



✉ 08 Midstream Estate 1692 🏠 01 Ashfordstraat / Street, Midstream Estate 1692
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July 2022

Dear Principal and Cross Country Organiser,

It is a great privilege for Midstream College to host the third Cross Country league of 2022. We invite you, along with your athletes, to join us in making this day a memorable one.

Date: 5 August 2022.

Venue: Midstream College primary.

Address: 01 Ashford Street, Midstream Estate.

Time: 13:00 Registration of athletes opens.
14:15 Opening and reading of the sport code of honour.
14:30 Start of first race.

Registration of athletes:

Registration costs R20 per athlete.

Please make use of the following account for electronic payments:

Account name: GNLL

Bank: ABSA

Account number: 063 039 2039

Branch code: 335145

Reference: League 3, 5/8/2022, Midstream College

All EFT payments must be made before 12:00 on race day and proof of payment must be presented at the registration table on the day.

Name stickers to be collected at registration. Each athlete needs to wear a name sticker along with a colour dot as proof of payment. Colour dots will also be received at registration. Name stickers must show an athletes name and surname, date of birth, school, gender and age.

The race track:

https://midstreamcollege-my.sharepoint.com/:b:/g/personal/gerhards_midstreamcollege_co_za/EfMi4FpyQX9PjWU1qJyE8wcB3kv3W04wOHJFeRmYIU-qMA?e=sKXaiF



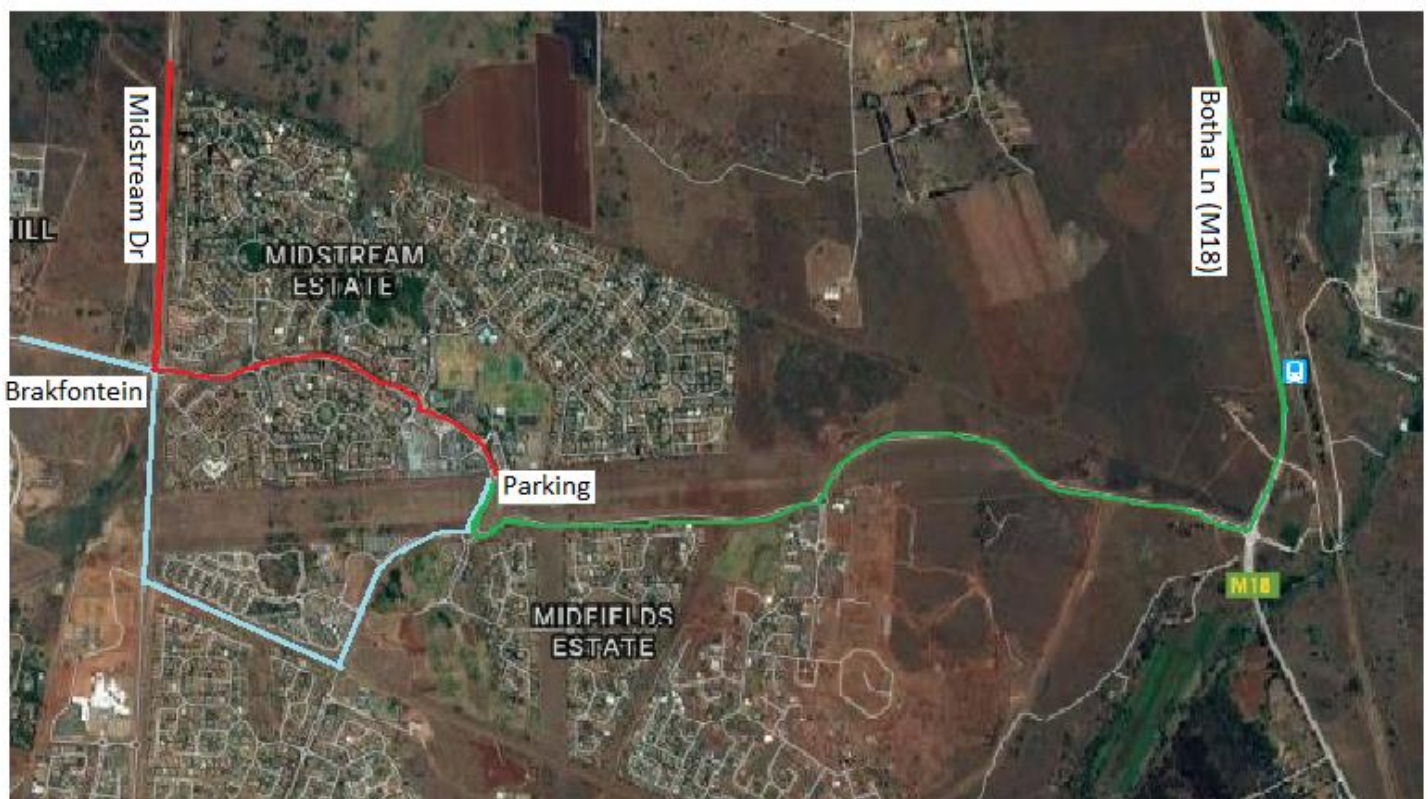
Programme:

Event	Age group	Distance	Time
1	Girls U8	1 km	14:30
2	Boys U8	1 km	14:40
3	Girls U9	2 km	14:50
4	Boys U9	2 km	15:05
5	Girls U10	2 km	15:15
6	Boys U10	2 km	15:25
7	Girls U11	3 km (1+2)	15:35
8	Boys U11	3 km (1+2)	15:55
9	Girls U12	3 km (1+2)	16:10
10	Boys U12	3 km (1+2)	16:30
11	Girls U13	3 km (1+2)	16:45
12	Boys U13	4 km (2+2)	17:05

- All athletes finishing their race will receive a medal.
- First three athletes will receive a Gauteng North medal and the top 10 finishers will receive a certificate.
- First aid will be available on the day.
- The track consists of grass, gravel and paving. It is advisable to wear proper training shoes.
- Food and beverages will be available at the tuck shop, card facilities will be available.
- School Quantums and Sprinters may park inside the school premises. Make use of the top gate, gate no. 9. Larger busses must please park in the assigned parking area.
- Traffic can become hectic within Midstream Estate, please take this into account when planning your traveling time to Midstream College. To assist with the traffic congestion, please make use of the roads entering into the estate as prescribed:



1. Schools from the East must please enter Midstream Estate from Botha Avenue.
2. Schools from the Centurion area must please try and keep off of the free-way. Please enter Midstream Estate making use of Midstream Drive.
3. Schools from the West and North that make use of the free-way, take Brakfontein Road and make a right turn in front of Midstream Estate gate towards the Hospital and then take the first left turn at the traffic light to enter the Estate through the back gate.



- Schools from East of Pretoria
- Schools from Centurion
- Schools from the West and North of Pretoria

We are look forward to welcoming you at our school.

Kind regards,

Hector Swiegelaar
Adjunkhoof: Buitekurrikulêr

Gerhard Sauer
Landlooporganiseerder