



**Athletics
Gauteng North**



Athletics Gauteng North

Presents:

**ATHLETICS GAUTENG NORTH CROSS
COUNTRY CHAMPIONSHIPS**

SATURDAY, 19 AUGUST 2023

LAVENDER COUNTRY MARKET

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1) Introduction

The Athletic Gauteng North Cross Country Championships will be hosted by Athletics Gauteng North (AGN) and will take place on Saturday, 19 August 2023 at **Lavender Country Market (106 Apache Rd, Onderstepoort, Pretoria, 0010)**. It is a competition for both Men and Women, and is only for Athletics Gauteng North athletes.

2) Date & Venue

Date: Saturday, 19 August 2023

Venue: Lavender Country Market

3) Activity Program:

Friday, 18 August 2023

Time	Activity	Venue
14:00 – 17:00	Course will be open for inspection for all age categories. Nobody will be allowed on the course before or on Saturday.	Lavender Country Market
14:00 – 17:00	Registration	Lavender Country Market

CHAMPIONSHIPS: Saturday, 19 August 2023

Time	Activity	Venue
06:00	Gates open and Registration start	Lavender Country Market
06:20	LOC & Technical Officials Meeting	Lavender Country Market
07:00	Start of First Event	Lavender Country Market
17:10	Start of Last Event	Lavender Country Market
17:40	Departure of Busses	

4) Entries

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 **15 August 2023 at 21:00**.

Athletes are required to assemble at the call room 30 minutes prior to the start of their race.

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.

Age category tags from age 35 years and older as well as the junior men and women (born 2004 & 2005) must be worn.

Temporarily licenses and age tags will be available at the venue.

Clubs gazebos will be allowed at the clearly marked designated area

5) Entrance Fees

Entrance fee for all athletes is R50 – 00 per person and is payable into the account of Athletics Gauteng North by the closing date of entries - 15 August 2023.

ATHLETICS GAUTENG NORTH BANK ACCOUNT DETAILS

Bank: ABSA
Account no: 4080586137
Branch name: Quagga
Branch Code: 630664
Reference: "Athletes Name & Surname" & 2023 AGN XC

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

Temporarily Numbers:	R50.00
Age Tags:	R20.00
Spectators:	R50.00
Spectators 6 to 13 years:	R20.00
Spectators under 6 years:	FREE
Spectators 70+ years:	FREE

6) Age Categories



ATHLETICS GAUTENG NORTH



CROSS COUNTRY CHAMPIONSHIPS

Lavender Country Market

Saturday, 19 August 2023

RACE	DIST	START	AGE CATEGORIES
1	8 Km	07:00	Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs.
2	4 Km	07:40	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+
3	6 Km	08:10	Men 60 yrs, Men 65 yrs, Men 70yrs
	4 Km		Men 75 yrs, Men 80 yrs, Men 85 yrs+
		08:15	Victory Ceremony - Items 1 & 2
4	1 Km	08:40	Girls 8 yrs (2015, 2016, 2017)
		08:45	Victory Ceremony - Item 3
5	1 Km	08:50	Boys 8 yrs (2015, 2016, 2017)
6	2 Km	09:00	Girls 9 yrs (2014)
		09:05	Victory Ceremony - Items 4 & 5
7	2 Km	09:15	Boys 9 yrs (2014)
8	6 Km	09:25	Junior Women (2004 & 2005)
		09:30	Victory Ceremony - Items 6 & 7
9	8 Km	10:00	Junior Men (2004 & 2005),
10	10 Km	10:40	Senior Women (1989 to 2003)
		10:45	Victory Ceremony - Items 8 & 9
11	10 Km	11:40	Senior Men (1989 to 2003)
12	4 Km	12:30	Girls 16 yrs (2007), Girls 17 yrs (2006)
		12:35	Victory Ceremony - Items 10 & 11
13	6 Km	12:50	Boys 16 yrs (2007), Boys 17 yrs (2006)
14	2 Km	13:10	Girls 10 yrs (2013)
		13:15	Victory Ceremony - Items 12 & 13
15	2 Km	13:25	Boys 10 yrs (2013)
16	3 Km	13:40	Girls 11 yrs (2012)
		13:45	Victory Ceremony - Items 14 & 15
17	3 Km	14:00	Boys 11 yrs (2012)
18	3 Km	14:20	Girls 12 yrs (2011)
		14:25	Victory Ceremony - Items 16 & 17
19	3 Km	14:40	Boys 12 yrs (2011)
20	3 Km	15:00	Girls 13 yrs (2010)
		15:05	Victory Ceremony - Items 18 & 19
21	4 Km	15:20	Boys 13 yrs (2010)
22	4 Km	15:40	Girls 14 yrs (2009), Girls 15 yrs (2008)
		15:45	Victory Ceremony - Items 20 & 21
23	4 Km	16:00	Boys 14 yrs (2009), Boys 15 yrs (2008)
24	4 Km	16:20	Women 23 yrs (2001 to 2005), Senior Women (1989 to 2003)
		16:25	Victory Ceremony - Items 22 & 23
25	4 Km	16:40	Men 23 (2001 to 2005), Senior Men (1989 to 2003)
26	2 Km	17:00	Senior (1989-2003), Junior (2004-2005) & Youth (2006-2007) Women Dash
		17:05	Victory Ceremony - Items 24 & 25
27	2 Km	17:10	Senior (1989-2003), Junior (2004-2005) & Youth (2006-2007) Men Dash
		17:25	Victory Ceremony - Items 26 & 27

The following age categories will participate at the 2023 Gauteng North Championships:

- a) No athlete will be allowed to run outside of his or her age category except in the following cases:
 - i. Senior (Open): Born between 1989 and 2003
 - ii. Under 23: Only athletes 22 years and younger, but at least 18 years of age on 31 December 2023 (born in, 2001, 2002, 2003, 2004 or 2005).
 - iii. Junior athletes must be 19 years or younger, but at least 18 years of age on 31 December 2023 (born in 2004 or 2005).
 - iv. Master Men and Women: Any athlete who has reached his/her 35th birthday (Rule TR 3.1)

Only athletes 6 years or older on 31 December 2023 (born in 2017 or earlier) will be allowed to enter for the Championships.

7) 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 1km race will be a short loop
- b) The 2km race will do one 2km loop
- c) The 3km race will do one 1km loop followed by one 2km loop
- d) The 4km race will do two 2km loops
- e) The 6km race will do three 2km loops
- f) The 8km race will do four 2km loops
- g) The 10km race will do five 2km loops

NB – Course inspection will be between 14:00 – 17:00, and not before these times, for all age categories on Friday, 18 August 2023. Nobody will be allowed on the course on Saturday, 19 August 2023

8) LOC and Technical Officials Meeting

- a) The LOC and Technical Officials Meeting will take place as follows:

Date: Saturday, 19 August 2023

Time: 06:20

Venue: Lavender Country Market

9) 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 as 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

10) Assistance to Athletes

- a) Water will be provided on the course at a water point $\pm 80\text{m}$ past 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.

11) 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.
- 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.

12) 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.

13) Prize Money

AGN CROSS COUNTRY CHAMPIONSHIP PRICE MONEY 2023				
CATEGORY		1st PRIZE	2nd PRIZE	3rd PRIZE
JUNIOR WOMEN	6 KM	R 1 500	R 1 000	R 700
JUNIOR MEN	8 KM	R 1 500	R 1 000	R 700
WOMEN 23	4 KM	R 1 500	R 1 000	R 700
MEN 23	4 KM	R 1 500	R 1 000	R 700
SENIOR WOMEN	4 KM	R 1 500	R 1 000	R 700
SENIOR MEN	4 KM	R 1 500	R 1 000	R 700
SENIOR WOMEN	10 KM	R 2 400	R 2 000	R 1 000
SENIOR MEN	10 KM	R 2 400	R 2 000	R 1 000

14) Technical Data

- a) Manual hand 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

- a) Full medical services will be available with an ambulance 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.