

# PDAC



## PDAC X-COUNTRY

### GELOFTE SCHOOL PINETOWN

### 28 August 2021

#### Gelofte School

2 Caversham Road, Pinetown

*Tuckshop will be open for snacks and refreshments*

#### For enquiries

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[www.pdac.co.za](http://www.pdac.co.za)



EVEN T	TIME	CATEGORY	DISTANCE	ENTRY FEE	2021 ASA LICENCE
1	11:50	*Boys & Girls 7 & 8 yrs or younger	1km-1 lap of 1km	NONE	NO
2	12:00	*Boys & Girls 9 & 10 yrs	2km-1 lap of 2km	NONE	NO
3	12:20	*Boys & Girls 11 & 12 yrs *Girls 13 yrs	3km 1 lap of 1km plus 1 lap of 2km	R20-00	YES
4	12:45	*Boys & Girls 13,14 & 15 yrs *Open Men & Women *Grand Master Men 75+	4km-2 laps of 2km	R20-00	YES
5	13:15	*Girls 14 & 15yrs *Youth Women (16 & 17 yrs) *Master Women 30+	4km-2 laps of 2km	R20-00	YES
6	13:50	*Youth Men (16 & 17 yrs) *Grand Master Men 60+ *Women 18 & 19 yrs	6km-3 laps of 2km	R20-00	YES
7	14:30	*Junior Men 18 & 19 yrs *Master Men 30-59	8km-4 laps of 2km	R20-00	YES
8	15:15	*Open Men *Open Women	10km-5 laps of 2km	R20-00	YES

**Temporary licences will be available for sale at a cost of R35-00**

#### Rules;

This race is run under the rules IAAF, ASA & KZNA

Marshalls and traffic officials to be obeyed

All foreign athletes must comply with IAAF Rule 4.2 & 142

Licence numbers to be worn front and back of vest-not on shorts

Age category tags to be worn front and back of vest

Club kit to be worn

Temp licence runners to wear plain vest with no advertising

Licensed runners are covered by insurance. As per ASA rule 24.3.12, temp licences are not.

#### Covid regulations will apply:

All persons must wear a mask at all times. Athletes may remove their masks just prior to competing and will be required to put them back on again straight after the event.

All persons must complete a Covid 19 questionnaire on arrival at the venue and record their temperature.

Hand sanitizer will be available at registration.

There will be no seconding tables and athletes are encouraged to bring their own water and refreshments.