

## CGA Cross Country League Fixture 2020

DATE	LEAGUE	CLUB	VENUE
19 January	Cross Country Trials	ASA	Potchefstroom
1 March	CCA African Cross Country Championships	ASA	Lome (Togo)
02 May	No 1	Ubuhle AC	Sam Ntuli Stadium, Thokoza
09 May	No 2	Harambe A.C	Dobsonville Communal Hall
23 May	No 3	Ulinda AC	Kwathema Sports Complex
6 June	No 4	Simunye AC	Chris Hani Sports Complex, Orange Farm
20 June	No 5	KAC	Delta Park
04 July	No 6	Babab AC	Simunye Sports Complex Westonaria
18 July	No 7	Take It Easy AC	Dorothy Nyembe Park, Soweto
25 July	No 8	Tembisa A.C	Tembisa Multi-Purpose Centre
15 August	CGA Champs	CGA	Kagiso Sports Complex
5 September	SA Champs	ASA	Amanzimtoti, KZN

**NB: Selection Criteria:**

1. An athlete must run any 4 out of 8 league events plus the CGA Championships to be considered for selection to represent CGA at the SA Championships.
2. The first 6 athletes at the CGA Championships will be considered for selection provided they satisfy Rule 1 listed above.
3. CGA Championships results carry more weight in terms of selection criteria.
4. No doctor's letter will be considered for selection.
5. Athletes who were representing South Africa during the cross country season will only be considered for selection based on the athlete's evidence provided/ selectors discretion on the merit of each case.
6. Selectors' discretion will apply in dealing with merits of each athlete's case. All decisions in this regard will be considered final once ratified by the CGA board.
7. Athletes, coaches, parents and clubs are thanked in advance for respecting the selectors' decisions. Athletes, coaches, parents and clubs must note that although CGA endeavours to secure the necessary funding for participation, selections may be informed by budgeting constraints.



**CROSS COUNTRY**  
**LEAGUE PROGRAMME 2020**

11:20	Sub Juniors	- Boys and Girls Under 8 (Beginners)	1km
11:30	Sub Juniors	- Boys and Girls Under 10 & 9(2010, 2011)	2km
11:45	Youth (2003, 2004), Junior (2001, 2002) & Senior Women (2000 & earlier)		2km
11:55	Youth (2003, 2004), Junior ( 2001, 2002) & Senior Men (2000 & earlier)		2km
12:05	Girls Under 13(2007)		3km
12:15	Boys Under 12& 11(2008, 2009)		3km
12:20	Girls Under 12 & 11(2008, 2009)		3km
12:35	Girls Under 15 & 14(2005; 2006)		4km
12:55	Boy Under 15 & 14(2005; 2006)		4km
	Girls Under 17 & 16(2003, 2004)		4km
13:00	Boys Under 13(2007)		4km
	Sub Veteran Women (35-39 on 05.09.2020) 1985-1984		4km
	Veteran Women (40-49 on 05.9.2020)1980-1971		4km
	Master Women (50-59 on 05.9.2020)1970-1961		4km
	Grandmaster Women (60 on 05.9.2020) 1960 and before		4km
13:15	Boys Under 17 & 16(2003, 2004)		6km
	Girls Under 19 (2001, 2002)		6km
	Grandmaster Men (60+ on 05.9.2020) 1960 and before		6km
13:50	Veteran Men (40-49 on 05.9.2020) 1980-1971		8km
	Master Men (50-59 on 05.9.2020) 1970-1961		8km
14:20	Senior Men		4km
	Men Under 23 (1998-2002)		4km
	Senior Women & Women Under 23 (1998-2002)		4km
14:35	Junior Men- Boys Under 19 (2001, 2002)		8km
	Sub Veteran Men (35-39 on 05.9.2020)1985-1981		8km
15:10	Senior Men		10km
	Senior Women		10km

**CENTRAL GAUTENG**  
**ATHLETICS**

**JUNIORS:** Age according to year of birth

**SUB VETERANS, VETERANS, MASTERS:** Age on day of SA Championships 05.9.2020

**NB Veterans:** If an athlete turns 40 during the Cross Country season the athlete must run according to the age he/she would be at the SA Championships, i.e. 05.09.2020

**NB Age Category for Vets** to fit in with Masters Association's Ages.

**ENTRY FEE: ATHLETES = R15.00**