

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 2018 license numbers on the <u>front and back</u> of the vest, All other runners must display temporary number on <u>front</u> 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, <u>stand and hand rule</u> will only be permitted within <u>the delineated area at water points.</u> (ASA Rule 34.8.2)			
Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> age category tag or junior tags is displayed, <u>visible and above license number</u> , front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tag)			
Race	Entry Fee	Temp Lic Fee	Minimum Age
3 km Fun Run	R20.00	None	9 years
10km	R55.00	R35.00	14 years

All proceeds in support of CANSA Relay For Life





The Cooling Co. 10km and 3km Fun Run
Saturday 24 March 2018 @ 07h00
Start & Finish @ Carpe Diem School, George.

Sponsored by



When your legs can't run anymore, run with your heart

HELD UNDER THE RULES OF ASA AND ASWD



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

INFORMATION

Registration: From 05h30 on Saturday, 24 March 2018.
Pre-entries: Top Gear Sport, Meade Street, Loerie Centre (Ters).
Pre-entries close on Thursday, 22 March 2018.
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: Carpe Diem School at 07h00.
Finish: Carpe Diem School
Ablution: School
First Aid: Available at start & routes.
Hand-outs: Lucky Prizes
Medals: Medals to all finishers who complete the race within the cut-off time. Medals also for 3km Fun Run.
Prize giving: Venue / Time. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)
Prize Money: Equal prize money for male and female athletes. No prize money for Fun Run
OPEN 40 – 49 = 50 – 59 = 60 – 69 = 70+ = JUNIORS
Position 1=R300 R100 R100 R100 R100 R100
Position 2=R200
Position 3=R100
1 st Walker R100(M/F)
Route: Flat, map available at Registration.
Welcome: Walkers / Wheelchairs
Enquiries: J. du Preez(084 501 0168) A. Zehmke(083 650 5098)

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

						ADMIN USE	
						CHIP NO	
						TEMP NO	
SURNAME							
FIRST NAME							
PROVINCE				LIC NO 2018			
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+							
Race		Entry Fee		Temp Lic Fee		TOTAL	
3km Fun Run		R20.00		None			
10km		R55.00		R35.00			

Additional Late entries(10km): R20.00 on Race Day.

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF 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:.....