

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 2023 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 = 2 hrs 5 km funrun = 1 hrs, 5km (walk) = 1h30min

Distance markers: Will be placed at every kilometre.

Foreigners: All foreign athletes must comply with WA 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 always stay on the right-hand side of the road, 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
5km walk/run	R30.00	R0	9 years
10km	R75.00	R45.00	14years



100
1923-2023
HOËRSKOOL OUTENIQUA





In association with



100
1923-2023
HOËRSKOOLOUTENIQUA



KWAGGA 100 RUN

10 km & 5 km funrun/walk

en

SWD 10km Championships

When: Friday 15 September 2023

Time: 18h00 – 10km

18h15 – 5km run/walk

Venue: Hoërskool Outeniqua sports grounds, George

HELD UNDER THE RULES OF ASA AND ASWD



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

INFORMATION

<p>Registration and Late Entries: No late Entries – No Raceday Entries Pre-entries: Top Gear Sport, Meade Street, Loerie Centre (Ters) until Wednesday, 13 September at 17h00.</p>																																					
<p>Online Entries: ASWD -http://www.aswd.co.za Close Wednesday, 13 Sept. at 12h00.(Additional R10 to online fees)</p>																																					
<p>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.</p>																																					
<p>Start: 18h00 at Hoërskool Outeniqua Sport Grounds – 10 km 18h15 at Hoërskool Outeniqua Sport Grounds – 5 km funrun</p>																																					
<p>Finish: Hoërskool Outeniqua</p>																																					
<p>Ablution: Available at start and finish.</p>																																					
<p>Medals: Medals to the first 350 who compete the race within cut-off time.</p>																																					
<p>Prize giving: Equal Prize Money will be awarded to Men and Women</p>																																					
<p>Prize Money: 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.)</p> <table style="margin-left: auto; margin-right: auto; border: none;"> <tr> <td></td> <td>OPEN</td> <td>40 – 49</td> <td>= 50 – 59</td> <td>= 60 -69</td> <td>= 70-79</td> <td>= 80+</td> <td>= J</td> <td>= W</td> </tr> </table> <table style="margin-left: auto; margin-right: auto; border: none;"> <tr> <td style="vertical-align: top;">10km</td> <td>1 R500</td> <td>1 R150</td> <td>1 R150</td> <td>1 R150</td> <td>1 R150</td> <td>1 R150</td> <td>1 R200</td> <td>1 R150</td> </tr> <tr> <td></td> <td>2 R300</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>3 R200</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>			OPEN	40 – 49	= 50 – 59	= 60 -69	= 70-79	= 80+	= J	= W	10km	1 R500	1 R150	1 R150	1 R150	1 R150	1 R150	1 R200	1 R150		2 R300									3 R200							
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<p>Route: From Hoërskool Outeniqua Sport grounds to the George Dam boom and back for one lap around track</p>																																					
<p>First Aid: Available</p>																																					
<p>Welcome: Walkers / Wheelchairs</p>																																					
<p>Enquiries: Johann du Preez @ 084 501 0168</p>																																					

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 the chip to the race organizer even in the event of not completing the race.

ENTRY FORM

CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE				LIC NO 2023			
DATE OF BIRTH	d	d	m	m	yyyy	AGE	
MALE				RUNNER			
FEMALE				WALKER			
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PR NUMBER							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY:							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60 – 69 / 70 -79 / 80+							
Race	Entry Fee	Temp Lic Fee		TOTAL			
5km funrun/walk	R30.00	R0					
10km	R75.00	R45.00					

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 participation in the activity;

Minor Release: and I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor).....

Phone:..... Signature:..... Date:.....