



**Athletics
Gauteng North**



Athletics Gauteng North Presents:

**ATHLETICS GAUTENG NORTH
CROSS COUNTRY CHAMPIONSHIPS**

SATURDAY, 17 AUGUST 2024

LAVENDER KONTREI MARK

106 APACHE ROAD, ONDERSTEPSOORT, PRETORIA

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1) Introduction

The Athletics Gauteng North Cross Country Championships will be hosted by Athletics Gauteng North (AGN) and will take place on Saturday, 17 August 2024 at Lavender Kontrei (Country) Market, 106 Apache Road, Onderstepoort in Pretoria. It is a competition for both Men and Women, and is only for Athletics Gauteng North athletes.

2) Date & Venue

Date: Saturday, 17 August 2024

Venue: Lavender Kontrei (Country) Market

3) Activity Program:

COLLECTION & LATE ENTRIES: Thursday, 15 August

Time	Activity	Venue
09:00 – 16:00	Collections & Late-entry	Pilditch Stadium, Pretoria West

COLLECTION & LATE ENTRIES: Friday, 16 August 2024

Time	Activity	Venue
12:00 – 17:00	Collections & Late-entry	Lavender Kontrei (Country) Market
14:00 – 17:00	Course will be open for inspection for all age categories. NOBODY will be allowed on the course on Saturday.	Lavender Kontrei (Country) Market

CHAMPIONSHIPS: Saturday, 17 August 2024

Time	Activity	Venue
06:00	Gates open and Registration start	Lavender Kontrei (Country) Market
06:30	Officials Meeting	Lavender Kontrei (Country) Market
07:30	Start of First Event	Lavender Kontrei (Country) Market
17:15	Start of Last Event	Lavender Kontrei (Country) Market
17:45	Departure of Last Busses	

4) Program

RACE	DIST	CALL ROOM	START	AGE CATEGORIES
1	8 Km	07:00	07:30	Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs.
2	4 Km	07:40	08:10	Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70yrs, Women 75 yrs, Women 80 yrs, Women 85 yrs+, Men 75 yrs, Men 80 yrs, Men 85 yrs+
3	6 Km	08:10	08:40	Men 60 yrs, Men 65 yrs, Men 70yrs
			08:45	Victory Ceremony - Items 1 & 2
4	1 Km	08:40	09:10	Girls 8 yrs (2016, 2017, 2018)
			09:15	Victory Ceremony - Item 3
5	1 Km	08:50	09:20	Boys 8 yrs (2016, 2017, 2018)
6	2 Km	09:00	09:30	Girls 9 yrs (2015)
			09:35	Victory Ceremony - Items 4 & 5
7	2 Km	09:10	09:40	Boys 9 yrs (2015)
8	6 Km	09:20	09:50	Women 20 (2005 & 2006)
			10:00	Victory Ceremony - Items 6 & 7
9	8 Km	09:50	10:20	Men 20 (2005 & 2006),
10	10 Km	10:25	10:55	Senior Women (1990 to 2004)
			11:05	Victory Ceremony - Items 8 & 9
11	10 Km	11:05	11:35	Senior Men (1990 to 2004)
12	4 Km	11:45	12:15	Girls 16 yrs (2008), Girls 17 yrs (2007)
			12:30	Victory Ceremony - Items 10 & 11
13	6 Km	12:10	12:40	Boys 16 yrs (2008), Boys 17 yrs (2007)
14	2 Km	12:40	13:10	Girls 10 yrs (2014)
			13:35	Victory Ceremony - Items 12 & 13
15	2 Km	12:50	13:20	Boys 10 yrs (2014)
16	3 Km	13:00	13:30	Girls 11 yrs (2013)
			13:45	Victory Ceremony - Items 14 & 15
17	3 Km	13:15	13:45	Boys 11 yrs (2013)
18	3 Km	13:30	14:00	Girls 12 yrs (2012)
			14:25	Victory Ceremony - Items 16 & 17
19	3 Km	13:45	14:15	Boys 12 yrs (2012)
20	3 Km	14:00	14:30	Girls 13 yrs (2011)
			14:40	Victory Ceremony - Items 18 & 19
21	4 Km	14:15	14:45	Boys 13 yrs (2011)
22	4 Km	14:35	15:05	Girls 14 yrs (2010)
			15:30	Victory Ceremony - Items 20 & 21
23	4 Km	14:55	15:25	Boys 14 yrs (2010)
24	4 Km	14:15	15:45	Girls 15 yrs (2009)
25	4 Km	15:30	16:05	Boys 15 yrs (2009)
26	4 Km	15:55	16:25	Women 23 yrs (2002 to 2006), Senior Women (1990 to 2004)
			16:35	Victory Ceremony - Items 22, 23, 24 & 25
27	4 Km	16:15	16:45	Men 23 (2002 to 2006), Senior Men (1990 to 2004)
28	2 Km	16:35	17:05	Senior (1990-2004), Junior (2005-2006) & Youth (2007-2008) Women Dash
			17:15	Victory Ceremony - Items 26 & 27
29	2 Km	16:45	17:15	Senior (1990-2004), Junior (2005-2006) & Youth (2007-2008) Men Dash
			17:30	Victory Ceremony - Items 28 & 29

5) Entries

- a) All entries must be done on the prescribed Excel-spreadsheet entry form and must be e-mailed to truterh@hseldo.co.za and buksmeyer@vodamail.co.za by no later than **12 August 2024 at 20:00**.
- b) Athletes are required to assemble at the call room 30 minutes prior to the start of their race. See official program for times.
- c) Please note that all athletes (all age groups) entered for the Championships will be required to participate with an ASA license and should be in possession of a valid SA ID-number. Athletes may not run with another athlete's permanent license.
- d) Age category tags from age 35 years and older as well as the junior and under 20 men and women (born 2005 & 2006) must be worn.
- e) Temporarily licenses and age tags will be available at the venue.

6) Entrance Fees

The entry fee for all athletes is **R40.00 per athlete** and is payable into the account of Athletics Gauteng North by the closing date of entries (12 August 2024).

ATHLETICS GAUTENG NORTH BANK ACCOUNT DETAILS

Bank: ABSA
Account no: 4080586137
Branch name: Quagga
Branch Code: 630664
Reference: "Athlete's Name & Surname" & 2024 AGN XC

Please bring proof of payment to registration when you come and collect your race card.

Late entry:	R50.00
Temporarily Numbers:	R 60.00
Age Tags:	R 20.00
Spectators:	R 20.00
Spectators under 6 years:	FREE

7) Age Categories

The following age categories will participate at the 2024 Gauteng North Championships:

1. No athlete will be allowed to run outside of his or her age category except in the following cases:
2. Senior (Open): Born between 1990 and 2004
3. Under 23: Only athletes 22 years and younger, but at least 18 years of age on 31 December 2024 (born in, 2002, 2003, 2004, 2005 and 2006).
4. Under 20: Athletes must be 19 years or younger, but at least 18 years of age on 31 December 2024 (born in 2005 and 2006).
5. Master Men and Women: Any athlete who has reached his/her 35th birthday (Rule TR 3.1)
6. Only athletes 6 years or older on 31 December 2024 (born in 2018 or earlier) will be allowed to enter for the Championships.

8) The Cross Country Course

The course consists of a 2 km and a 1 km loop and the following will apply for the different distance races:

- a) The 1 km race will be a short loop
- b) The 2 km race will do one 2 km loop
- c) The 3 km race will do one 1 km loop followed by one 2 km loop
- d) The 4 km race will do two 2 km loops
- e) The 6 km race will do three 2 km loops
- f) The 8 km race will do four 2 km loops
- g) The 10 km race will do five 2 km loops

NB – Course inspection will be between 14:00 – 17:00, and not before these times, for all age categories on Friday, 17 August 2024.

NOBODY will be allowed on the course on Saturday, 17 August 2024

9) Officials Meeting

The Officials Meeting will take place as follows:

Date: Saturday, 17 August 2024
Time: 06:30
Venue: Lavender Kontrei (Country) Market at Registration.

10) Publication of Results

- a) The results of each event shall be displayed on the “Results board” at the venue after approval by the Chief Referee (approximately 40 minutes after completion of the race).
- b) All information pre-Competition, during and Post Competition will be posted at regular intervals on a Designated Competition Website, the provision of WhatsApp results will also be published as soon signed off by the designated referee for each Race. Joining the WhatsApp groups will be via QR registration.
- c) A full set of results will be e-mailed the Thursday after the competition.
- d) Appeals must be done in writing (Forms will be available at registration) within 30 minutes after the results were displayed on the “Results Board”. Cost of the appeal will be R500.00

11) Assistance to Athletes

- a) Water will be provided on the course at a water point near the start line.
- b) Water will be provided at the finish line.
- c) No Seconding will be allowed by any person except for authorized officials.

12) Athletes Control Centre (Call Room)

- a) The Call Room will be situated next to the starting area. All athletes must report to the Call Room at least 30 minutes before the start of their event. See the official program.
- b) Only reporting athletes and authorized technical officials will be allowed inside the Call Room area. Parents, Coaches and Team Managers entering this area submit their athlete to the risk of disqualification.
- c) Parents, Coaches and Team Managers are responsible for the clothes and personal belongings of the athletes.
- d) Please make sure that athletes comply with all the requirements needed in the competition. This includes ASA license numbers (Front and Back), or Temporary license number, age

category tags (Front and Back) and club or school attire.

13) Victory Ceremony

- a) The victory ceremonies will be according to the program. The first three athletes in each individual event must report at the victory ceremony area 15min before.
- b) Provincial medals to first 3 in each age category
- c) Medals to all finishers

14) Technical Data

- a) Electronic timing will be used.
- b) Videos will be made of all races.
- c) During the competition, athletes must wear their ASA licenses (permanent or temporarily) numbers, properly secured on all four corners.

Please note WA Rule 143.7-9. Any athlete who does not respect these rules will not be allowed to compete.

15) Medical Service

Full medical services will be available with two ambulances at the venue.

16) General

- a) The competition will be conducted under WA, ASA and AGN Rules
- b) Athletes are not permitted to take any cell phones, cassette recorders, radios, I-pods, etc. into the competition area.
- c) Spectators will not be allowed to run with participants.

17) Enquiries

Please contact the AGN Office on 012 327 4930 or office@agn.co.za for any additional information.