

**Reference: AGN/Circular 63 of 2022**

To: AGN Members  
From: AGN Office  
Date: 21 July 2022  
Pages: 4 + 1 attachment

**CIRCULAR 63 OF 2022 – AGN CROSS COUNTRY MAIN SEASON**

Dear AGN Members

Athletics Gauteng North had a very successful pre-season.

Now the Main Season start where we build-up to the AGN Cross Country Championships on 20 August 2022 at Erasmus High School in Bronkhorstspruit and the ASA Cross Country Championships on 17 September 2022 at Bergsig Academy in Rustenburg.

**Primary School Cross Country Leagues**

There will be four (4) league meetings:

- (1) League 1 - 22 July 2022: Witpoort Primary School  
*(Kindly find document attached regarding the league meeting)*
- (2) League 2 - 29 July 2022: Tuine High School
- (3) League 3 - 5 August 2022: Midstream
- (4) League 4 - 12 August 2022: Eduplex

The program for the four (4) Primary School League Meetings:

Event	Age Group	Distance	Start Time
1	Girls U/8	1 km	14:30
2	Boys U/8	1 km	14:40
3	Girls U/9	2 km	14:50
4	Boys U/9	2 km	15:05
5	Girls U/10	2 km	15:15
6	Boys U/10	2 km	15:25
7	Girls U/11	3 km	15:35
8	Boys U/11	3 km	15:55
9	Girls U/12	3 km	16:10
10	Boys U/12	3 km	16:30
11	Girls U/13	3 km	16:45
12	Boys U/13	4 km	17:05

**Contact persons for the Primary Schools:**

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## Secondary School Cross Country Leagues

There will be three (3) league meetings:

- (1) League 1 - 27 July 2022: Prestige College
- (2) League 2 - 3 August 2022: Eldoraigine High School
- (3) League 3 - 10 August 2022: Midstream

The program for the three (3) League Meetings:

Event	Age Group	Distance	Start Time
1	Junior Girls	4 km	15:15
2	Junior Boys	4 km	15:35
3	Senior Girls	4 km	15:55
4	Senior Boys	6 km	16:15
5	Seniors & Masters	4 km	16:40

### Contact persons for the Secondary Schools:

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## Masters, Seniors and Junior Leagues.

There will be two (2) League meetings.

- (1) League 1 - 30 July 2022: Peach Tree Farm
- (2) League 2 - 13 August 2022: Peach Tree Farm

The program for the two (2) League Meetings:

RACE	START	DIST	AGE CATEGORIES
			Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70 yrs, Women 75+ yrs....
			Senior Men & Women
1	08:00	4 KM	Men & Women 23 yrs (Born in 2000 and after)
			Junior Women (Born in 2003 to 2004)
			Men 60 yrs, Men 65 yrs, Men 70 yrs, Men 75 yrs, Men 80+ yrs....
			Senior Men & Women
2	08:45	8 KM	Junior Men (Born in 2003 to 2004)
			Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs

Please note that these age categories have bonus races at the Secondary School Leagues (the last race that start at 16:40). Kindly look at the dates under the Secondary School Leagues.

**BELOW IS A SUMMARY OF THE SELECTION CRITERIA THAT WAS SEND OUT IN THE BEGINNING OF THE SEASON:**

ASA National Cross Country Championships Rustenburg

ASA allows a province to enter athletes per age category, the number of athletes will be based on the 2022 guidelines from ASA which will be in line with the Covid-19 Regulations at that time.

The AGN Cross Country Commission intend on selecting the full complement allowed by ASA. The final decision on team selection lies with the AGN Cross Country Commission and their selection based on the required criteria will be final. The AGN Commission reserves the right to select a fewer number of athletes than set out in the 2022 ASA guidelines. This discretion will be dependent on the results of league meetings and in order for the province to have the strongest possible team representing the province at Championships.

The AGN Cross Country Commission 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:

- The top 4 positions at the AGN Cross Country Championships in each age category automatically qualify, even if the athlete did not participate in enough league events.
- The athletes in the next positions (according to the 2022 ASA guidelines) in each age category must also comply with the criteria below. If not, they will not be included in the AGN Team. The AGN Cross Country Commission will then look at the next athletes, until athletes are found that fully comply with the criteria.
- ***Athletes in age categories 14 years and older*** (including secondary schools): A top 50 position in any two of the three main season Cross Country leagues [schools events] plus the AGN Cross Country Championships, which is compulsory.
- ***Senior, Junior and Master Athletes***: Two top 50 positions in the pre-season Cross Country leagues, plus one of the two Cross Country leagues in the main season plus the AGN Cross Country Championships, which is compulsory. The Junior Men and Junior Women that do not belong to a school can compete in these Cross Country leagues. The Wednesday Cross Country races at the Secondary schools also count for selecting of the AGN Cross Country team, at least two of the three Cross Country races must be run.
- ***Athletes in age categories 13 years and younger*** [primary schools athletes]: A top 50 position in any three of the four main season Cross Country leagues [schools events] plus the AGN Cross Country Championships, which is compulsory.

***Please note:*** *Athletes 13 years and younger, need to participate in the primary schools Cross Country events to fill their quota of leagues, even if they are already in secondary school. Similarly, athletes 14 years and older, need to participate in the secondary schools Cross Country events to fulfil their leagues, even if they are still in primary school.*

**AGN Cross Country Commission will only consider the results of the AGN Cross Country Championships for the selection of the team. If an athlete did not run at the AGN Cross Country Championships, or did not complete the race, he or she will not be considered for the AGN Cross Country team to go to the SA Cross Country Championships. No sick letters will be accepted.**

**NO EXCEPTION**

### **Age tags – Masters and Junior Athletes**

All athletes from the age of 35 years and older must run with an age tag in all the AGN Cross Country races. One in front of the running vest and one on the back of the running vest. At the Cross Country events the Master athletes run in 5-year age groups: 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84, 85 – 89, and 90 – 94.

**IF AN MASTERS ATHLETE AGE CHANGE DURING THE SEASON AND BEFORE THE ASA CROSS COUNTRY CHAMPIONSHIPS (17 SEPTEMBER 2022), THE ATHLETE WILL BE REQUIRED TO RUN WITH THE AGE TAG THAT THE ATHLETE WILL BE AT THE ASA CROSS COUNTRY CHAMPIONSHIPS FROM THE BEGINNING OF THE CROSS COUNTRY SEASON.**

**E.G. IF AN ATHLETE IS 39 BUT TURNS 40 DURING THE SEASON, THE ATHLETE MUST RUN WITH A 40 AGE TAG FROM THE BEGINNING OF THE SEASON**

Junior athletes must run with the J - ASA License number in all Cross Country races. If they don't have the J - ASA License number, then they must have the J - age tag on the back and on the front of the running vest

Good luck with your training, see you on the Cross Country circuit.

Kind Regards

(Not signed due to electronical sending)

**Durell JeJane**  
**AGN: GENERAL MANAGER**



**Athletics**  
**Gauteng North**