



Athletics Gauteng North

Presents:

**ATHLETICS GAUTENG NORTH CROSS
COUNTRY CHAMPIONSHIPS**

SATURDAY, 20 AUGUST 2022

ERASMUS HIGH SCHOOL, BRONKHORSTSPRUIT

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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, 20 August 2022 at Erasmus High School in Bronkhorstspuit, Tshwane (Pretoria). It is a competition for both Men and Women, and is only for Athletics Gauteng North athletes.

Note: This manual will be subject to, and all entrants will abide by, any change in Guideline, regulation, or / and rule applied through Government, DSAC and ASA as a result of the Covid-19 pandemic conditions at the time of the Competition.

2) Date & Venue

Date: Saturday, 20 August 2022

Venue: Erasmus High School, Bronkhorstspuit

3) Activity Program:

Friday, 3 June 2022

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.	Erasmus High School, Bronkhorstspuit

CHAMPIONSHIPS: Saturday, 4 June 2022

Time	Activity	Venue
06:00	Gates open	Erasmus High School, Bronkhorstspuit
06:20	Team Managers & Technical Officials Meeting	Erasmus High School, Bronkhorstspuit
07:00	Start of First Event	Erasmus High School, Bronkhorstspuit
16:40	Start of Last Event	Erasmus High School, Bronkhorstspuit
17:50	Departure of Busses	

4) Entries

All entries must be done on the prescribed Excel-spreadsheet entry form and must be E-mailed to office@agn.co.za and buksmeyer@vodamail.co.za at by no later than **16 August 2022 at 18:00**.

Athletes are required to assemble at the call room 30 minutes prior to the start of their race. Wearing of ASA license numbers are compulsory for all age groups. Age category tags from age 35 years and older as well as the junior men and women must be worn. Temporary numbers will be available at the entrance table.

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.

Send proof of payment to office@agn.co.za and buks.meyer.ig@gmail.com

ATHLETICS GAUTENG NORTH BANK ACCOUNT DETAILS

Bank: Absa
Account no.: 4080586137
Branch Code: 335-642
Reference: Name and Surname of Athlete

Temporarily Numbers: R40.00 *all athletes who will be using temp licenses should complete the attached indemnity form.*

Age Tags: R20.00

Spectators: R50.00

6) Age Categories

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

RACE	DIST	START	AGE CATEGORIES
1	4 Km	07:00	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+
2	8 Km	07:30	Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs.
3	6 Km	08:10	Men 60 yrs, Men 65 yrs, Men 70yrs
	4 Km	08:10	Men 75 yrs, Men 80 yrs, Men 85 yrs+
4	1 Km	08:30	Girls 8 yrs (born 2014 or after)
5	1 Km	08:40	Boys 8 yrs (born 2014 or after)
6	2 Km	08:50	Girls 9 yrs (born in 2013)
7	2 Km	09:05	Boys 9 yrs (born in 2013)
8	2 Km	09:20	Girls 10 yrs (born in 2012)
9	2 Km	09:35	Boys 10 yrs (born in 2012)
10	3 Km	09:50	Girls 11 yrs (born in 2011)
11	3 Km	10:00	Boys 11 yrs (born in 2011)
12	3 Km	10:20	Girls 12 yrs (born in 2010)
13	3 Km	10:40	Boys 12 yrs (born in 2010)
14	3 Km	11:00	Girls 13 yrs (born in 2009)
15	4 Km	11:20	Boys 13 yrs (born in 2009)

16	4 Km	11:40	Women 23 yrs (born in 2000 and after), Senior Women
17	4 Km	12:00	Men 23 (born in 2000 and after), Senior Men
18	4 Km	12:20	Girls 14 yrs (born in 2008)
19	4 Km	12:45	Boys 14 yrs (born in 2008)
20	4 Km	13:10	Girls 15 yrs (born in 2007)
21	4 Km	13:35	Boys 15 yrs (born in 2007)
22	4 Km	14:00	Girls 16 yrs (born in 2006), Girls 17 yrs (born in 2005)
23	6 Km	14:25	Boys 16 yrs (born in 2006), Boys 17 yrs (born in 2005)
24	6 Km	14:55	Junior Women (born in 2003 to 2004)
25	8 Km	15:25	Junior Men(born in 2003 to 2004),
26	10 Km	16:00	Senior Women
27	10 Km	16:40	Senior Men

The following age categories will participate at the 2022 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): All ages may participate in this age category provided that the athletes are 18 years or older on 31 December 2022 (born in 2004 or earlier).
 - ii. Under 23: Only athletes 22 years and younger, but at least 18 years of age on 31 December 2022 (born in, 2000, 2001, 2002, 2003 or 2004).
 - iii. Junior athletes must be 19 years or younger, but at least 18 years of age on 31 December 2022 (born in 2003 or 2004).
 - 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 2022 (born in 2016 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 for all age categories on Friday, 19 August 2022.

8) Team Manager's and Technical Officials Meeting

- a) The Team Manager's and Technical Officials Meeting will take place as follows:

Date: Saturday, 20 August 2022
Time: 06:20
Venue: Erasmus High School, Bronkhorstspuit

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.
- b) A full set of results will be e-mailed the Thursday after the competition.

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
- d) of the athletes.
- e) Please make sure that athletes comply with all the requirements needed in the competition. This includes ASA license numbers, or Temporary license number, age category tags and club or school attire.

12) Victory Ceremony

- a) The victory ceremonies will be announced when the results were signed off by the Chief Referee. The first three athletes in each individual event must report at the victory ceremony area.

13) Technical Data

- a) Manual hand timing will be used.
- b) Videos will be made of all races.
- b) During the competition, athletes must wear their ASA numbers or temporally numbers, properly secured on the four corners. Please note IAAF Rule 143.7-9. ***Any athlete who does not respect these rules will not be allowed to compete.***

14) Medical Service

- a) Full medical services will be available with an ambulance at the venue.
- b) The meeting will adhere to COVID compliant rules and regulations as stipulated by ASA.

15) 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.

16) Enquiries

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