

# RULES AND REGULATIONS

**Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserves the right to accept / reject any entry received.**

**Club Colours:** Athletes must participate in their correct club colours and display the ASA 2021 license numbers on the **front and back** of the vest, All other runners must display temporary number on **front** of vest. No advertising allowed.

**Cut-off time:** 10km = 1 ½ hrs

**Distance markers:** Will be placed at every kilometre.

**Foreigners:** All foreign athletes must comply with IAAF rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.

**Proof of Age:** Athletes must give proof of their age at the request of the Race Referee. (**SA ID/Passport/Drivers License/Refugee Permit/Birth Cert**)

**Refreshment Tables:** Drinking / Sponging stations shall be provided at 3km intervals (Min 2.5km – Max 3.5km apart), or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.

**Road:** Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

**Safety Rule (ALL DISTANCES):** No Earphones (**ASA Rule 34.10.6**), Animals (**ASA Rule 34.10.1**), Racers (**ASA Rule 34.10.3**), or Wheelchairs (**ASA Rule 34.10.4**) allowed.

**Seconding:** No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, **stand and hand rule** will only be permitted within **the delineated area at water points.** (**ASA Rule 34.8.2**)

**Age Tags:** Participants will be eligible for prizes in the **OPEN** category and the age category for which they have entered provided the relevant **OFFICIAL ASWD** age category tag or junior tags is displayed, **visible and above license number**, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (**Red age tag** )/white background (**ASA Rule 22.9**)

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R30.00	None	9 years
10km	R75.00	R35.00	14 years



# Rainbow Atletiek Klub

**Presents**

**5KM & 10KM NITE RACE**

**FRIDAY 28 JANUARY 2022 @ 18:00**

**Sponsored by**



**START & FINISH @ TOP GEAR SPORTS SHOP**

**TIME/TYD: 18H00**

**FEE: (10KM) R75.00**

**FEE :( 5KM) R30.00**

**TEM.LIC R35.00**

**HELD UNDER THE RULES OF ASA AND ASWD**



**This event is timed by IPICO timing chip. NO CHIP NO TIME**

# INFORMATION

Pre-entries close on Thursday 27 January 17h00 :Top Gear

Only online entries @ [www.aswd.co.za](http://www.aswd.co.za)

Close Tuesday 25 January @ 20h00.(Additional R10 to Online Fees)

**NO REFUNDS!!!**

**Registration : Friday 28 January 2022 from 15h00 at Top Gear**

**Transport:** Own /Private

**ASWD Licensed athlete take note:** Forget your IPICO chip – you will have to pay **R20** to loan one for the race. Lost your chip – you will have to pay **R75** for a replacement chip.

**Start:** Top Gear @ 18h00

**Note:** All athletes will be subjected to health screening for COVID 19. This compulsory process will start at 15h00. All athletes need to be at the start at 17h45. Kindly complete the attached health screening questionnaire and bring with on race day **(no form, no participation)**.

**Finish:** Top Gear

**Ablution:** Top Gear

**First Aid: Palm Tyres** - Available at start & routes

**Hand-outs:**

**Medals:** Medals for 250 athletes finishers on 10km /50 on the 5km who complete the race within the cut-off time.

**No Prize giving:** All winners will receive prize money through EFT/CASH send. Please SMS(0719955346) provide banking details/cell number to the Event Organiser, Sidwell Oktober, at the finish. **Failing which prize money is forfeited.** (ASA Rule 2.10)

**Prize Money:** 10km race, Equal prize money for male and female athletes. [Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category **E.g.**

**No prize money for Fun Run**

	OPEN	40 – 49	=	50 – 59	=	60 – 69	=	70-79	=	80+ =	J
Position R300	R200			R200		R200		R200		R200	R200
Position R200	R100			R100		R100		R100		R100	R100
Position R100											

**Route:** Map available at Registration

**Welcome:** Walkers / Wheelchairs

**Enquiries:** S. Oktober(0719955346)

**SPECIAL NOTE: PLEASE USE MASK ALWAYS EXCEPT FOR DURING PARTICIPATION. ALL ATHLETES NEEDS TO LEAVE THE SITE AS SOON AS RUN/WALK OVER THE FINISH LINE. NO GATHERING/HANDSHAKE/HUGGING ALLOWED AT THE FINISH.**

**RACE TIMING:** An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalised chips. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return chip to the race organizer even in the event of not completing the race.

# ENTRY FORM

<b>ADMIN USE</b>
<b>CHIP NO</b>
<b>TEMP NO</b>

<b>SURNAME</b>							
<b>FIRST NAME</b>							
<b>PROVINCE</b>					<b>LIC NO:2021/ 2022</b>		
<b>DATE OF BIRTH</b>	D	d	m	M	yyyy	<b>AGE</b>	
<b>MALE</b>					<b>RUNNER/WALKER</b>		
<b>FEMALE</b>					<b>Demographics: B/C/W/I</b>		
<b>CLUB</b>							
<b>ADDRESS</b>							
<b>CELLPHONE NR</b>							
<b>ID / BC / PR NUMBER</b>							
<b>EMAIL ADDRESS</b>							
<b>EMERGENCY Contact / Cell</b>							
<b>PARTICIPATION AGE CATEGORY:</b> JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+80+							
Cheque made out to – NO							
<b>Race</b>	<b>Entry Fee</b>		<b>Temp Lic Fee</b>		<b>TOTAL</b>		
Fun Run	R30.00		None				
10km	R75.00		R35.00				

**INDEMNITY / DISCLAIMER** by entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further.

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**Signature**  
 .....

.....  
**Date**  
**Parent/Guardian (if under 18 years)**