

CGA CROSS COUNTRY CRITERIA FOR CGA TEAM SELECTIONS - 2020

1. In order to be considered for selection to represent Central Gauteng Athletics at the SA National Championships, all athletes must have competed in any **4(four)** of the 8 CGA Cross Country League Fixtures, as well as the CGA Cross Country Championships. Championships results carry more strength for selection purposes as the latest reflection of an athlete's fitness level.
2. All category athletes must have submitted a valid Green Bar Coded ID Document or Birth Certificate (if under 16 years) to be eligible for scoring, receiving of prizes and selection.
3. A certified copy of the Green Bar Coded IDbook or certified copy of the Birth Certificate (if under 16 years) must be submitted on or before the end of the 7th league. Such documents can only be submitted at an official cross-country league meeting. Do not hand in at the CGA Office or to any cross-country Executive Member, without guidance from the Chairperson of Cross Country.
4. ONLY HAND IN TO THE CHAIR-PERSON (OR DESIGNATED PERSON AT THE FINISH TABLES AT THE CROSS COUNTRY LEAGUE MEETINGS IF THE CHAIR-PERSON IS NOT PRESENT).
5. No documentation pertaining to ID and date of birth will be accepted on day of Championships (i.e. the last day for submission is at the last league event at Alberton).
6. In order to score league points, an athlete must wear club colours and their two CGA licence numbers. Sharing licenses will result in disqualification of both athletes. Athletes must have "Yes" next to their name to score for the team. 'Y' means we do have a copy of an ID or Birth certificate of the athlete.
7. Category athletes must please wear ID tags, front and back.
8. Senior Athlete age is determined by the day of the ASA Championships date in September.
9. Junior ages are determined on the 1st of January.
10. Selectors will use their own discretion in selections.