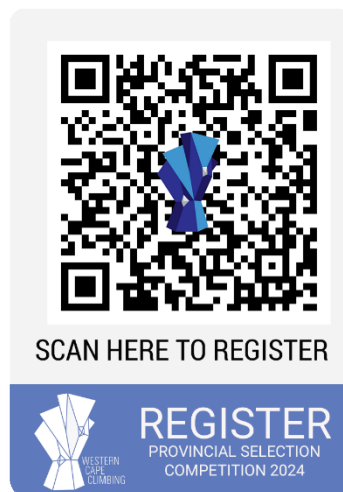


Information booklet



2024 Provincial Selection Event Youth E,D,C,B,A,Junior and Open

Register at



<https://forms.gle/XMmEymVT3tLRQ1Bd6>

Saturday 3rd February 2024 – Lead & Top Rope - CityROCK
Sunday 4th February 2024 – Boulder - Bloc 11 Paarden Eiland

Hosted by: Western Cape Climbing

Introduction

Western Cape Climbing welcomes all Western Cape climbers to the Provincial Climbing Competition.

Special Notes:

This competition is for Youth F(U7) Youth E(U9), Youth D(U11), Youth C(U13), Youth B(U15), Youth A(U17), Junior (u19), Senior (19+) and OPEN age groups

- *Selection for National Events:*
Subject to a minimum climbing ability to be determined by a panel consisting of the WCC head coach, WCC Competitions & Calendar Commission, WCC High Performance (Awards and Selections) Commission and one parent representative. The Top 5 Ranked Competitors in each Youth category and the Top 5 Ranked Competitors in the Open Category will be selected for the Western Cape Provincial Teams competing at the SANCF Youth Selection and Open Climbing Competition being held 02-03 March 2024 (in Cape Town) at CityROCK and Bloc11 (Youth C to OPEN)
- *There will be a second WCC Provincials held 7-8 September 2024*
- All athletes wishing to compete in the SA nationals will need to compete in this competition. The Age groups will be "upgraded" for this event – this means that athletes will compete in the second provincials and the September Nationals in the age group that they will be in in 2025.
- September Nationals will be used as the Primary metric for selecting the 2025 SA National team. Both for the Youth team and the Open team.
- Open climbers that wish to compete in IFSC WC events will be selected from the Open SA Team.
- Youth climbers that wish to compete in IFSC Europe Youth events will be selected from the Youth SA Team.
- Athletes from the SA Youth and Open team will be invited to partake in various international events – this will broaden the opportunities that athletes will have to compete internationally and grow their international climbing experience.
- *Youth Selection Competition 2025*
The Youth Selection Event in March 2025 will be used to finalise the Youth Team going to the IFSC Youth World Championships.
- *Selection Compliance for Provincial Team:*
All athletes wishing to compete at the Selection and National events MUST take part in these provincial selection events. Those who are unable to attend on the day can submit a special exemption request as named below on page 12 for consideration by the panel.
- *Punctuality:*
Please bear in mind that the competition will run strictly according to a timetable. Please ensure that you are early for your time slot. Kindly allow enough time for travel delays.

- Technical Officials:
Anyone able to assist as a Technical Official at the event, please contact president@westerncapeclimbing.co.za and secretary@westerncapeclimbing.co.za before 26 January 2024.
- *Please note that this is a provincial competition set to a high standard. It is not intended that all athletes top all the routes / problems.*

1. When & Where

The 2024 Provincial Speed Climbing Competition will be held on the following day:

- ✓ **Friday 2nd February 2024 at CityROCK Indoor Climbing Gym, Paarden Eiland, Cape Town**
- ✓ **Starting Time: 15:30 – Please ensure that you are ready to climb by 15:30.**

The 2024 Provincial Lead Climbing Competition will be held on the following day:

- ✓ **Saturday 3rd February 2024 at CityROCK Indoor Climbing Gym, Paarden Eiland, Cape Town**

The address for CityROCK is: 9 Milner Street, Unit 5 Table Bay Industrial Estate, Paarden Eiland, Cape Town. For more information, please visit their website <http://cityrock.co.za/capetown/>. Refer to the map below or use the following link <http://bit.ly/2CXEkAb>.

- **Technical Meeting**
CityROCK Indoor Climbing Gym, Paarden Eiland. Date and Time to be advised by the Jury President.
- **CityROCK Waiver**
All Athletes and spectators must sign the CityROCK waiver.

ADULT LINK: <https://waiver.smartwaiver.com/v/cityrockadult/>

MINOR LINK: <https://waiver.smartwaiver.com/v/cityrockminor/>

The 2024 Provincial Bouldering Competition will be held on the following day:

- ✓ **Sunday 4th February 2024 at Bloc 11, Paarden Eiland, Cape Town**

The address for Bloc 11 is: 18 Auckland Street, Paarden Eiland, Cape Town, 7800. For more information, please visit their website <https://bloc11.co.za> <https://maps.app.goo.gl/sVQe5ywcTf4gnHyV8>

- **Technical Meeting**
Bloc North, Paarden Eiland. Date and Time to be advised by the Jury President.
- **Bloc11 Waiver**
All Athletes and spectators must sign the Bloc11 waiver.

LINK: <https://auth.bloc11.co.za/indemnity.html>

2. Age groups and number of participants for Provincial Competitions

Schools, clubs and climbers are requested to please register via the google form link.

PLEASE ENSURE THAT YOU ARE COMPETENT LEAD CLIMBERS AND HAVE A LEAD LICENCE BEFORE ENTERING THIS COMPETITION.

The Speed Categories are as follows:

- Open Male (All age groups from U17 and up)
- Open Female (All age groups from U17 and up)
- Youth Male (U11/U13/U15)
- Youth Female (U11/U15/U17)

The Lead Categories are as follows:

- Open Male (All age groups from U17 and up) (Lead)
- Open Female (All age groups from U17 and up) (Lead)
- Senior Male (Lead)
- Senior Female (Lead)
- Junior (U19) Male (Lead)
- Junior (U19) Female (Lead)
- Youth A (U17) Male (Lead)
- Youth A (U17) Female (Lead)
- Youth B (U15) Male (Lead)
- Youth B (U15) Female (Lead)
- Youth C (U13) Male (Lead) – no Top Rope – must have lead licence
- Youth C (U13) Female (Lead) - no Top Rope – must have lead licence
- Youth D (U11) Male (Top Rope) – no lead
- Youth D (U11) Female (Top Rope) – no lead
- Youth E + F (U7 + U9) Male (Top Rope)
- Youth E + F (U7 + U9) Female (Top Rope)

The Boulder Categories are as follows:

- Open Male
- Open Female
- Senior Male
- Senior Female
- Junior (U19) Male
- Junior (U19) Female
- Youth A (U17) Male
- Youth A (U17) Female
- Youth B (U15) Male

- Youth B (U15) Female
- Youth C (U13) Male
- Youth C (U13) Female
- Youth D (U11) Male
- Youth D (U11) Female
- Youth E (U9) Male
- Youth E (U9) Female
- Youth F (U7) Male
- Youth F (U7) Female

NOTE 1:

Only Youth F (U7), E (u9) and D (u11) will be able to climb Top Rope

NOTE 2:

Competitors who turn 16 years of age in 2024 (Youth A and Junior) will climb the same routes as the OPEN category in this competition, but all the individual age groups will be scored separately. There will be separate U17, U19 and Senior Podiums as well as an Open Podium.

NOTE 3: *Athletes are not meant to top all the routes at this competition. Please make sure your athletes are aware of this fact. The routes are intentionally hard. The point is to separate the athletes. The goal is to ensure that only one athlete will top the routes.*

Age Categories are defined in the table below. Please ensure that you register in the correct age group.

IFSC YOUTH COMPETITION AGE CATEGORIES

YEAR OF COMP		2024			
		Birth Year Range			
Junior	Junior	2005	2006	U19	Born either 18 or 19 years before the year of the competition
Youth	A	2007	2008	U17	Born either 16 or 17 years before the year of the competition
	B	2009	2010	U15	Born either 14 or 15 years before the year of the competition
	C	2011	2012	U13	Born either 12 or 13 years before the year of the competition
	D	2013	2014	U11	Born either 10 or 11 years before the year of the competition
	E	2015	2016	U9	Born either 8 or 9 years before the year of the competition
	F	2017	2018	U7	Born either 6 or 7 years before the year of the competition

VERY IMPORTANT

Competition Registration Link:

<https://forms.gle/nz2H9eXp5h27nCs2A>

4. Structure of events

Rules:

Scoring will be as per IFSC rules unless otherwise stated and will be explained during the briefing session. An abbreviated guide to the rules will be on display at the venue and in the isolation area. Anyone with further questions is welcome to discuss with the Jury President of the competition who will be the final arbiter and clarify any rules issues.

Format for Lead:

- There will be 2 routes for this event. Two routes will be climbed by each category. The ranking achieved in the first route will be multiplied by the ranking achieved in the second climb. The winner will be the person with the lowest score.
- All two routes will be on-sight, meaning that the groups will be given six minutes to view the route prior to the climb before being confined to isolation. The route will not be demonstrated, and they will not be allowed to watch anyone climb the routes nor share information about the route.
- The individual competitor will be led to the route at the appropriate time by a belayer. The competitor must have their shoes and harness on and have chalk. The competitor must already be tied in and have been checked by the belayer and be accompanied by the belayer to the route. The competitor will have 30 seconds to view the route immediately before their climb.
- The attempt will be considered started the moment both feet leave the floor and will be deemed completed when the climber has either clipped the final draws or fallen.
- The starting order will be by random order generation for all climbs. There will be a rest period of approximately 50 minutes between each lead climb; this will be governed by the largest group.
- Climbers have only one attempt per route and have a maximum of six (6) minutes per route after which they will be called down.
- The score on each route is judged by the highest hold that is reached and controlled.
- If any 1st placed Final competitors remain tied following the above, they will be required to climb a super final, unless there is no time or no possible route exists, after which it will be scored on time.
- **SCORING:** The ranking achieved in the first route will be multiplied by the ranking achieved in the second climb. The winner will be the person with the lowest score.

Format for Boulder:

- For U7/9, U11, U13, U15 age groups there will be 1 round of 4 boulders (each boulder will have 2 zones). Four (4) boulder problems will be climbed by each category and the total scores from all four problems will be used to determine the winners. Standard IFSC scoring using points will be used. (First zone gets 5 points, second zone gets 10 points and a top will give you 25 points. – For each attempt you will have 0.1 points deducted.)
- For the Open Category (U17/U19/Seniors) There will be 2 rounds of 3 boulders (so a total of 6 boulders) (each boulder will have 2 zones). Six (6) boulder problems will be climbed by each category and the total scores from all six problems will be used to determine the winners. Standard IFSC scoring using points will be used. (First zone gets 5 points, second zone gets 10 points and a top will give you 25 points. – For each attempt you will have 0.1 points deducted.)
- It is a Flash competition so each athlete will have 4 minutes per boulder problem, with a 4 minute rest period between climbs. With a full viewing of all boulders in a period before all climbing starts – 2 minutes per boulder so a maximum of 12 minutes for Opens and 8 minutes for U15 and below.
- The competitor must establish on the starting holds of each problem before commencing their attempt.
- The attempt will be considered started the moment both feet leave the floor and will be deemed completed when the climber has topped the problem or fallen.
- Starting order will be randomized.
- A 2 minute viewing per problem will be held before the start of each category's round.
- Climbers may not ask about beta. Climbers may only touch the marked starting holds during this time. No other holds may be touched and feet may not leave the ground.
- Scores are numerical according to the IFSC scoring system. The value is calculated according to:
 - 25 points for a top;
 - 10 point for the second zone (high zone);
 - 5 point for the first zone (low zone) and,
 - 0.1 will be deducted for each attempt.
- No score shall be awarded for a "touched" hold. A zone hold must be used by the climber in order to maintain a stable position. Only use of hands on the zone hold are valid for a zone point.
- If any 1st placed Final competitors remain tied following the above, they will be required to climb a super final.

5. Refreshments at competition venue

Minor refreshments will be available at both venues.

6. Costs and payment

Fee for 2024 Provincial Competition

- **R500.00 for any discipline. (If you climb 2 disciplines it is still R500 and if you climb 3 disciplines it is also R500)**

If you have not Paid your WCC or Other Provinces Membership fees for 2024 this needs to be paid before you complete the competition registration: **R600.00 for full competitive membership.**

This means that if you compete in all 3 disciplines and are not a member for 2024 the full cost will be R 1100.00.

If you compete in all 3 disciplines with membership it will be R 500.00.

- ✓ Any climber competing at these events who is from another province is expected to have already paid their relevant provincial and national fees to their own province and proof thereof may be requested by WCC. They would therefore only need to pay the relevant competition fees.
- ✓ The above fee includes medals, trophies, venue hire as well as the costs associated with the setting and organization of the competition.
- ✓ All payments are to be made **via EFT or SNAPSCAN before Sunday 28th January 2024** into the **Western Cape Climbing Bank Account** below.

✓

Western Cape Climbing

First National Bank

Branch Number: **204209**

Branch: Cavendish

Account Number: **62380592652**

Account Type: Cheque Account

Please list your name as a reference on the deposit slip

Kindly email the proof of payment to treasurer@westerncapeclimbing.co.za

- ✓ The Competition SnapScan payment link is:

https://pos.snapscan.io/qr/wcc_comp

To become a WCC member kindly register BEFORE the aforementioned deadline:

WCC **Membership** registration link is

<http://bit.ly/wcc-join>

WCC **Membership** payment link is:

https://pos.snapscan.io/qr/wcc_ms

7. Timetable - Final – (2024-01-31)

These times are approximate –Please make sure that you are at the venue at the required times. Times are subject to change. Timing may vary.

FINAL SPEED TIMETABLE

TIMETABLE - WCC SPEED - FRIDAY 02 FEBRUARY 2024 - CITYROCK

YOUTH SPEED		ORANGE	TOTAL ATH	00:06:00	minutes	START	FINISH
U11/U13/U15	FEMALE - no. of Athletes	8	11	01:06:00		15:30:00	16:36:00
	MALE - no. of athletes	3					
OPEN SPEED	OPEN	ORANGE	TOTAL ATH	00:06:00	minutes	START	FINISH
(U17/U19/Senior)	FEMALE - no. of Athletes	2	7	00:42:00		16:45:00	17:27:00
	MALE - no. of athletes	5					
SENIOR PRIZE GIVING	17:30:00						

First practice run for FEMALES, then first practice run for MALES

Followed by : Second Practice run as above

Followed by : **First TIMED** run as above

Followed by : **SECOND TIMED** run as above

**FINAL TIMETABLE - SATURDAY 3 FEBRUARY 2024 - SESSION 1 - U7-U13
CITYROCK**

	EVENT	START	FINISH	DURATION
	REGISTRATION	07:30:00	07:50:00	00:20:00
	BRIEFING	07:50:00	08:00:00	00:10:00
	WARMUP	08:00:00	08:30:00	00:30:00
	VIEWING	08:30:00	08:45:00	00:15:00
ROUTE 1	U7 F + M	08:45:00	08:45:00	00:00:00
	U9 F + M	08:45:00	08:51:00	00:06:00
	U11 F + M	08:45:00	09:39:00	00:54:00
	U13 M	08:45:00	09:15:00	00:30:00
	U13 F	08:45:00	09:15:00	00:30:00
ROUTE 2	U7 F + M	10:00:00	10:00:00	00:00:00
	U9 F + M	10:00:00	10:06:00	00:06:00
	U11 F + M	10:00:00	10:54:00	00:54:00
	U13 M	10:00:00	10:30:00	00:30:00
	U13 F	10:00:00	10:30:00	00:30:00
	JUNIOR PRIZE GIVING	11:00:00		

FINAL TIMETABLE - SATURDAY 3 FEBRUARY 2024 - SESSION 2 - U15-OPEN

	EVENT	START	FINISH	DURATION
	REGISTRATION	11:00:00	11:20:00	00:20:00
	BRIEFING	11:20:00	11:30:00	00:10:00
	WARMUP	11:30:00	12:00:00	00:30:00
	VIEWING	12:00:00	12:15:00	00:15:00
ROUTE 1	U15M	12:15:00	12:51:00	00:36:00
	U15F	12:15:00	12:57:00	00:42:00
	U17 - OP - MALE	12:15:00	13:45:00	01:30:00
	U17 - OP FEMALE	12:15:00	13:15:00	01:00:00
ROUTE 2	U15M	13:15:00	13:51:00	00:36:00
	U15F	13:15:00	13:57:00	00:42:00
	U17 - OP - MALE	13:45:00	15:15:00	01:30:00
	U17 - OP FEMALE	13:45:00	14:45:00	01:00:00
	SENIOR PRIZE GIVING	15:30:00		

FINAL BOULDER TIMETABLE

TIMETABLE - WCC BOULDER - SUNDAY 04 FEBRUARY 2024 - BLOC11 PAARDEN EILAND

AGE GROUP	TOTAL TIME	REGISTRATION	BRIEFING	WARMUP	VIEWING	START	FINISH	DURATION	
U7 / U9 M / U11M	00:48:00	07:30:00	08:00:00	07:35:00	08:20:00	08:30:00	09:18:00	00:00:00	MORNING SESSION 2
U7 / U9 F / U11F	00:36:00	07:30:00	08:00:00	07:35:00	08:20:00	08:30:00	09:06:00	00:36:00	
U13 M	00:52:00	07:30:00	08:00:00	08:35:00	09:55:00	09:30:00	10:22:00	00:52:00	MORNING SESSION 3
U13 F	01:00:00	07:30:00	08:00:00	08:35:00	09:55:00	09:30:00	10:30:00	01:00:00	

JUNIOR PRIZE GIVING	11:00:00
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AGE GROUP	TOTAL TIME	REGISTRATION	BRIEFING	WARMUP	VIEWING	START	FINISH	DURATION	
U15 M	01:12:00	09:30:00	10:05:00	10:20:00	11:05:00	11:15:00	12:27:00	01:12:00	MORNING SESSION 4
U15 F	01:04:00	09:30:00	10:05:00	10:20:00	11:05:00	11:15:00	12:19:00	01:04:00	

PRIZE GIVING	12:45:00
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U17 - OPEN - M - R1	01:16:00	11:30:00	12:00:00	12:15:00	13:00:00	13:15:00	14:31:00	01:16:00	AFTERNOON O-ROUND 1
U17 - OPEN - F - R1	01:08:00	11:30:00	12:00:00	12:15:00	13:00:00	13:15:00	14:23:00	01:08:00	
U17 - OPEN - M - R2	01:16:00					14:31:00	15:47:00	01:16:00	AFTERNOON O-ROUND 2
U17 - OPEN - F - R2	01:08:00					14:31:00	15:39:00	01:08:00	

Athlete 1-15 start B1 ; Athlete 16-29 Start B4 Start at :	13:15:00	
Athlete 1-15 Start B4 ; Athlete 16-29 Start B1 Start at :	14:31:00	

Split Male Field in half - Gr1 = B1-B3; Gr2 = B4-B6

PRIZE GIVING	16:15:00
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Females are half the size of the male group therefore all athletes complete B1-B3 @ 13:15 and the B4-B6 @ 14:31

8. Special Exemption

Any athlete not able to compete at the Provincial Event but who wishes to represent the Western Cape Province at the National events mentioned above would need to apply for a Special Exemption in line with the below policy:

- Athletes who do not attend the relevant recognised provincial event/s in order to qualify for selection of the provincial team, may apply for a special exemption if the following circumstances transpired and resulted in them not attending the event/s mentioned above:
 - An injury prevented them from competing;
 - There was a death in the family or a personal tragedy around the time of the event;
 - The athlete was out of the country or the province at the time due to extenuating circumstances; or
 - An act of God prevented them from competing.

In the case of any of the above-mentioned instances, the athlete is to submit the following for their special exemption motivation to one or all of the WCC Selection Committee members mentioned above (this can be via their parent, coach or other) within 7 days prior to the recognised provincial event/s or within 14 days post the recognised provincial event/s:

- Motivational and explanatory letter of the circumstances which prohibited the athlete from competing;
- Relevant doctors' letters, reports, x-rays, etc.; or
- Relevant documentation regarding the athlete not being in the country or province at the time (e.g. international school or college letter/transcripts, etc.);
- Any other documentation or information relevant to the specific exemption motivation.

Kindly note that being away on holiday or school camp or other similar event is not considered cause for a special exemption application as these are the result of a choice by the athlete to forego the selection event/s for something else.

Further, these athletes who motivate for a Special Exemption will not be awarded provincial colours, regardless of the outcome of their motivation/application as it is against the Colours Awards Policy of the Western Cape Provincial Sports Confederation, which stipulates that an athlete must participate in the selection event successfully in order to receive their Provincial Colours Award.

Special Exemption applications can be sent to any one of the below contacts.

9. Contact details

Rolf Fitschen – WCC President

083 414 1819

president@westerncapeclimbing.co.za

Geoffrey Meyer – WCC Secretary

082 882 8281

secretary@westerncapeclimbing.co.za

Chris Naude – WCC Technical

063 538 4516

chris@westerncapeclimbing.co.za

Summary – what you must do!

Item Due date:

- ✓ Register via the registration link by **28th January 2024**
<https://forms.gle/KB4j2toXz8858AcS8>
- ✓ Signup and Pay the WCC registration **fees prior to 28th January:**
JOIN: <http://bit.ly/wcc-join>
PAY: https://pos.snapscan.io/qr/wcc_ms
- ✓ Pay the competition **fees prior to 28th January 2024**
https://pos.snapscan.io/qr/wcc_comp
- ✓ **Complete all the required waivers -**
<https://www.westerncapeclimbing.co.za/provincial-selectionevent2022>
- ✓ Arrive on 03 February 2024 at your allocated time above for the Lead Competition
- ✓ Arrive on 04 February 2024 at your allocated time above for the Boulder Competition



Snap here to pay
COMPETITIONS



SnapScan



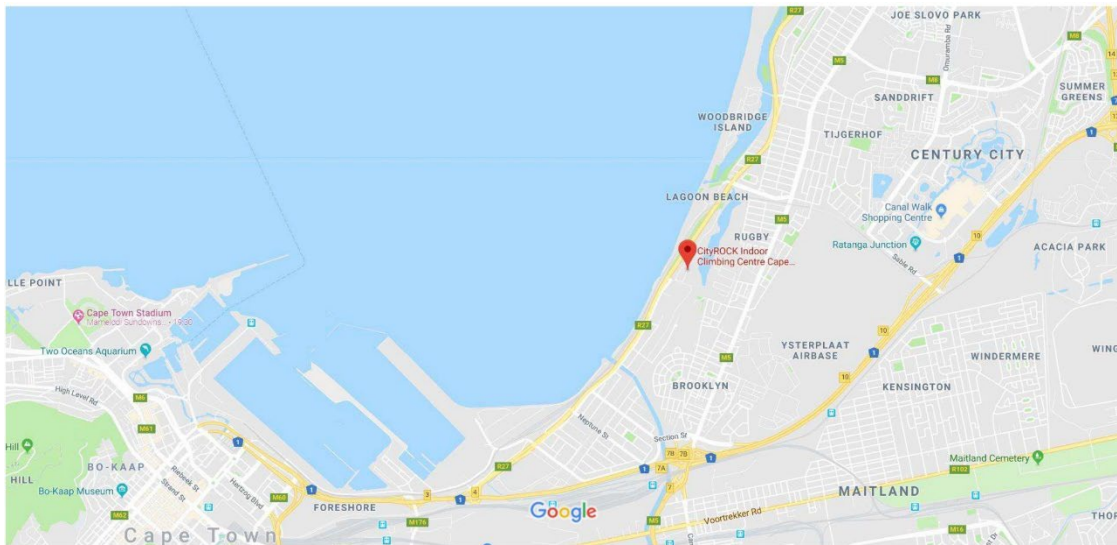
SCAN HERE TO REGISTER



REGISTER
PROVINCIAL SELECTION
COMPETITION 2024

11. Attachments

❖ Map to CityROCK - <https://maps.app.goo.gl/ekq2ACq7vZTDUaAd7>



❖ Map to Bloc Paarden Eiland - <https://maps.app.goo.gl/Kq91QDmME5iFthgo7>

A screenshot of a Google Maps listing for 'Bloc 11 - Paarden Eiland'. The listing includes:

- Address: 18 Auckland St, Paarden Eiland, Cape Town, 7405
- Hours: Open - Closes 10pm
- Website: bloc11.co.za
- Phone: 021 510 2454
- Address: 3FQF+R2 Bloubergstrand, Cape Town
- Options: Send to your phone, Your Maps activity, Add a label, Suggest an edit
- Popular times: Fridays, LIVE, Not too busy (with a bar chart showing activity from 9a to 9p)
- Photos & videos: A grid of photos showing climbing activities, with options for 'All', 'Bouldering', and 'Videos', and an 'Add a photo' button.
- Questions and answers: A question 'How does the colour code translate into common climbing grades?' with an 'Answer this question' link and a 'More questions' link.

The map on the right shows the location of Bloc 11 on a street grid near the Salt River and Swartkops River.

LEGAL DISCLAIMER: All climbing related activities are always completely at your own risk. The organizers, WCC, SANCF, the sponsors and venue owners accept no responsibility for any losses, injury or death. All participating climbers, helpers, organizers and spectators take full responsibility for themselves. There is no substitute for experience, training, common sense and a touch of caution.