



*All Correspondences Must Be Addressed To The General Secretary*

**Marc 10, 2022**

To : All Affiliated Clubs, Area Boards & Regional Countries  
From : The Zambia Athletics (ZA) Secretariat

Dear Sir / Madam,

**RE: INVITATION OF YOUR TEAMS / CLUBS TO COMPETE AT THE NATIONAL TRACK & FIELD TOURNAMENT (ALL COMERS) TO BE HELD ON MARCH 26 & 27, 2022 AT NATIONAL HEROES STADIUM - LUSAKA.**

Reference is made to the above subject matter

Zambia Athletics (ZA) is inviting all Affiliated Provincial Athletics Boards, Clubs and Regional Teams to the **Third** National Track & Field Tournament (ALL COMERS) to be held at National Heroes Stadium Lusaka on the above mentioned date.

The objective of the tournament is still to qualify athletes for various International assignments that include the **World Athletics Championships in Oregon USA, Senior African Championships in Mauritius, U20 World Championships in Cali Colombia** as well as preparing athletes for **Commonwealth Games in Birmingham** and **Region 5 athletes in Malawi**,

The events of the day will be as follows:

MEN	EVENTS	WOMEN
✓	100m	✓
✓	200m	✓
✓	400m	✓
✓	800m	✓
✓	1500m	✓
✓	3000m	✓
✓	5000m	✓
✓	10000m	
✓	LJ, HJ, SP, Dis, Jv	✓
✓	4 x 100m	✓
✓	4 x 400m	✓
✓	4 x 400m Mixed Relays	✓

We are therefore urging all Area Boards and Clubs to bring the best athletes with potential to qualify for these tournaments mentioned above. Team Managers should submit full details of their athletes as shown in the below table:

NAMES	DATE OF BIRTH	GENDER	EVENT(S)	CLUB
Mwaka Kambole	13/07/2003	F	200m/400m/JL	Kaoma Athletics Club
Chingumbe Alex	02/03/1999	M	100m/200m/Javelin	Katete Athletics Club
Mulenga Melodius	09/10/2001	F	800m/LJ/Discuss	Kasama Athletics Club



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Note: that **for 100m, 200m and 400m events, and only three (3) athletes is allowed.** Therefore, clubs should enter only best athletes. **Individual athletes are not allowed.** The Excellency group that trains with coach Nyendwa should register through their coach.

The maximum events per athletes are three (3) and the combination should be: two track events and one field event OR the other way round (two field events and one track event). No a single athlete shall take more than three events. Therefore, coaches and team managers should know the best events of their athletes and enter them for those particular ones.

Entries must be typed in excel spread sheet and sent to: [zam@mf.worldathletics.org](mailto:zam@mf.worldathletics.org) or [chizuj@yahoo.com](mailto:chizuj@yahoo.com). Avoid submitting your entries through hard copies, SMS messages and in word. The deadlines of receiving entries **will be Wednesday 23<sup>rd</sup> March, 2022 at 18:00 hours** sharp. No late entries will be entertained and there will be no registration on the day of the competition.

We are therefore appealing to all clubs to submit their entries in good time to avoid panicking on the last minute. **DO NOT WAIT FOR THE LAST DAY.** We further request team managers/coaches to register athletes they are sure of coming for competition to avoid distortion of heats as well as saving resources on purchase of materials especially the printing of bib numbers.

The Tournament will **start at 09:30 hours.** *Teams will pay their own travelling and accommodation expenses. ZA will NOT meet costs for any athlete or club.*

Foreign teams and individual athletes should obtain clearance letters from their respective National Federations. No one will be allowed to compete without a clearance. Also send your PB so that we seed you properly.

***Teams and individual athletes that will come from other countries will be required to show Covid-19 Clearance Certificates and get tested upon arrival in Zambia.***

Yours in Athletics Development  
Zambia Athletics (ZA)

Davison Mung'ambata  
General Secretary (ZA)

Cc: President (ZA)  
General Secretary - NSCZ  
Office File



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