

**SA CROSS COUNTRY
CHAMPIONSHIPS
2017
TEAM MANUAL**



9 SEPTEMBER 2017

NWU-Pukke Sports Fields - Potchefstroom

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1) Date & Venue:

- a) **Date:** Saturday, 9 September 2017
Venue: NWU-Pukke Sports Fields & Rag Farm (Joolplaas), Loopstreet, Potchefstroom
 GPS Coordinates (27°06'19"E 26°41'41"S)

b) **Directions:**

From Johannesburg (N12): - When entering Potchefstroom, turn right at first traffic light into MC Roode str; carry on for about 2km and turn left into Govan Mbeki avenue; then carry on for about 1km until reaching c/c venue on right hand side; turn right into Hennie Bingle str for parking.

From Klerksdorp (N12): - When entering Potchefstroom across the railway lines into Nelson Mandela drive, carry on through 5 traffic lights; turn left at the 6th traffic light into Govan Mbeki avenue; carry on through 3 traffic lights until you reach c/c venue on left hand side; turn left into Hennie Bingle str for parking.

2) Activity Program:

TEAM ARRIVAL: Friday, 8 September 2017

Time	Activity	Venue
14:00 – 16:00	Collection of race numbers and registration Final changes and withdrawals	NWU-Pukke Sports Village, Loopstreet, Potchefstroom
14:00 – 16:00	Route will be open for inspection	NWU-Pukke Sports Fields and Rag Farm
16:00 – 18:00	Team Managers Meeting (Technical Meeting)	NWU-Pukke Sports Village, Loopstreet, Potchefstroom
18:30 for 19:00	Mayoral Function – Smart Casual Wear (By invitation only 3 Provincial delegates)	To be confirmed

CHAMPIONSHIPS: Saturday, 9 September 2017

Time	Activity	Venue
07:45	Start of First Event (Men M35 + etc)	NWU-Pukke Sports Fields
17:30	Start of Last Event (Mixed Relay)	NWU-Pukke Sports Fields
19:00	Departure of Teams	

3) Entries:

- Provincial teams are restricted to a maximum of 18 athletes per age category.
- Only South African citizens will be allowed to enter as team members.
- Team Managers must collect their Registration Packs on Friday, 8 September 2017 between 14:00 and 16:00 at the NWU Sports Village, Loopstreet, Potchefstroom).
- All changes and withdrawals must be done on Friday 8 September 2017 between 14:00 and 16:00 at registration, NWU Sports Village, Loopstreet, Potchefstroom).

- e) Team Managers will receive the following for each team member:
- Two ASA Special Licence Bibs; (Front one with tear off strip).
 - Event Chip and Timing information.
 - Pins.
 - Instruction leaflet.
 - Wrist band.
- f) If you encounter any problem with an entry on the day of the race, please rectify it immediately at the TIC near the finish line.
- g) ASA will allow individual entries to accommodate deserving athletes who are not included in provincial teams for various reasons under the following conditions:**
- Only South African citizens will be allowed to enter as individuals.
 - Provinces have first call on an athlete. An Athlete selected for a province must take part for that province and may not enter as an individual.
 - Athletes who are not selected for their province may enter as individuals, but must enter via their province and compete in **their official club attire** with no advertising on the clothing. **No sponsored kit which is not their club's registered kit will be permitted.**
 - Individual athletes must be registered for the competition by their province, must have a 2017 license and must be in good standing with the province.
 - The province must motivate all individual entries, providing reasons why the athlete(s) are not included in their provincial team.
 - Provinces cannot enter individual athletes in a category if they have reached **the quota of 18 athletes in that age category.**
 - Individual athletes will also be issued with two Special Licence Bibs. (Must be collected by the Provincial Team Managers and not the athletes)
- h) Special Licence Bibs and Age category tags** (Team Managers to ensure):
- Provincial team athletes will only display the Special Licence Bibs on the Provincial Colours from the provinces (Front one with tear off strip).
 - Individual athletes will also be issued with two Special Licence Bibs. (Must be collected by the Provincial Team Managers and not the athletes). Individual athletes may wear their club kit or any neutral colours without branding.
 - Provincial and Individual athletes need to display Masters Age category tags during the competition as the different age groups will be running together.

i) Entrance Fees

Entrance fee for all athletes, coaches and team managers (team members) is R40 – 00 per person and is **payable into the account of ACNW by the closing date of entries. (NB!!!)** Provinces to provide proof of payment at Registration with collection of numbers on the Friday afternoon.

Banking details of ACNW is as follow:

Bank: **ABSA**
Account Name: **Athletics Central North West**
Type: **Savings Account**
Branch No.: **632005**
Account No.: **9217664652**
Ref.: **SACC – “Team Name – Province”**

Spectator entrance fee is R 30 – 00 per person payable at the gate.

Limited secure parking will be available at R 15 – 00 per vehicle payable on entrance.

Wrist bands for all entered athletes, team managers and coaches will be issued at number collection. Wrist bands must be worn on the day of the event once entering the venue and is non-transferable. The

wrist bands for athletes, coaches and team managers will differ in color and this will allow entrance for team members into the warm up area as well as designated team areas at the venue.

4) Closing Date for Entries:

All entries (teams and individuals) must be done on the prescribed Excel-spreadsheet entry form and must be E-mailed to Mehlo Hlabangane at mehloh@athleticssa.co.za by no later than close of business on Monday 28 August 2017.

NB – Separate entries for the relay teams

NB – No faxed or handwritten entries will be accepted.

5) Age Categories:

The following age categories will participate at the 2017 National Championships:

Item	Start Time	Age Categories	Abbreviations	Distance
1	07:45 – MM 35+	Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59	M35-55/8	8 km
2 (a)	08:20 – MW 35+	Women 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+	W35-85/4	4 km
2 (b)	08:20 – MM 75 +	Men 75-79; Men 80-84; Men 85-89; Men 90+	M75-90/4	4 km
3	08:40 – MM 60+	Men 60-64; Men 65-69; Men 70-74;	M60/6 or M65-85/6	6 km
4	09:15 – G8	Girls 8 years (2009/2010/2011)	G8/1	1 km
5	09:25 – B8	Boys 8 years (2009/2010/2011)	B8/1	1 km
	09:30	Items 4 & 5 (Directly after the start of Item 6) – Victory Ceremony		
6	09:35 – G9	Girls 9 years (2008)	G9/2	2 km
	09:40	Item 1 2 & 3 – Victory Ceremony		
7	09:50 – B9	Boys 9 years (2008)	B9/2	2 km
8	10:05 – G10	Girls 10 years (2007)	G10/2	2 km
9	10:20 – B10	Boys 10 years (2007)	B10/2	2 km
		Items 7, 8 & 9 – Victory Ceremony		
10	10:35 – SM	Senior Men (CAA Select Event)	SM/10	10 km
11	11:10 – SW	Senior Women (CAA Select Event)	SW/10	10 km
12	11:50 – JM	Junior Men (1998/1999) (CAA Select Event)	JM/8	8 km
13	12:25 – JW	Junior Women (1998/1999) (CAA Select Event)	JW/6	6 km
14	13:00 – G 11	Girls 11 years (2006)	G11/3	3 km
		Item 10; 11; 12 & 13– Victory Ceremony		
15	13:15 – B 11	Boys 11 years (2006)	B11/3	3 km
16	13:30 – G 12	Girls 12 years (2005)	G12/3	3 km
17	13:45 – B 12	Boys 12 years (2005)	B12/3	3 km
		Item 14; 15; 16 & 17– Victory Ceremony		
18	14:00 – G13	Girls 13 years (2004)	G13/3	3 km
19	14:15 – B13	Boys 13 years (2004)	B13/4	4 km
		Item 18 & 19– Victory Ceremony		
20	14:35 – SW23	Senior Women; Women U/23 (1995/1996/1997/1998/1999)	SW/4, W23/4	4 km
21	15:00 – SM23	Senior Men; Men U/23 (1995/1996/1997/1998/1999)	SM/4, M23/4	4 km
22	15:20 – G16/17	Girls 16 years (2001); Girls 17 years (2000) (CAA Select Event)	G16/4 or G17/4	4 km
23	15:50 – B16/17	Boys 16 years (2001); Boys 17 years (2000) (CAA Select Event)	B16/6 or B17/6	6 km
		Item 20; 21; 22 & 23– Victory Ceremony		
24	16:15 – G14	Girls 14 years (2003)	G14/4 or G15/4	4 km
25	16:35 – B14	Boys 14 years (2003)	B14/4 or B15/4	4 km
26	16:55 – G15	Girls 15 years (2002)	G14/4 or G15/4	4 km
27	17:15 – B15	Boys 15 years (2002)	B14/4 or B15/4	4 km
		Item 24 & 25 – Victory Ceremony		
28	17:35 – RELAY	Senior Men & Women (4 Members – 2 x Men & 2 x Women run 1 Lap of 2 km each)	SM&SW/MR	8 km
		Item 26; 27 & 28 – Victory Ceremony		
	**	Final details regarding Victory Ceremonies will be communicated at Technical meeting		

- a) Although the Seniors and U/23 (Men & Women) run together in the 4 Km event, they are deemed two separate races. Therefore Men/Women U/23 can only run in their specific category and must be indicated as such during the entry process. Separate medals will be allocated to these categories. Men/Women U/23 shall therefore not be eligible for a team competition for the Senior race.
- b) No athlete will be allowed to run outside of his or her age category except in the following cases:
- Senior (Open): All ages may participate in this age category provided that the athlete is 16 years or older on 31 December 2017 (born in 2000 or earlier).
 - Under 23: Only athletes 22 years and younger, but at least 18 years of age on 31 December 2017 (born in 1995, 1996, 1997, 1998 or 1999).
 - Junior athletes must be 19 years or younger, but at least 18 years of age on 31 December 2017 (born in, 1998 or 1999).
 - Master Men and Women: Any athlete who has reached his/her 35th birthday (Rule 141.1)
 - Men 75 – 79; Men 80 – 84; Men 85 – 89; Men 90 + (Item 3 additional categories): These categories to participate with (Item 2 A & B) as a 4 km event instead of a 6 km event.

Only athletes 6 years or older on 31 December 2017 (born in 2011 or earlier) will be allowed to enter for the Championships.

6) Prize Monies:

The four main events (Items 10, 11, 12 & 13 and 28 the relay event) will have prize money as below.

i) Senior (Men & Women):

(1) 1 st Prize	R 4 000 – 00
(2) 2 nd Prize	R 2 500 – 00
(3) 3 rd Prize	R 1 500 – 00
(4) 4 th Prize	R 1 000 – 00
(5) 5 th Prize	R 500 – 00
(6) 6 th Prize	R 200 – 00

ii) Junior (Men & Women):

(1) 1 st Prize	R 2 500 – 00
(2) 2 nd Prize	R 1 500 – 00
(3) 3 rd Prize	R 1 000 – 00
(4) 4 th Prize	R 600 – 00
(5) 5 th Prize	R 400 – 00
(6) 6 th Prize	R 200 – 00

iii) Relay Team (Per team of four):

(1) 1 st Prize	R 4 000 – 00 with a Floating trophy
(2) 2 nd Prize	R 3 000 – 00
(3) 3 rd Prize	R 2 000 – 00

7) Relay Event – 8 km:

- i) **Senior Team (Open):** Although it is a senior event a maximum of 2 members in the relay that is 18 years or older on 31 December 2016 (born in 1998 or earlier) are allowed.
- ii) **Team composure:** The team will consist out of two Men and two Women participants that will each run 1 lap of 2km. No order on gender for the event (Discuss at Technical meeting)
- iii) **Team eligibility:** Only one team per province or associate member can be entered.
- iv) **Trophy:** ASA will annually award a Floating trophy to the winning province with four miniature replica's for every member to keep.

8) The Cross Country Course:

See the attached map for the layout of the course. The course consists of a 2 km and a 1 km loop and the following will apply for the different distance races:

- i) The 1km race will be a short loop
- ii) The 2km race will do one 2 km loop
- iii) The 3km race will do one 1 km loop followed by one 2 km loop
- iv) The 4km race will do two 2 km loops
- v) The 6km race will do three 2 km loops
- vi) The 8km race will do four 2 km loops
- vii) The 10km race will do five 2 km loops

9) Team Manager's Meeting:

The agenda will be available at the meeting.

- a) The Team Manager's Meeting will take place as follows and consist out of two sections:

- i) **Date:** Friday, 8 September 2017
- ii) **Venue:** NWU-Pukke Sports Village, Loopstreet, Potchefstroom
- iii) **Time:** 16:00 – 18:00 Technical Meeting for the event

Selection Criteria for 2018 CAA Cross Country (Algeria)

- (1) Selection events clearly indicated on the program.
- (2) Participation a prerequisite for selection of the 2018 CAA Cross Country Championships.
- (3) Notification of any injuries or withdrawals of possible candidates for selection.
- (4) Provinces to indicate if athletes will be participating in other events.
- (5) Age Sixteen and Seventeen eligible as Juniors for 2018.
- (6) Age Nineteen eligible as Seniors for 2018.
- (7) All athletes must participate in the correct age category for eligibility and selection purposes.

- b) The meeting will be chaired by ASA Cross Country Chairperson. The following officials or delegates will be in attendance:

- i) Not more than 3 representatives from each Province or Associate member;
- ii) LOC Members;
- iii) The Competition Director;
- iv) Jury of Appeal; [Provinces to nominate referees (male & female) before and appointment will be done at the technical meeting for the championship]
- v) All Referees as appointed by ASA in accordance with ACNW;

- vi) All Technical Officials as appointed by ASA in accordance with ACNW;

10) 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 30 minutes after completion of the race).
- b) A full set of results will be e-mailed to each province.

11) Assistance to Athletes:

Water will be provided on the course at a water point $\pm 100\text{m}$ past the start line.
Water will be provided at the finish line.
No Seconding will be allowed by any person except for authorized officials.

12) Athletes Control Centre (Call Room):

- a) The Call Room will be situated next to the start area. All athletes must report to the Call Room at least 20 minutes before the start of their event.
- b) Only reporting athletes and authorized technical officials will be allowed inside the Call Room area. Parents and team managers entering this area submit their athlete to the risk of disqualification.
- c) 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 race numbers, age category tags and provincial attire.

13) Team Scoring:

- a) All athletes entered by a Province, according to the age groups, will constitute a team of whom the best four athletes will score. A Province can win only one team prize in an event.
- b) The positions of the best four athletes are totaled and the team having the lowest aggregate shall be declared the winners. Individual athletes (if any) will be removed from the finishing list when calculating team prizes.
- c) In the event of a tie, it shall be resolved in favor of the team whose last scoring member finishes nearer the first position.
- d) Team medals will be awarded to the first three teams (4 members) in each event up to ages 60 - 64.

14) Victory Ceremony:

- a) The victory ceremonies will be according to the program in paragraph 5. The first three athletes in each individual event and the first three teams must report at the victory ceremony area.
- b) Only athletes dressed in their provincial tracksuits will be allowed to receive their medals on the podium.
- c) Athletes must report to the victory ceremony holding area 20-minutes prior to the time scheduled for the medal presentation of his/her event. Certain events will be follow directly after participation.

15) Technical Data:

- a) Chip timing will be used with hand timing as a backup.
- b) Two Special Licence Bibs will be issued to each athlete. During the competition, athletes must always wear the numbers in their original shape and size, 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.*
- c) To help ASA and the organizers to provide a correct set of results, the following rule will apply:
- d) Identification stickers for different ages will be provided by the LOC for Items 22 & 23.

16) Anti-Doping Control:

- a) Anti-Doping Control will be conducted in accordance with the IAAF Procedural Guidelines for Anti-Doping Control under the supervision of an ASA Anti-Doping Control Delegate and the SA Institute for Drug Free Sport.
- b) On receiving a written notification for a test, the athlete must report to the Anti-Doping Control station within 60 minutes and will permanently be accompanied by an Anti-Doping Control chaperone.
- c) Athletes are entitled to be accompanied to the Anti-Doping Control Centre by one person of their choice. Personal identification must be presented.
- d) Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and let them sign a consent form, will carry out the test.
- e) All prize money will only be paid after receiving the confirmation of clearance from SAIDS.

17) Medical Service:

Full medical services will be available with ambulances at the venue.

18) Protests:

- a) Protests shall be made in accordance with IAAF Rule 146. During the course of an event an athlete or his team official may lodge a verbal protest to the appropriate Referee.
- b) If the problem is not satisfactory solved, an appeal must be lodged in writing on the prescribed protest form, which can be obtained from the Technical Information Centre (TIC), and must be signed by a team manager.
- c) The protest must be submitted to the TIC accompanied by a deposit of R500 – 00, not later than 30 minutes after the official announcement of the results of the event.
- d) The decision of the Jury of Appeal shall be published in an official manner. The claimant will receive a copy of the final decision.

19) Team Management:

- a) Team Managers and Coaches will be accredited as follows:

Up to 100 athletes	3 Team Managers	3 Coaches
For every 100 athletes (or part of 100) thereafter	1 Team Manager	1 Coach
- b) Teams may use more managers or coaches, but they will not receive accreditation.

20) Technical Information Centre (TIC):

The TIC will be located in a tent near the finish line. The exact position will be announced at the Team Managers Meeting.

21) Team Seating:

- a) An area will be demarcated for provincial tents and gazebos. Provinces are welcome to use their own gazebos, but no branded gazebos in conflict with ASA sponsors will be allowed.
- b) Limited spectator seating will also be available at the finish line area.

22) General:

- a) The competition will be conducted under IAAF Rules
- b) Athletes are not permitted to take any cell phones, music recorders, radios, I-pods etc., into the competition area.
- c) Spectators will not be allowed to run with participants.

23) Travel & Accommodation:

Travel and accommodation for the teams are the responsibility of the Provinces. For possible accommodation, please contact any of the following:

- a) **NWU-Pukke Sports Village**
 - i) Tel: 018 299 2111
 - ii) Email: carien.smit@nwu.ac.za
- b) **NWU-Pukke Astro Villa (self catering)**
 - i) Tel: 018 299 4141
 - ii) Email: eileen.joubert@nwu.ac.za
- c) **NWU-Pukke Dennepark**
 - Tel: 018 299 2449
 - Email: dennepark@nwu.ac.za
- d) **BSA Events**
 - Mr Charl Heyns
 - 012 995 0430
 - 0845750709

24) Enquiries:

Please contact Mr. Mehlo Hlabangane at the ASA Office on 011 880 5800 for any additional information.

25) Course Layout:

