

**SA CROSS COUNTRY
CHAMPIONSHIPS
2019
TEAM MANUAL**



**7 SEPTEMBER 2019
Uitsig High School
Centurion, Pretoria**

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1) Date and Venue

- a) **Date:** Saturday, 7 September 2019
Venue: Uitsig High School (formerly Hoërskool Uitsig) Marquard Street 47, The Reeds, Centurion.

b) **Directions:**

From Johannesburg: (N1 North), Continue on Old Johannesburg Rd/Pretoria Main Rd/R101 Merge onto Old Johannesburg Rd/Pretoria Main Rd/R101 (1.3 km)

Turn left onto Uitsig Rd/M31 and Continue to follow Uitsig Rd (3.0 km)

At the roundabout, take the 3rd exit onto Jacqueline St (500m)

Turn left onto Marquard St (150m)

Turn right (Uitsig High School)

From Pretoria: (N1 South), Continue on Old Johannesburg Rd/Pretoria Main Rd/R101

Turn left onto Old Johannesburg Rd/Pretoria Main Rd/R101 (1.9 km)

Turn left onto Uitsig Rd/M31 and

Continue to follow Uitsig Rd (3.0 km)

At the roundabout, take the 3rd exit onto Jacqueline St (500m)

Turn left onto Marquard St (150m)

Turn right (Uitsig High School)

Parking at Panorama Driving Range with Security

Cost for parking: R20-00

Parking at Uitsig Primary with Security

Cost for parking: R20-00

2) Activity Program:

TEAM ARRIVAL: Friday, 6 September 2019

Time	Activity	Venue
14:00 – 16:00	Collection of race numbers and registration Final changes and withdrawals	Uitsig High School Hall
14:00 – 16:00	Course will be open for inspection. Nobody will be allowed on the course before 14:00	Uitsig High School Sport fields
16:00 – 17:00	Team Managers Meeting – Clubhouse (Technical Meeting)	Uitsig High School Hall

CHAMPIONSHIPS: Saturday, 7 September 2019

Time	Activity	Venue
07:00	Opening with scripter and prayer.	Ds. Jaco Vogel
07:10	Reading of athlete code.	Head Girl & Boy of Uitsig High
07:30	Start of First Event – Item 1 (Men M35 + etc)	Uitsig High School Sport fields
17:35	Start of the last event – Item 29 (Men 2 km)	Uitsig High School Sport fields
18:30	Departure of Teams.	Uitsig High School Sport fields

3) Entries:

- a) Provincial teams are restricted to a maximum of 18 athletes per age category.
- b) Only South African citizens will be allowed to enter as team members.
- c) Team Managers must collect their Provincial Registration Packs on Friday, 6 September 2019 between 14:00 and 16:00 at the Uitsig High School Hall, Centurion.
- d) All changes and withdrawals must be done on Friday 6 September 2019 between 14:00 and 16:00 at registration, Uitsig High School Hall, Centurion.
- e) Team Managers will receive the following for each team member:
 - i) Two ASA Special Licence Bibs; (Front one with tear off strip).
 - ii) Pins.
 - iii) Instruction leaflet.
 - iv) Wrist band.
 - v) Accreditation for Provincial busses parking.
- 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:**
 - i) Only South African citizens in possession of SA ID dokument will be allowed to enter as individuals.
 - ii) 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.
 - iii) Athletes who are not selected for their province may enter as individuals, but must enter via their provincial team management and compete in **their official club attire** with no advertising.
 - iv) Individual athletes must be entered for the competition by their province, must have a 2018 license and must be in good standing with the province.
 - v) All protests regarding athlete selection will be adhere to and ruled on during the Technical meeting.
 - vi) The province must motivate all individual entries, providing reasons why the athlete(s) are not included in their provincial team (Medical, Injuries, Representation for other SASSA or USSA teams).
 - vii) Provinces cannot enter individual athletes in a category if they have reached **the quota of 18 athletes in that age category.**
 - viii) Individual athletes will also be issued with two Special Licence Bibs. (Must be collected by the Provincial Team Managers and not the athlete, coach or parent)
- h) **Special Licence Bibs and Age category tags** (Team Managers to ensure):
 - i) Provincial team athletes will only display the Special Licence Bibs on the Provincial Colours from the provinces (Front one with tear off strip).
 - ii) 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 must wear their club kit or any neutral colours without any branding and according to the IAAF rules (Rule 143).
 - iii) Provincial and Individual athletes need to display Masters Age category tags during the competition as the different age groups will be running simultaneously (**Item's 1, 2a, 2b & 3**).

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 AGN 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 AGN is as follow:

Bank: Athletics Gauteng North
Branch: Quagga Centre – West End
Account Name: ABSA BANK
Type: Cheque Account
Code: 335 642
Account No.: 405 637 3566
Ref.: **SACC – “Team Name – Province”**

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

Parking at own risk and no valuables to be left unattended in vehicles will be available at:

Panorama Driving Range with Security.

Cost for parking: R20-00.

Rooihuiskraal Road The Reeds, Centurion.

Parking at Uitsig Primary with Security

Cost for parking: R20-00

46 Yelanda Street, The Reeds, Centurion.

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.

Provincial teams need to provide a workable method for collection of Numbers and Wrist bands for athletes not traveling with the teams. AGN will assist the provinces with an area to hand out wrist bands and numbers at the entry gate. No Parents or Coaches will be entertained at the Registration area for collection of numbers and wrist bands. It is a Provincial matter and not the duty of the AGN LOC.

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 26 August 2019.

a. NB – Separate nomination form for TO’s if applicable as in point 20 (c)

b. NB – No faxed or handwritten entries will be accepted

5) Age Categories:

Item	Start Time	Age Categories	Abbreviations	Distance
1	07:30 – M M 35+	Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59	M35/8-55/8	8 km
2 (a)	08:10 – M W 35+	Women 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+	W35/4-90/4	4 km
2 (b)	08:10 – M M 75+	Men 75-79; Men 80-84; Men 85-89; Men 90+	M75/4-90/4	4 km
3	08:40 – M M 60+	Men 60-64; Men 65-69; Men 70-74;	M60/6 or M65-70/6	6 km
4	09:10 – G 8	Girls 8 years (2011/2012/2013)	G8/1	1 km
5	09:20 – B 8	Boys 8 years (2011/2012/2013)	B8/1	1 km
6	09:30 – G 9	Girls 9 years (2010)	G9/2	2 km
	09:25 ±	Items 4 & 5 (Directly after the start of Item 6) – Victory Ceremony		
	09:30	Items 1; 2 & 3 – Victory Ceremony		
7	09:40 – B 9	Boys 9 years (2010)	B9/2	2 km
	**	Items 6 & 7 – Victory Ceremony		
8	09:50 – J W	Junior Women (2000/2001) (Select Event)	JW/6	6 km
9	10:20 – J M	Junior Men (2000/2001) (Select Event)	JM/8	8 km
	**	Items 8 & 9 – Victory Ceremony		
10	10:55 – S W	Senior Women (Select Event)	SW/10	10 km
11	11:35 – S M	Senior Men (Select Event)	SM/10	10 km
	**	Items 10 & 11 – Victory Ceremony		
12	12:15 – G 16/17	Girls 16 years (2003); Girls 17 years (2002) (Select Event)	G16/4 or G17/4	4 km
13	12:40 – B 16/17	Boys 16 years (2003); Boys 17 years (2002) (Select Event)	B16/6 or B17/6	6 km
	**	Item 12 & 13 – Victory Ceremony		
14	13:10 – G 10	Girls 10 years (2009)	G10/2	2 km
15	13:20 – B 10	Boys 10 years (2009)	B10/2	2 km
	**	Item 14 & 15 – Victory Ceremony		
16	13:30 – G 11	Girls 11 years (2008)	G11/3	3 km
17	13:45 – B 11	Boys 11 years (2008)	B11/3	3 km
	**	Item 16 & 17 – Victory Ceremony		
18	14:00 – G 12	Girls 12 years (2007)	G12/3	3 km
19	14:15 – B 12	Boys 12 years (2007)	B12/3	3 km
	**	Item 18 & 19 – Victory Ceremony		
20	14:30 – G 13	Girls 13 years (2006)	G13/3	3 km
21	14:45 – B 13	Boys 13 years (2006)	B13/4	4 km
	**	Item 20 & 21 – Victory Ceremony		
22	15:10 – G 14	Girls 14 years (2005)	G14/4	4 km
23	15:35 – B 14	Boys 14 years (2005)	B14/4	4 km
	**	Item 22 & 23 – Victory Ceremony		
24	16:00 – G 15	Girls 15 years (2004)	G15/4	4 km
25	16:25 – B 15	Boys 15 years (2004)	B15/4	4 km
	**	Item 24 & 25 – Victory Ceremony		
26	16:50 – SW 23	Senior Women; Women U/23 (2001/2000/1999/1998/1997 and Seniors)	SW/4, W23/4	4 km
27	17:05 – SM 23	Senior Men; Men U/23 (2001/2000/1999/1998/1997 and Seniors)	SM/4, M23/4	4 km
	**	Item 26 & 27 – Victory Ceremony		
28	17:25 – S W & 23	Senior Women (1999 and earlier), Junior (2001/2000) & Youth Women (2003/2002)	SW/2, J/2 & Y/2	2 km
29	17:35 – S M & 23	Senior Men (1999 and earlier), Junior (2001/2000) & Youth Men (2003/2002)	SM/2, J/2 & Y/2	2 km
	**	Item 28 & 29 – Victory Ceremony		
	**	Final details regarding Victory Ceremonies will be communicated at Technical meeting		

The following age categories will participate at the 2019 National Championships:

- 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 (**Items 26 & 27**).
- 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 18 years or older on 31 December 2019 (born in 2001 or earlier).
 - Under 23: Only athletes 22 years and younger, but at least 18 years of age on 31 December 2019 (born in 1997, 1998, 1999, 2000 or 2001).
 - Junior athletes must be 19 years or younger, but at least 18 years of age on 31 December 2019 (born in 2000 or 2001).
 - 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 Master Men categories to participate with Master Women simultaneous (**Item 2 a & b**) as a 4 km event.

Only athletes 6 years or older on 31 December 2019 (born in 2013 or earlier) will be allowed to enter for the Championships.

6) Provincial Uniform:

- All athletes of the same team shall wear the official attire of their Province, of the same color during the competition and during all the ceremonies.
- The official uniform shall be in accordance with the IAAF rules and regulations.
- All the participating member Provinces shall come with their Provincial uniform for inspection during the accreditation procedures at the Technical meeting
- Individual Entrants will participate in the registered club attire. **No sponsored kit which is not their club's registered kit will be permitted**

7) Prize Monies:

The following main events (Items 10 & 11 – 4 positions) will compete for prize money.

Individual	Senior (Men & Women):
(1) 1 st Prize:	R 4 000
(2) 2 nd Prize:	R 3 000
(3) 3 rd Prize:	R 2 000
(4) 4 th Prize:	R 1 000

8) New Event – 2 km individual – Not a team competition:

Men & Women 2 km (Open Event): All ages as below may participate in this Men and Women **individual only** category event provided that the athlete is 16 years or older on 31 December 2019 (born in 2003 or earlier).

- Senior Women (1999 and earlier), Junior (2001/2000) & Youth Women (2003/2002)
- Senior Women (1999 and earlier), Junior (2001/2000) & Youth Women (2003/2002)

9) 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

NB – Course inspection for Team Management, coaches and warm-up for Athletes, will be between 14:00 – 16:00

10) 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 – 6 September 2019
- ii) **Venue:** Uitsig High School Hall
- iii) **Time:** 16:00 – 17:00 Technical Meeting for the event

Selection Criteria for 2020 CAA Cross Country Championships (TBA)

- (1) Selection events clearly indicated on the program.
- (2) Participation a prerequisite for selection of the 2020 IAAF World Cross Country Championships.
- (3) Notification of possible athletes who’s injured/withdrawal from Provincial teams to be submitted.
- (4) Provinces to indicate athletes selected and participating in other National or International events.
- (5) Age sixteen and Seventeen eligible as juniors for 2020.
- (6) Age Nineteen eligible as seniors for 2020.
- (7) All athletes must participate in the correct age category for eligibility and selection purposes.
- (8) Appeals
- (9) Target Times – Senior Men 30:50 (10 km) and Women 36:05 (10 km)
- (10) Target Times – Junior Boys 25:50 (8 km) and Junior Girls 21:55 (6 km)

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 4 referees (2 x male & 2 x female) before and appointment will be done at the technical meeting for the championship]
- v) All Referees as appointed by ASA in accordance with AGN;
- vi) All Technical Officials as appointed by ASA in accordance with AGN and point 20 (c);

11) 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.

12) Assistance to Athletes:

- a) Water will be provided on the course at a water point ± 50 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 Championship officials.
- d) Where conditions warrant and taking in account the nature of the event, weather conditions and fitness of the majority of the competitors, water may be placed at more regular intervals along the route.

13) 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 coaches entering this area submit their athlete to the risk of disqualification.
- c) Team Managers are responsible for the clothing and personal belongings of the athletes.
- d) Ensure that every athlete comply with all the requirements needed in the competition. This includes race numbers, age category tags (SAMA age group categories only) and provincial or club attire.
- e) One Team Manager per province will be allowed in the call room to assist the Primary school athletes (Ages 8, 9, 10, 11, 12 & 13 years). No Team Managers will be allowed to assist the other age groups.

14) 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.

15) 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 holding 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. NB - Certain events will be follow directly after participation.

16) Technical Data:

- a) Hand timing will be used for all events.
- 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:
 - i) Identification stickers for different ages will be provided at the Call Room for **Items 12 & 13.**
 - ii) Identification stickers for different ages will be provided at the Call Room for **Items 26 & 27.**
 - iii) Identification stickers for different ages will be provided at the Call Room for **Items 28 & 29.**
- d) Athlete's numbers will be recorded after they cross the finish line and will be required to stay in their order until after the capturing point. Tear off strips must be completed and may be collected after the computerised capturing point.
- e) The first 60 athletes of each race will be videotaped at the finish line.

17) 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.

18) Medical Service:

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

Medipark Medical Centre will assist with medical services. (+-1.2 km from school)

19) Protests regarding results:

- 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. ASA Rule 27.
- 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.

20) Team Management Composition:

- 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**.
- c) Provincial Technical Officials from the neighbor Provinces AMPU, LIMA, ACNW, ANWN and CGA to a maximum of (2) members are allowed to do an application to be appointed for Technical Official duty during the championships. Travelling and accommodation will be with the Provincial teams. Other Provinces are allowed to request placing of (1) member but only on confirmation of placement from AGN Technical Official Committee. All of these officials will travel with the Provincial Team Management and also share the same accommodation as the Provincial teams. All of these applications must be submitted with the provincial team list and will be notified the Friday the 30th of August (4) days after closing of entries.

21) Technical Information Centre (TIC):

- a) The TIC shall be placed near the finish line. The center will help as link between Provinces, the technical delegate and the LOC. The exact position will be announced at the Team Managers Meeting.
- b) The TIC will be responsible of urgent notifications and Team Managers and officials will be able to collect the main technical results there. It will be open as from 06:30 the morning until the end of the championships.

22) 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.

23) General:

- a) The competition will be conducted under 2018 – 2019 ASA Domestic & IAAF Competition Rules
- b) Athletes are not permitted to take any cell phones, music recorders, radios, I-pods etc., into the competition area/course.
- c) Spectators, Coaches and parents will not be allowed to run with participants.
- d) If a Referee is satisfied on the report from a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered the athlete shall be disqualified.

24) Travel & Accommodation:

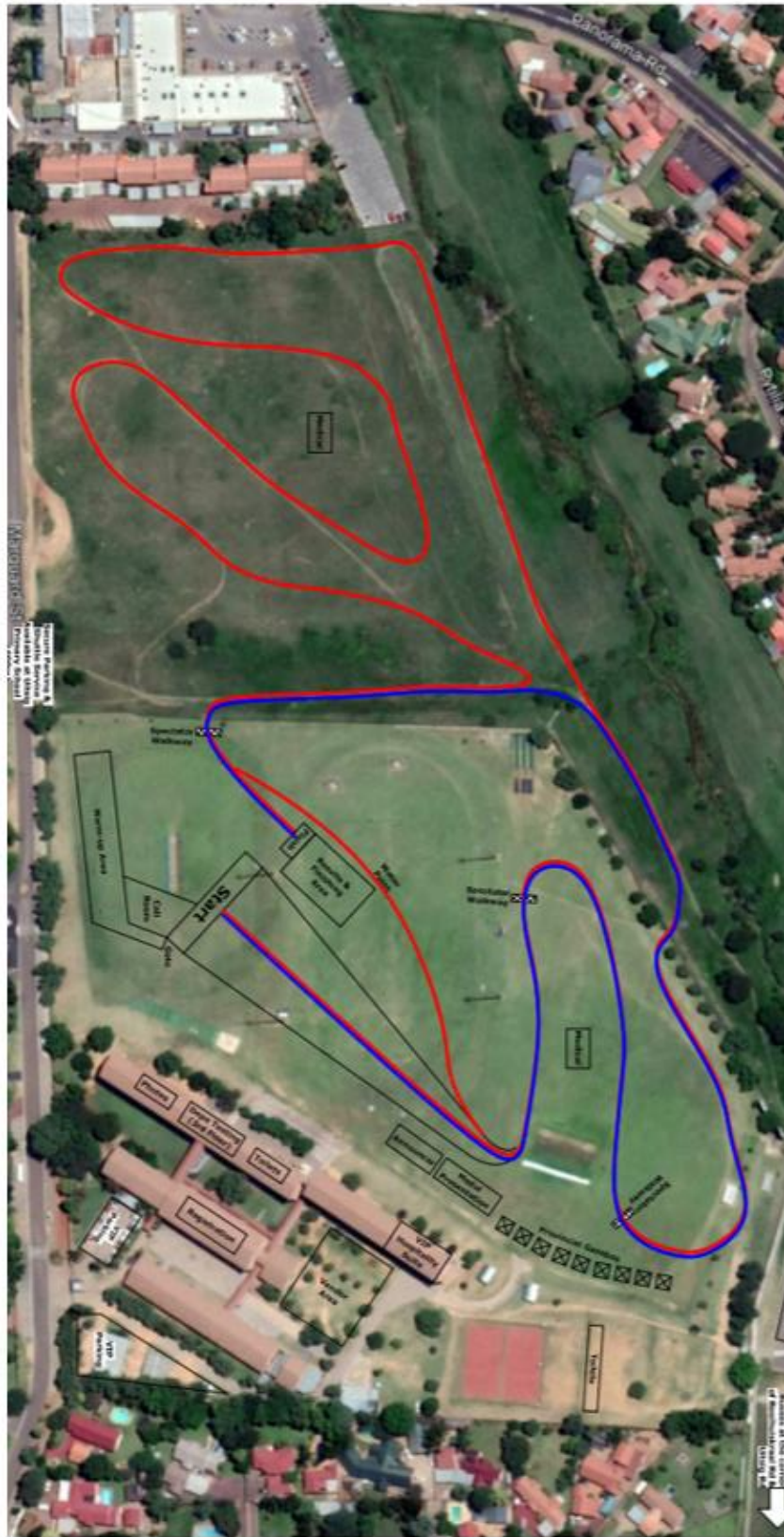
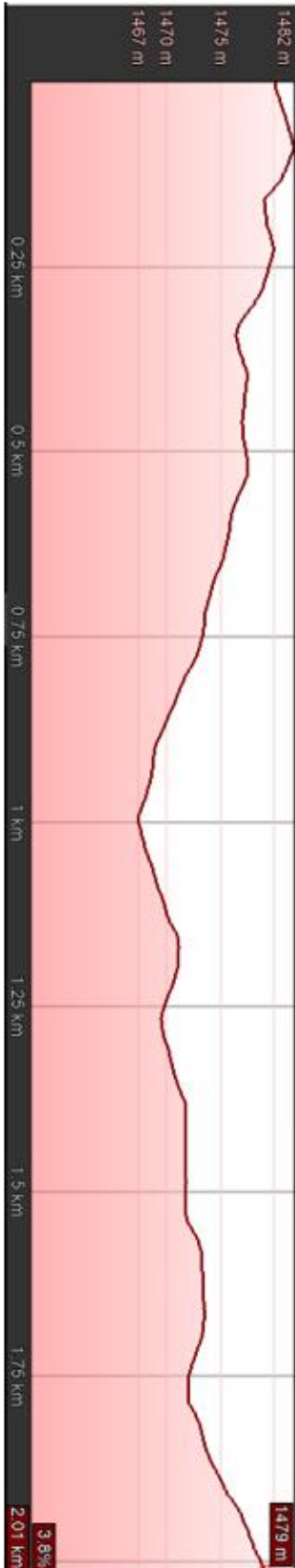
Travel and accommodation for the teams are the responsibility of the Provinces. For possible accommodation, please contact any of the following:

Guest House / Hotel	Address	Distance	Contact Number
Melody Guest House	53 Marquard St, The Reeds, Centurion, 0158	140m	0832598763
Arbez Home Lodge	58 Jacqueline St, The Reeds, Centurion, 0061	600m	0126550942
Bedford Manor	10 Bedford St, The Reeds, Centurion, 0061	1.9km	0126611261
LaLouisah Boutique Guesthouse	48 Bernardie St, The Reeds, Rooihuiskraal, 0061	2.1km	0763666747
Centurion Sleep&Go	13 Swallow St, Rooihuiskraal, Centurion, 0157	2.7km	0823247907
The Club House Guesthouse	25 Hadeda Cres, Rooihuiskraal, Centurion, 0154	3.1km	0764598394
The Condor House Centurion	18 Flufftail Street Rooihuiskraal North, Rooihuiskraal, Centurion, 0157	4.4km	0833025198
Dobbs Lodge	6 Flufftail St, Rooihuiskraal North, Centurion, 0154	4.6km	0126533983
Candlewoods Country Estate	1796 Stonehedge Rd, Brakfontein 399-Jr, Centurion, 0157	6.9km	0745874178
Road Lodge Centurion	Centurion Gate, Akkerboom St, Zwartkop, Centurion, 0046	9.3km	0126410400
Leriba Hotel	245 End St, Clubview, Centurion, 0157	9.4km	0126603300
River Meadow Manor	1 Jan Smuts Ave, Twin River Estates, Centurion, 0062	12.4km	0126679660
Protea Hotel Midrand	14th Road, Noordwyk, Midrand	8.5km	0113181868
Protea Hotel Centurion	Cnr Gordon Hood & Hendrik Verwoerd Drive, Centurion	10.1km	0126638700
Protea Hotel Samrand	Samrand, 95 Sterling street, Midrand, Centurion	6.8km	0113181868
Centurion Lake Hotel	1001 Lenchen ave n, Centurion	11,0km	0126433600
HPC Tuks	Burnett street, Hatfield	21.0km	012 4841700
Backpackers International	1322 Arcadia Street, Hatfield	21.0km	0123623905
Pumbas	1232 Arcadia Street, Hatfield	21.0km	0123625343
Hatfield Budget Accom.	1224 Arcadia Street	21.0km	0825443278

25) Enquiries:

Please contact Mr. Mehlo Hlabangane at the ASA Office on 011 880 5800 or MehloH@athleticsa.co.za for any additional information.

26) Course Layout:



UITSIG HIGH SCHOOL – 47 Marquard Street – The Reeds – Centurion