

7. Athletes participate under their school's name and in their school's official athletic attire. Athletes that are not dressed likewise and appropriate will not be allowed to participate.
8. The age groups are as follow for both boys and girls:
 - 14-year age group: born in 2011
 - 15-year age group: born in 2010
 - 16-year age group: born in 2009
 - 17-year age group: born in 2008
 - 19-year age group: born in 2007, 2006
9. In the Ladybrand Zone, Thaba Nchu Zone and Botshabelo Zone take part in one meeting this year as Zone 3. The first EIGHT athletes in each item in all three Zones qualify for the Motheo/Xhariep High Schools Championships.

In the relay events only the first 4 teams in each relay proceed to the Motheo High Schools Championships – this applies to all three Zones. (Each of the 3 Zones can therefore only enter 4 relay teams for the Motheo/Xhariep Championships).

10. An athlete may participate in a maximum of THREE items and a relay. An athlete may only participate in ONE AGE GROUP, except in the relays where an athlete may participate in a higher age group.

MEDALS: The first THREE athletes in each final must collect medals. No medals will be handed over **if proof of identification ON THE TEMPLATE PROVIDED is not presented. A clean template for use is included. Remember stamp by the Commissioner of Oaths.** (No medals will be forwarded to athletes who fail to collect them.)

Each team manager must have a file available at the meeting that includes all the ID templates of the team members.

Please take note: This file must be handed in at FS Schools Championships with the ID document of all participating athletes.

13. **Affiliation: Reminder: NO AFFILIATION, NO PARTICIPATION
High Schools: R1 500**

Combined and Intermediate Schools: R1300

Primary Schools: R600

A primary school which has athletes participating at the high schools as well as the primary schools must affiliate to both the primary schools and the high schools. **Farm schools pay no affiliation.**

Schools	Affiliation to Free State High Schools	Division of Affiliation	
		FREE STATE	DISTRICTS
High Schools	R1 500	R700	R800 *(R300 paid back to Zones)
Intermediate and Combined	R1300	R600	R700
Intermediate and Combined schools with less than 20 athletes			R300
Primary Schools	R700	R300	R400
Primary Schools (if less than 20 Athletes)	R100		R300
Schools of Skills (L.S.E.N.)	Each District will handle this affiliation according to their own dynamics	Division of the Amount determined by each District must be done as follows: = 70 % to Free State High Schools = 30 % to Districts	
Farm Schools	No Affiliation	No Affiliation	No Affiliation

Affiliation to Motheo/Xhariep must **be paid directly into the account of Motheo/Xhariep:**

Account details: First National Bank
Account name: Hoërskole Atletiek
Account number: 62219433399
Branch Code: 230534

Please state very clearly (in any payment method) as reference the SCHOOL'S NAME.

Please email the evidence of payment to **conrayfly@gmail.com**. Affiliation must be paid before on or before **24 January 2025**.

If affiliation is not paid a school will not be allowed to participate: NO AFFILIATION, NO PARTICIPATION.

14. The following concerns the Team Managers:
 Only 1 (ONE) Team Manager per school will be allowed free entrance on the day of the competition. If a school, however, has more than 20 athletes 2 (TWO) Team Managers will be allowed free entrance. NO MEALS will be provided for team managers, as this is the school's responsibility.
15. **OFFICIALS:** Names of officials must reach rucohenning127@gmail.com (please cc 1953danie@gmail.com) not later than **10 February 2025 at 14:00**.
ANNEXTURE A for this purpose is included on the **last page** of this document.
IMPORTANT:
- If a school has 10-20 athletes participating, it is expected of the school to supply at least ONE (1) official.
 - If a school has 21-40 athletes participating, it is expected of the school to supply at least TWO (2) officials.
 - For more than 40 athletes we expect from the school to supply at least THREE (3) officials.
 - Officials will be notified of their placing on the official list.
 - **No officials (according to the guidelines) no participation.**

16. In the **Motheo district** the **qualifying standards** for the **Free State High Schools Championships which will be held in Sasolburg on 7/8 March 2025 is as follow:**

- the first 3 (THREE) athletes in track events up to 400m,
- the first 4 (FOUR) athletes in track events from 800m upwards and
- in all field events the first 4 (FOUR) athletes.
- The first 3 relay teams in each final will qualify

In the **Xhariep district** the **qualifying standards** for the **Free State High Schools Championships which will be held in Sasolburg on 7/8 March 2025 is as follow:**

- the first 2 (TWO) athletes in track events up to 400m,
- the first 2 (TWO) athletes in track events from 800m upwards and
- in all field events and the first the first 2 (TWO) athletes.
- The first 2 relay teams in each final will qualify.
(This apply if the Xhariep athlete finishes among the first 8 athletes in a final.)

- 17. Athletes must report to the district team manager during the Free State Schools Championships if they are not available for selection for the Free State team.**

18. A call room will be in full operation and the following applies:

ATHLETES CONTROL CENTRE

The call room for the athletes will be **situated at the warmup** area. All athletes must report to the call-room. If an athlete is entered in both track and field **events which takes place simultaneously**, the Team Manager must report this at the Control Room at least 45 minutes prior to the start of the first event as well as to the officials involved in the items. **ALL WARM-UP ACTIVITIES MUST TAKE PLACE IN THE WARM-UP AREA – NO WARM-UP ON THE TRACK - STARTING BLOCKS will be provided on the track.**

When the control has been completed an **official will accompany the athletes to their events.** Only athletes and official team managers and coaches will be allowed in the call room (i.e. no parents etc)

Athletes call out times will be as follows:

Event	Call Room	Entry onto the field
Field Events	45-minutes before the starting time	25-minutes before the starting time [except for Pole Vault]
Pole Vault	80-minutes before the starting time	65-minutes before the starting time
Track Events	35-minutes before the starting time	10-minutes before the starting time
Hurdles	35-minutes before the starting time	15-minutes before the starting time

18. **The meeting program is available at jobaentries.co.za.**
(Note: All race walk items will be catered for on 20 February 2025 as indicated on the program.)
19. Only coaches and team managers are allowed in the warm-up area with their athletes i.e. no parents
20. Each school is responsible for its own transport and accommodation. The committee will not take responsibility in this regard.
21. WA and ASA rules will apply.
22. Athletes of the University of the Free State's Athletic Club as well as Senior athletes from other clubs will also participate in the senior events at these championships. The senior events are only for the athletes of tertiary institutions or affiliated clubs and no athlete from the schools may participate in the senior events.
23. A fixture list is attached.

We sincerely hope that you will enjoy this athletic season.

Louw Prinsloo
(Chairperson)

Maki Motsumi
(Secretary)

NOTE: ATTACHMENT A for officials follows on the next page.

OFFICIALS FOR MOTHEO/XHARIEP DISTRICTS HIGH SCHOOLS ATHLETIC CHAMPIONSHIPS ON 22 FEBRUARY 2025

NAME OF SCHOOL: _____
 CONTACT PERSON: _____
 CEL(Contact Person): _____ -
 EMAIL (School/contact person): _____

NAME AND SURNAME	ITEM (preferred events: name two)	CELLPHONE/EMAIL

- **Race Walk and 10 000 m: 20 February 2025: Starts at 15:00**

Please Enter the names of officials that are available as time keepers and track judges:

Time keeper: Name and Surname: _____

Time keeper: Name and Surname: _____

Track Judge: Name and Surname: _____

Track Judge: Name and Surname: _____

Track Judge: Name and Surname: _____

Please forward this form to reach rucohenning127@gmail.com (please cc 1953danie@gmail.com) on or before **10 FEBRUARY 2025 at 14:00.**

IMPORTANT:

- If a school has 10-20 athletes participating, it is expected of the school to supply at least ONE (1) official.
- If a school has 21-40 athletes participating, it is expected of the school to supply at least TWO (2) officials.
- For more than 40 athletes we expect from the school to supply at least THREE (3) officials.
- Officials will be notified of their placing on the official list.

Signature: Principal

SCHOOL STAMP