rules will result in the athlete being eliminated from SA championships, but still allowed to compete in the Elite / Contender section of the event.
- An athlete may not enter an age category differing from their chronological age on race day. Proof of age may be required at registration and or prize giving. Failure to provide such proof will result in the award being made to the next fastest competitor.
- All contender age group runners must be capable of completing a 10km in 1 hour 25 minutes.
- World Athletics Label Race and ASA Championship will be split into two wave starts:
  - Elite Women, Junior, and women over 35 – Contender Women
  - Elite Men, Junior, and men over 35 – Contender Men
  - Note Age Groups are 5-year categories and tags must be worn front and back
- The exact delay will be confirmed at the compulsory Athlete Technical meeting.

### 3. QUALIFYING STANDARDS

Qualifying standards for all contenders including provincial athletes is listed below. Athletes may use any official event (5000m/10000m Track/10km Road Race) to qualify. The necessary modification to allow for fair comparisons of venue and distance will be done by the organisers.

The qualifying criteria for this group are as per table below.

|         | Men     | Women   |
|---------|---------|---------|
| Open    | 33:00   | 42:00   |
| Junior  | 38:00   | 47:00   |
| 35 – 39 | 36:00   | 44:00   |
| 40 – 49 | 39:00   | 45:00   |
| 50 – 59 | 42:00   | 50:00   |
| 60 – 69 | 53:00   | 55:00   |
| 70+     | 1:00:00 | 1:00:00 |

If a provincial member would like to enter an athlete / athlete that did not run a qualifying race, **the entry must be fully motivated in writing to ASA, copied to the LOC no later than 1 week prior to the closing date.**

**NATIONAL AND PROVINCIAL RECORDS:**

Provincial teams are requested to provide the TIC with a list of provincial records for each event and age group.

If provincial teams want a provincial record ratified this must be arranged with the competition secretary and where anti-doping control is required, the provincial teams will be responsible for the cost of those test.

***It is advisable that provincial team managers provide the TIC with their provincial record application forms at the Technical Meeting. Please note that record applications that are not completed by the necessary officials on the race day inevitably become exceptionally delayed if not impossible to get all signatures.***

**4. MASTER ATHLETES**

According to the rules of the World Masters Association (WAMA) all master athletes must participate in the age category according to their age. All master athletes (35 years and older) will thus be entered into the age category according to their age on race day. Five year age categories will be used, i.e. 35-39; 40-44; 45-49; 50-54; .....; 95-99; 100+.

Athletes will receive two bibs.

Age category tags will be included on the race bibs.

The athlete must ensure that the correct tag is attached to his/her number. Any error in age category must be notified no later than at the Athlete Technical meeting.

**5. ENTRY PROCESS & ENTRY FEE**

Entry fee to the event is R150.00 per runner.

All Athletes will be required to enter the Absa DURBAN 10K CITYRUN via the online entry portal:

<https://entries.durban10k.com/events/77156-absa-d10k-sac/enter>

**No manual entries will be accepted in any form – paper or electronic formats.**

The closing date for provincial entries for the ASA National 10km Championships must be received by the close of business on **Friday 22 October 2021**.

NO LATE ENTRIES WILL BE ALLOWED.

For more information or assistance with provisional entries please email: [admin@stillwatersports.com](mailto:admin@stillwatersports.com) or call the Entries Office on 082 991 0045.

6. GENERAL PROGRAMME

**TEAM PROGRAMME: Saturday, 30 October 2021**

| Time        | Activity   | Venue  |
|-------------|--|--|
| 12:00       | Route Inspection If requested by Provinces. (Must be requested in writing to LOC by Friday 22 October 2021)  | Sun Coast Casino Parkade 3, The Globe, Durban                |
| 09:00-14:00 | Athlete & Manager Accreditation & Covid-19 Protocol and Collection of Elite, Contender and SA championships race numbers.<br><br>All accreditation and race packs MUST be collected in person. | The Globe, Sun Coast Casino                                  |
| 15:00       | World Athletics Elite Athletes Technical meeting: compulsory for all athletes with performance meeting criteria in Section 11 of this document.  | Southern Sun Elangeni & Maharani Hotel, Snell Parade, Durban |
| 16:00       | Media Accreditation and Briefing / Covid-19 Protocol<br><br>All accreditations MUST be collected in person.  | The Globe, Sun Coast Casino                                  |
| 16:30       | ASA Team Managers / Technical Meeting<br><br>Items relating to SA Championships / SAMA   | Southern Sun Elangeni & Maharani Hotel, Snell Parade, Durban |

**RACE DAY: Sunday, 31 October 2021**

| Time        | Activity  | Venue   |
|-------------|---|---|
| 05:00-05:30 | Athletes' arrival and warm up / assembly – Team Buses to park in designated parking area and must be parked by 05:30.<br><br>Report to general call room<br><br>No other access to the starting pens<br><br>Final details to be given at Technical Meeting. | Sun Coast Casino Parkade 3, The Globe, Durban |
| 05:40-05:50 | Report to start and batch calls room (at gate from car park) – checked in and moved to start line.  |   |

|       |  |  |
|-------|--|--|
| 06:00 | Start of the World Athletics label – Elite women, women Juniors, SA Championships women and Contenders       | Battery Beach Road   |
| 06:08 | Start of the World Athletics label – Elite men, SA championships men including contenders Juniors and 35plus | Battery Beach Road   |
| 06:10 | Start of Batch A sub 52 minutes  | Battery Beach Road   |
| 06:40 | Start of Batch B   | Battery Beach Road   |
| 06:45 | Start of Batch C   | Battery Beach Road   |
| 07:00 | All Podium Athletes to report to presentation Area at the Finish line.                                       | This all subject to Covid-19 regulations masks and tracksuits to be worn – exact time depending on live coverage of race winners<br><br>Details will be confirmed at the athlete and manager meetings: |
| 07:15 | Podium presentation top 3 men Elite Label event  |  |
| 07:20 | Podium presentation SA champs top 3 men  |  |
| 07:25 | Podium presentation top 3 Elite Label women  |  |
| 07:30 | Podium presentation SA champs top 3 women  |  |
| 08:00 | End Presentation of any acceptable awards and TV Broadcast   |  |
| 09:15 | Race closes  |  |

## 7. ACCREDITATION AND REGISTRATION

Upon arrival in Durban, teams must go directly to their respective accommodation.

All Athletes, Athlete Managers and/or Coaches will need to follow the Event Covid-19 Protocols stipulated above in order to receive their Race Pack and accreditation from Race Pack Collection.

All accreditation and race packs MUST be collected in person.

All Athletes and Team Managers will be required to report to the Race Pack Collection Venue:

Venue: The Globe, Sun Coast Casino

Dates & Times: Friday 29 October, 09h00-19h00  
Saturday 30 October, 09h00-14h00

The accreditation neck cards and Covid-19 clearance wrist bands must be worn visibly and must be presented upon request. The cards are not transferable.



Access will only be allowed upon displaying both neck tag accreditation card and Covid-19 Clearance wrist band.

TWO special licence bibs will be issued to each Provincial athlete. Timing chips will be incorporated in the bib.

Age category stickers will be attached to any Junior or 35-year-old athlete or older.

The manager must sign on/above one sticker on each number to confirm that the correct age is on the athlete's bib.

Any error not corrected at registration will result in the athlete being disqualified from the age group competition and team awards.

Athletes will be issued with two numbers (front and back) and will NOT be required to wear ASA Licence numbers.

Note: two timing chips (attached to the race bibs) will be issued for each Elite and contender athlete.

During the competition, athletes must always wear the numbers in the original shape and size, properly secured on the four corners. Please note [WA Rule TR5.7](#)  
Any athlete who does not respect these rules will not be allowed to compete.

**NOTE: Team Managers are responsible to ensure that:**

- Athletes are allocated the correct race number bibs.
- Race Numbers indicate the appropriate age category tags front and back for the championship category they have entered.
- The Top three Overall Male and Female winners, and the Top Three ASA SA Champions Male and Female (as indicated in section 6), will be required to attend an immediate prize giving ceremony and interviews.
- The media zone is on the promenade directly after the finish. Athletes must stand socially spaced in this zone during the interview. Only a doping control chaperone, where allocated, will be allowed in close proximity during the interview.
- Doping control chaperones will approach the athletes selected for testing immediately after the 20 meters no go zone and prior to media interview.
- Athletes must wear their masks when leaving the no-go zone after the finish
- Managers / coaches / athletes representatives are not allowed to accompany athletes in any part of the finish until they exit the finish chute.

## 8. PARKING

### **Team parking and access:**

This event is restricted to 2000 people including Elite, and 17 provincial teams for men and women.

**Parking is restricted for ALL participants to the Sun Coast Casino Parking areas only – this is your only access to the Covid-19 screening and start areas on race day.**

**Team buses must arrive in the Sun Coast Casino Covid-19 compliant area no later than 05:30.**

Athletes will be required to leave their vehicles at the screening point and be individually screened into the holding area.

Team bus with driver (only) will be screened and then allowed through a gate into the screened holding area and then must go directly to the allocated provincial parking area.

A dedicated Team Buses area has been determined.

Please Park the team vehicle in the allocated point such that it can be easily accessed without breaching the perimeter.

NOTE: Snell Parade will be closed at the Battery Beach roundabout so no movement will be allowed between North and South Snell Parade. Snell Parade is accessible from Blue Lagoon and M4. The entrance to Sun Coast Casino Parking and Race holding is ONLY from Sandile Thusi / Pirates Lifesaving on south side of Sun Coast Hotel.

Please note:

- The Covid-19 perimeter area is defined by fencing on the north end of the Sun Coast Casino Parkade 3 and across Snell Parade at the roundabout into Battery Beach Road. Only tested and cleared runners will be allowed into this area.
- Team managers will need to leave their athletes 10 minutes prior to the start and walk through the specially designated channel to the start area. Only Runners will be allowed in the starting chutes from the exit of the Sun Coast Casino Car Park.

## 9. MEDIA ACCREDITATION AND REGISTRATION

Due to Covid-19 all media must be accredited with applications closing on Friday, 29 October 2021 at 16:00.

All accreditation and race packs MUST be collected in person.

All Media will be required to report to the Race Pack Collection Venue prior to event day:

Venue: The Globe, Sun Coast Casino

Date & Time: Friday 29 October, 09h00-19h00  
Saturday 30 October, 09h00-14h00

The accreditation neck cards and Covid-19 clearance wrist bands must be worn visibly and must be presented upon request. The cards are not transferable.

Access will only be allowed upon displaying both neck tag accreditation card and Covid-19 Clearance wrist band.

There are strict restrictions on access to start finish and route and any media person, cameraman photographer reporter or crew breaching any of these rules will be asked to leave the race.

Set photo points and interview points have been provided as well as a mixed zone for interviews after the race.

The event will be televised on SABC.

Note that use of any live results must be considered and marked Provisional until marked as FINAL by the technical officials and referee.

There will be a Race Photographer on the route to take various photos of the race and these are FOC to any accredited media and obtainable via Jacky McClean, Stillwater Sports Media Manager.

NO MEDIA ARE ALLOWED ON THE ROUTE IN ANY FORM OF TRANSPORT AND MUST NOT STAND IN THE ROAD ON THE SAME SIDE AS THE RUNNERS AT ANY TIME.

The use of the central reserve is acceptable but all access in the confines of the route between Somtseu Road and Jacko Jackson intersection MUST be by foot using ONLY the central reserve.

There will be a Media briefing on Saturday 30 October 2021 at 16h30.

Venue: Southern Sun Elangeni & Maharani Hotel, Snell Parade, Durban

MEDIA WILL NOT BE ALLOWED AT THE ATHLETES TECHNICAL MEETING NOR AT THE ASA TEAM MANAGERS MEETING.

## 10. IMPORTANT COVID-19 REGULATIONS AND PROCEDURES

Due to Covid-19, the 2021 Championships has several specific rules that must be obeyed by all athletes, team managers, coaches, media and athlete's representatives. These are in addition and complimentary to all other rules and processes stated above and applied from WA, ASA and KZNA.

It is vital to appreciate that each and every space and facility used is based on specific requirements of space and Covid-19 protection. These are agreed measures to allow the event to proceed. Most of these are spelt out in this document. Anyone breaching these regulations or being in venues or areas they are not accredited for endangers the sport.

The seriousness of these measures means that anyone breaching the measures may be dismissed from the event, and or their athlete or team may be disqualified. It is hope that such cases will not occur and by showing respect of these tight measures at these championships we can evolve the presentation of future events.

**Only one team manager** will be accepted and accredited for each provincial men and women teams. Provincial Presidents are considered as VIP.

Team managers will be allowed in through the Race Perimeter into holding area prior to the start of their team race, but *will not be allowed into the start, nor the route, nor any part of the finish until the athlete exits at the end of the tunnel.*

There will be a 20 meter no go zone prior to the start and after the finish. These zones have specific purpose and only designated Technical Officials, medical officials assisting athletes and athletes may enter these zones. These are by definition high risk Covid-19 zones.

Crossing points: There will be designated crossing / access points from the perimeter holding area to the finishing area. These and access points to the various areas open to managers will be explained and provides at the Team Manager and Elite athlete meetings:

These links and Covid-19 perimeters must be used or you will be required to repeat the pre-screening and temperature checks in force at the time in order to get into any of the official race areas.

Athletes must wear masks throughout the event and in the holding areas, until the 30 second warning at the start. Masks should either be disposable, or the athlete may carry them with them in the race. Volunteers will walk from front to back prior to the start of the first competitive batches to collect masks that the athletes do not want to carry. This is considered medical waste so no athlete must allow a mask to be dropped to the ground or disposed of other than in the volunteers' crates.

Athletes do not need to wear masks during the race but must replace their mask as they exit the 20 meter no go zone at the finish. Disposable masks will be provided by volunteers to only those runners in the first two batches of the race.

**TEAM MANAGERS, COACHES, ACCREDITED ATHLETE'S REPRESENTATIVES, MEDIA, AND CREW:**

Accredited Media, Team Managers, coaches, Accredited Athletes representatives, Technical Officials and Race crew are required to wear masks at all times.

A 'head on' Media / photographer allowance is made at the front of the start, ahead of the 20m No Go zone. This area must be cleared 5 minutes prior to the start. (05:55) Social distancing must be observed and any interviews must be conducted with a minimum of 1.5m spacing (boom mics are suggested)

At the finish a head on photographic zone will be located immediately after the 20metre No Go zone which is for accredited media only.

All attempts will be made to keep this view of the finish clear for shots but doping control and race officials or medical, if required, may at times interfere with this view. Social distancing must be maintained between photographers.

To assist in this NO other persons will be allowed in this area, including Team managers, coaches or athletes representatives. The head on photo zone at the finish will be closed once the leading senior men and women (elite and SA Champions) have completed their race and prior to the arrival of the mass field. Side finishing photo areas are provided for the remainder of the race finishers.

The media mixed zone is shortly after the no go zone. This **is only for accredited media**, and each will be allocated a socially distanced section along the promenade. All Athletes will walk past the entire mixed zone. The first three booths will allow for Official Broadcasters (e.g. SABC TV and radio), then the official live race broadcast (streaming) – thereafter the media booths will be allocated on basis of first accreditation first.

Please note media accreditation closes 2 days prior to Absa DURBAN 10K CITYRUN on Friday 29 October 16:00 2021. No media will be allowed in the perimeter or race areas without race media accreditation and proof of testing.

VIPs Provincial Presidents have an official designated holding area based on social distancing requirements and will be able to watch both start and finish, and race coverage in that area. Due to size requirements **NO ADDITIONAL GUESTS MAY COME INTO THAT AREA**. Accreditation is required.

***Team Managers may not use the VIP Holding area.***

A section on the start and finish areas will be fenced off to accommodate 34 provincial team managers and the accredited Athletes representatives only. This will allow managers to watch the start and finish and will be dedicated to these accredited people only.

It is possible to observe the race from other venues outside the race venue / perimeter, but this is the only area available for team managers / athletes' representatives within the Covid-19 perimeters.

Any person leaving the Covid-19 Perimeter may be required to undergo the screening and testing required under the regulations at that time. These processes take time and therefore it is recommended that once in the Covid-19 perimeter people do not leave so that they avoid any delay.

**TEAM / PROVINCIAL AREA:**

Covid-19 regulations require people to leave the race finish immediately after crossing the line. Teams may set up specific areas within the start holding area / Sun Coast Casino Parkade 3 in order to reclaim their kit or other post-race collection. These must be controlled in terms of social distancing and therefore the number of athletes at any point in time is the responsibility of the team manager. It is important that teams have and enforce the use of hand sanitisers at this point.

**REFRESHMENT TABLES / PERSONAL DRINKS**

Water & Coke will be provided on tables at roughly 3,5km intervals. This is a self-collect and each athlete must go to the table to get the refreshment.

There will be no special or personal drink tables at the ASA 10km Championships.

*NOTE: No athlete may take or accept any refreshment from any person or point on the course other than the official race tables. Any such breach will result in disqualification under Covid-19 regulations as well as the normal World Athletics Rules.*

Acceptance of any item other than medical assistance by an official race medical personnel will result in disqualification.

**Water cups and sachets:**

Very large "chuck bins" are located around 20-40 meters after each refreshment point. Athletes MUST throw their cups or sachets in these areas or carry them to the next such area. These cups or sachets are considered medical waste and as such we must be seen to ensure the safety of all in how we control this waste. **FINISH AREAS AND COLLECTION OF AWARDS**

Emergency Medical services will have access to the 20 meter no go zone at the finish. Small less urgent concerns will be available by exiting the finish funnel to access the main medical area.

The ASA 10km Championships will be paperless. Results will be uploaded on: [www.durban10k.com](http://www.durban10k.com)

*ALL ABOVE REGULATIONS are non-negotiable and any failure by team managers, coaches, athlete's representatives will endanger the entire event and hence may lead to disqualification of athletes or entire provincial team*

### 11. TEAM COMPETITION

Medals will be distributed to the respective winners of the ASA 10km Championships Team Competition, per age category. There is no prize money for team prizes.

### 12. TECHNICAL INFORMATION

|                            |   |
|----------------------------|---|
| <b>Event:</b>              | ASA National 10km Championships   |
| <b>Date:</b>               | Sunday 31 October 2021  |
| <b>Competition Office:</b> | The Globe, Sun Coast Casino, Durban   |
| <b>The Course:</b>         | Commences in Battery Beach Road going west turning left and south into Masabalala Yenga Avenue then crossing the central reserve to run north to the Jacko Jackson intersection and turning south to repeat the same lap. On the second lap turn left to enter the underpass under the M4 Ruth First highway and south on the promenade to finish outside the Sun Coast Casino Globe. |
| <b>Start:</b>              | Battery Beach Road at bridge under M4 Ruth First highway  |
| <b>Finish:</b>             | Durban Promenade near Sun Coast Casino Globe  |

During the race Team Management and/or personnel **may not travel by vehicle on any part of the route.**

Parking for Provincial Teams will be available, as stated above.

Teams will be responsible for their own transport to the start and from the finish and are expected to make provision for the tog bags of their athletes.

### 13. TEAM MANAGER'S TECHNICAL MEETING

#### ASA Team Managers Meeting

The Team Manager's Technical Meeting will take place at:

Date: 30 October 2021  
Venue: Southern Sun Elangeni & Maharani Hotel  
Time: 16h30

Only one Team Manager AND ONE ATHLETE / TEAM CAPTAIN from each Province must attend this meeting.

The meeting shall be conducted by the Technical Delegate of ASA. An agenda for the meeting will be available at the meeting.

**NOTE:** *Given the possible changes in processes and requirements both of the championships and the circumstances around Covid-19, it is essential that Provinces ensure their team managers attendance at this meeting, and arrange for a subsequent meeting with each, and every, member of their team after this technical meeting. A lack of communication will not be accepted for any contravention of any rule or process.*



**Elite label Athlete Meeting**

Date: 30 October 2021  
 Venue: Southern Sun Elangeni & Maharani Hotel  
 Time: 15h00

As required by World Athletics **an Athletes Technical meeting** will be hosted for all Label Elite, Contenders and ASA Championship athletes and their managers/interpreters and any athletes competing for a top position in the Open Race, (i.e., this includes age group runners who are identified as Contenders. This meeting will be conducted by the LOC and will be held at 15:00 on Saturday 30 October immediately prior to the ASA Team Managers Meeting.

**14. ROUTE INSPECTION**

Athletes and officials will have the opportunity to visit the route prior to the competition.

It will be the responsibility of the team manager to advise ASA of their team’s intention to go on an inspection of the route. This information must be communicated to ASA in writing, **by not later than Friday, 22 October 2021**. Provinces must provide own transport for the route inspection.

Please note this route is open to public and uses a lap of 2.5km on Masabalala Yenga Avenue with pavements and can easily be walked or run if desired without a tour. A route map is attached to this manual.



## 15. REFRESHMENT STATIONS

Coke and Water will be at the refreshment station. Refreshment Station is located at roughly 3,5km.

### **Personal Drinks:**

There will be no personal drink stations.

There be no Access to these refreshment points and security will be provided. Any access to the tables, attempts to interfere with the tables or other intermediate assistance, may result in disqualification of the athlete or/and team (i.e. No seconding will permitted ANYWHERE DURING THE race)

Accredited Team managers, SA and World Athletics qualified Athletics Representatives, are invited to encourage their athletes from an area adjacent to the start and Finish area within the screened Covid-19 perimeter. The area will be large enough and secure for these persons only.

ANY PERSON LEAVING THE SCREENED COVID-19 PERIMETER MAY NOT BE ALLOWED BACK IN WITHOUT COMPLETING THE SCREENING PROCESS AND ANY TEMPERATURE CHECK AGAIN.

## 16. PROTESTS AND APPEALS

### **World Athletics TR 8.1 – protest:**

Any protest on the composition of a provincial team should be submitted in writing to either the ASA office on or before Monday, 25 October 2021, or to the ASA Technical Delegate before 14:00 on Saturday, 30 October 2021.

### **World Athletics TR8.2**

Any competition protest must first be made orally to the Chief Referee.

If the problem is not satisfactorily solved, written appeals relating to the results or progress of the race, addressed to the Jury of Appeal, must be signed by the Team Manager and accompanied by a deposit of R500. The appeal and deposit must be presented to the TIC within 30 minutes of the announcement of the results. The decision of the Jury of Appeal shall be published in an official manner. The claimant will receive a copy of the final decision.

## 17. MEDICAL SERVICES

The Medical Service Provider for the event is ER24

A full medical service will be available with as required by World Athletics for Label Races.

The medical staff on route will be clearly identifiable in red outfits marked as ER24.

Emergency contact details will be included in the Team management accreditation.

## 18. ANTI-DOPING CONTROL

Anti-doping control will be conducted in accordance with the WA Procedural Guidelines for Anti-doping Control, and The Athletes Integrity Unit, (AIU), under the supervision of ASA Anti-doping Control Delegate and the SA Institute for Drug Free Sport.



Athletes that require submitting a Therapeutic Use Exemption Form (TUE) must do so to the ASA office before the competition. As a WA Label event these TUE's will be submitted to WA. If a TUE has been submitted to ASA it must be indicated on the entry form.

### **Pre-race and post-race:**

It should be noted that athletes may be required to provide pre or/ and post-race blood samples.

It is therefore clear that the whereabouts of all athletes must be declared to the LOC and ASA as part of the documentation provided two weeks prior to the race. Any last-minute change to an athlete's venue between Thursday 28 October and Sunday 1 November must be provided in writing to the LOC and ASA Technical delegate immediately it is known.

On receiving written notification of a test, the athlete will be permanently accompanied by an Anti-doping Control chaperone and shall have to report to the Anti-doping Control station within 60 minutes.

They will be allowed to first participate in any medal ceremony or press conferences before reporting to the Anti-doping Control Station and providing the testing procedure has not commenced. They will continue to be accompanied by a chaperone.

Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and make them sign a consent form, will carry out the urine test.

Athletes are entitled to be accompanied to the Anti-doping Control Centre by one person of their choice. Personal identification must be presented.

## 19. AWARDS CEREMONY

### **World Athletics Label event:**

The top Three Men and Women in the Elite Label event will be acknowledged and awarded next to the finish line as soon after they have finished as possible taking note of any initial Doping control requirements. This will therefore be between 07:15 and 07:30.

### **ASA / SAMA Championships:**

The top three ASA Men and Women will be acknowledged and awarded next to the finish line as soon after they have finished. This will again be between 07:15 and 07:30.

It is the team managers responsibility to ensure that all top three category winners are present and in full team tracksuit/provincial running gear and appropriate shoes at the medal presentation ceremony. No caps allowed.

The following awards will be made for Men and Women in the South African Championships:

- Individual Medals (Gold, Silver & Bronze) for the first three athletes
- Individual Medals (Gold, Silver and Bronze) for the first three Juniors

No other Medal presentations will be done at the Venue as per Covid-19 protocols.

Team Managers will be able to collect their Masters (40-49, 50-59 and 60+) & Team medals after the event.

### Prize Winners

All prize money winners will be requested to provide banking details. Payment will be made after receipt of the test results from Anti-Doping Control. As per World Athletics rules, the prize money will be paid within 60 days of the receipt of results.

Athletes will receive an email requesting bank details in the week after the event. It is important that EACH athlete complete the entry form with the correct information.

## 20. TRAVEL AND ACCOMMODATION

Travel and accommodation for the team is the responsibility of the Province.

The host Province has secured a special price for Provinces at the Tsogo Sun, Sun Coast Casino Hotel as well as the Southern Sun Elangeni & Maharani Hotel.

Please quote that the Team is taking part in the Absa DURBAN 10K CITYRUN when making your bookings to receive the special price.

## 21. CONTACT DETAILS

ATHLETICS SOUTH AFRICA

**Thabang Maleka**

**Email:** [ThabangM@athleticsa.co.za](mailto:ThabangM@athleticsa.co.za)

**Tel:** (011) 880 5800

22. PRIZE MONEY

| ASA 10KM CHAMPIONSHIPS |        |        |        |        |        |        |  |
|------------------------|--------|--------|--------|--------|--------|--------|--|
| PRIZE MONEY            |        |        |        |        |        |        |  |
| MALE & FEMALE          |        |        |        |        |        |        |  |
| POSITION               | OPEN   | JUNIOR | 40-49  | 50-59  | 60-69  | 70+    |  |
| 1                      | R6 000 | R3 000 | R3 000 | R1 800 | R1 800 | R1 800 |  |
| 2                      | R4 500 | R2 000 | R1 500 | R1 200 | R1 200 | R1 200 |  |
| 3                      | R3 500 | R1 500 | R1 000 | R800   | R800   | R800   |  |
| 4                      | R3 000 |        |        |        |        |        |  |
| 5                      | R2 500 |        |        |        |        |        |  |
| 6                      | R2 000 |        |        |        |        |        |  |
| 7                      | R1 500 |        |        |        |        |        |  |
| 8                      | R1 200 |        |        |        |        |        |  |
| 9                      | R1 000 |        |        |        |        |        |  |
| 10                     | R800   |        |        |        |        |        |  |

INCENTIVES - FOR BREAKING THE SA 10KM RECORDS

| OPEN | MEN      |        |  | WOMEN    |        |
|------|----------|--------|--|----------|--------|
|      | 00:27:38 | R5 000 |  | 00:31:13 | R5 000 |

| JUNIORS | MEN      |        |  | WOMEN    |        |
|---------|----------|--------|--|----------|--------|
|         | 00:28:40 | R3 000 |  | 00:32:20 | R3 000 |