



**Athletics
Gauteng North**



Athletics Gauteng North

Presents:

**INTERPROVINCIAL CHAMPIONSHIPS
CROSS COUNTRY**

SATURDAY, 4 JUNE 2022

ZONDERWATER PRISON, ZONDERWATER

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1) Introduction

The Interprovincial Cross Country Competition will be hosted by Athletics Gauteng North (AGN) and will take place on Saturday, 4 June 2022 at Zonderwater Prison Training College in Cullinan, Tshwane (Pretoria). It is a competition for both Men and Women, and is open to all inland athletics provinces.

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, 4 June 2022

Venue: Zonderwater Prison Training College
R515 Cullinan
Coordinates: -25.7049338, 28.5376582

3) Activity Program:

TEAM ARRIVAL: 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???	Zonderwater Prison Grounds, Zonderwater

CHAMPIONSHIPS: Saturday, 4 June 2022

Time	Activity	Venue
07:00 – 08:00	Collection of Provincial Registration Packs at the entry gate.	Zonderwater Prison Grounds, Zonderwater
08:00	Team Managers Meeting	Zonderwater Prison Grounds, Zonderwater
09:00	Start of First Event	Zonderwater Prison Grounds, Zonderwater
15:35	Start of Last Event	Zonderwater Prison Grounds, Zonderwater
16:30	Departure of Teams	

4) Entries

Team Managers would be able to collect their Provincial Registration Packs at the entry gate on Saturday, 4 June 2022 from 07:00 – 08:00 and 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

Athletics Gauteng will be responsible for the entry fees of all the athletes that are part of the AGN team. Athletes who are not in the AGN team may enter (R50.00) and participate, but do so in their club or school attire.

Temporarily Numbers:	R40.00 (Only AGN Temporary numbers can be used)
Spectators:	R50.00

6) Age Categories

The following age categories will participate at the Inter-Provincial Championships:

Event Item	Starting Time	Race	Distance	Laps
	07:00	ENTRIES		
1.	09:00	a) Men 35-39; 40-44; 45-49; 50-54; 55- 59 b) Junior Men (2003- 2004)	8km	4 x 2
2.	09:45	Girls 8 (2014 and younger) Boys 8 (2014 and younger)	1 km	1 x 1
3.	09:55	a) Men 60-64; 65-69; 70-74. b) Junior Women (2003 -2004)	6km	3x2
4.	10:35	Girls 09 (2013); Girls 10 (2012)	2 km	1 x 2
5.	10:50	Women 35-39; 40-44;45- 49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; Men 75-79; 80-84; 85-89; 90-94	4km	2 x 2
6.	11:20	Boys 09 (2013); Boys 10 (2012)	2 km	1 x 2
7.	11:35	Girls 11 (2011); Girls 12 (2010) Girls 13 (2009)	3 km	1 x 3
8.	11:55	Senior Men	10 km	5 x 2
9.	12:50	Boys 11 (2011); Boys 12 (2010)	3 km	1 x 3
10.	13:10	Senior Women	10 km	5 x 2
11.	14:05	a) Men U/23 (2000 and after) b) Senior Men	4 km	2 x 2
12.	14:25	Girls 15 (2007); Girls 14 (2008)	4 km	2 x 2
13.	14:50	Boys 13 (2009) Boys 14 (2008) Boys 15 (2007)	4 km	2 x 2
14.	15:10	a) Girls 17 (2005) b) Girls 16 (2006) d) Women U/23 (2000 and after) e) Senior Women	4 km	2 x 2
15.	15:35	Boys 16 (2006); Boys 17 (2005)	6 km	2 x 3

The following age categories will participate at the 2022 Interprovincial 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 for only Team Management and coaches will be between 14:00 – 17:00 for all age categories on Friday, 3 June 2022.

8) Team Manager's Meeting

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

Date: Saturday, 4 June 2022

Time: 08:00

Venue: Zonderwater Prison Grounds, Zonderwater

- b) The meeting will be chaired by AGN. The Team manager plus 1 other person need to attend the meeting.
- c) The agenda will be available at the meeting.

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 30 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 to each province.

10) Assistance to Athletes

- a) Water will be provided on the course at a water point ± 80 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 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 ASA race numbers, age category tags and provincial attire.

12) Victory Ceremony

- a) The victory ceremonies will be according to the program. The first three athletes in each individual event 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 15-minutes prior to the time scheduled for the medal presentation of his/her event.

13) Technical Data

- a) Manual hand timing will be used.
- 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) Team Seating

- a) An area will be demarcated for provincial tents and gazebos. Provinces are welcome to use their own gazebos.

16) General

- a) The competition will be conducted under IAAF 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.

17) Enquiries

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