



22 April 2025

Criteria for Athletics Gauteng North (AGN) Cross Country Season 2025

1 Gauteng North Cross Country Teams Selection

Athletics Gauteng North will be sending a team to the **Inter Provincial Cross Country Meeting** as well as to the **National Cross Country Championships**. The team that will be sent to each of these events will be compiled in accordance with the criteria set out in this document (1.1 and 1.2).

The **AGN Cross Country Championship** will be a **Closed Championship**. Only athletes of AGN will be allowed to participate at the AGN Championship. Cross Country leagues run in other provinces will not count for the AGN selection criteria, except if an athlete's Domestic address changed during the Cross Country season.

1.1 Team to Inter Provincial Cross Country Meeting

Venue: Wagpos High School

Date: 14 June 2025

AGN Cross Country Commission and Selectors will select athletes per age category according to the guidelines set by ASA for 2025 (Eighteen athletes per gender per age group).

The athletes selected in accordance with the ASA guidelines will represent the province at the Inter Provincial Cross Country event. The final number of athletes per age group and the team selected will be at the discretion of the AGN Cross Country Commission, Selectors and the AGN Board. The team selection based on the required criteria will be final.

Required criteria:

1. An athlete must participate at a minimum of **TWO** out of the **FOUR** league races listed below:
 - League 1: Green Mile, Fleur Primary School (Saturday, 10 May 2025)
 - League 2: TUT Night Race (Friday, 16 May 2025)
 - League 3: Irene Farm (Saturday, 24 May 2025)
 - League 4: Eldoraigue Night Race (Friday, 30 May 2025)
2. Athletes must participate in the specific race and the correct age group at the leagues for which they want to compete in at the Inter Provincial meeting.

Example 1: The **senior men and women** that want to compete in the 4 km and the 10 km at the Inter Provincial must run two (2) races in the 4 km and two (2) races in the 10 km during the pre-season to qualify for both races

Example 2: The **women born in 2006 and 2007** that want to compete in the 4 km and the 6 km at the Inter Provincial must run two (2) races in the 4 km and two (2) races in the 6 km during the pre-season to qualify for both races

Example 3: The **men born in 2006 and 2007** that want to compete in the 4 km and the 8 km at the Inter Provincial must run two (2) races in the 4 km and two (2) races in the 8 km during the pre-season to qualify for both races

Note:

The AGN Commission and Selectors reserve the right to select a fewer number of athletes than ASA stipulates in its guidelines. This will be dependent on the results of (performance at) leagues and in the discretion of the AGN Cross Country Commission, Selectors and AGN Board to ensure the province has the strongest possible team representing AGN at this event.

1.2 Team to National Cross Country Championships

Venue: Kees Taljaard Stadium, Middelburg

Date: 6 September 2025

ASA allows a province to enter athletes per age category according to ASA 2025 guidelines (Eighteen athletes per gender per age group). The final decision on team selection lies with the AGN Cross Country Commission, Selectors and the AGN Board, and their selection based on the required criteria will be final.

The AGN Commission, Selectors and AGN Board reserves the right to select a fewer number of athletes than set out in the guidelines of ASA 2025. This discretion will be dependent on the results of (performance at) leagues, in order for the province to have the strongest possible team representation at this event.

The AGN Cross Country Commission and Selectors will **ONLY** consider the results of the AGN Cross Country Championships for the selection of the team, with the provision that athletes comply with the criteria below:

Qualifying Criteria:

1. Athletes must participate in **ANY FOUR** of the Cross Country season leagues **AND** the **AGN Cross Country Championships**. The latter is **compulsory**.
2. Athletes must participate in the specific race and the correct age group at the leagues for which they want to compete in at the National Championships.

Example 1: The **senior men and women** that want to compete in the 4 km and the 10 km must run four (4) races in the 4 km and four (4) races in the 10 km during the season to qualify for both races.

Example 2: The **women born in 2006 and 2007** that want to compete in the 4 km and the 6 km must run four (4) races in the 4 km and four (4) races in the 6 km during the season to qualify for both races.

Example 3: The **men born in 2006 and 2007** that want to compete in the 4 km and the 8 km must run four (4) races in the 4 km and four (4) races in the 8 km during the season to qualify for both races.

3. Athletes competing in the 2 km dash races at the AGN Championships do not have to run in any leagues during the Cross Country season. Only the first 4 athletes per age group will be selected to go to the SA Championships.
4. Athletes that represented SA at international meetings must run in at least **TWO** Cross Country league races **PLUS** the AGN Cross Country Championships, which is compulsory. These athletes must notify the AGN Cross Country Commission that they will participate in international meetings and supply the necessary documents as proof of participation.

NO MEDICAL CERTIFICATE WILL BE CONSIDERED for AGN Championship or league races missed.

2 General Information

2.1 AGN Championship Prize Money

- No athlete will qualify for prize money if he or she did not participate in at least **FOUR** of the Cross Country season leagues.
- Athletes that represented SA Internationally during the season, must have participated in at least **TWO** of the Cross Country season leagues to qualify for prize money.

2.2 General League information

- All athletes must run with either an ASA permanent number or an ASA temporary number (available at venues before the race).
- **Age Tags:** Masters and Junior Athletes need to run with age tags. All athletes from the age of 35 years and older must run with an age tag in all the Cross Country races. One affixed to the front and one to the back of the running vest. At the Cross Country events the Master athletes run in 5 year age groups: 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, 80 to 84, 85 to 89, and 90 to 94.
- **Date of Birth:** If a master athlete's age changes before the SA Cross Country Championships (6 September 2025) then he or she must run with the new age tag for the entire duration of the Cross Country season. Example: if an athlete turns 40 during the season, he or she must run with a "40" age tag from the beginning of the season.
- The last race at all the Secondary School Leagues, cater for Junior (athletes not in school anymore), Senior and for Masters athletes (Men & Women). Participation in these races also count as leagues for these groups. **Leagues 8, 10, 13 and 15**

2.3 **Contact Detail**

You can contact the **Athletics Gauteng North office** at:

- Telephone: 012 327 4932 during office hours 08:00 to 16:00
- Email: gm@agn.co.za
- Web page: <http://www.agn.co.za>

Cross Country Commission Chairperson – Hanlie Truter

- Mobile: 082 308 8712
- eMail: truterh@hseldo.co.za