

CGA Cross Country League Fixture 2019

DATE	LEAGUE	CLUB	VENUE
19 January	Cross Country Trials	ASA	Pretoria
23 March	IAAF World Cross Country Championships	IAAF	Denmark
04 May	No 1	Ubuhle AC	Sam Ntuli Stadium, Thokoza
11 May	No 2	Harambe A.C	Dobsonville
18 May	No 3	Ulinda AC	Kwathema Sports Complex
1 June	No 4	Simunye AC	Chris Hani Sports Complex, Orange Farm
22 June	No 5	RAC	Delta Park
06 July	No 6	Baobab AC	Westonaria Sports Complex
20 July	No 7	Take It Easy AC	Dorothy Nyembe Park
27 July	No 8	Tembisa A.C	Tembisa
17 August	CGA Champs	CGA	Kagiso Sports Complex
7/8 September	SA Champs	ASA	Pretoria

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 2019

11:20	Sub Juniors	- Boys and Girls Under 8 (Beginners)	1km
11:30	Sub Juniors	- Boys and Girls Under 10 & 9(2009, 2010)	2km
11:45	Girls Under 13(2006)		3km
11:55	Boys Under 12& 11(2007, 2008)		3km
12:00	Girls Under 12 & 11(2007, 2008)		3km
12:15	Girls Under 15 & 14(2004; 2005)		4km
12:35	Boy Under 15 & 14(2004; 2005)		4km
	Girls Under 17 & 16(2002, 2003)		4km
12:40	Boys Under 13(2006)		4km
	Veteran Women (35-49 on 07.9.2019)1984-1970		4km
	Master Women (50-59 on 07.9.2019)1969-1960		4km
	Grandmaster Women (60 on 07.9.2019) 1959 and before		4km
12:55	Boys Under 17 & 16(2002, 2003)		6km
	Girls Under 19 (2000, 2001)		6km
	Grandmaster Men (60+ on 07.9.2019) 1959 and before		6km
13:30	Veteran Men (40-49 on 09.9.2019) 1978-1969		8km
	Master Men (50-59 on 09.9.2019) 1969-1960		8km
14:00	Senior Men		4km
	Men Under 23 (1997-2003)		4km
	Senior Women & Women Under 23 (1997-2003)		4km
14:15	Junior Men- Boys Under 19 (2002, 2003)		8km
	Sub Veteran Men (34-39 on 07.9.2019) 1984-1980		8km
14:50	Senior Men		10km
	Senior Women		10km

JUNIORS: Age according to year of birth

SUB VETERANS, VETERANS, MASTERS: Age on day of SA Championships 07.9.2019

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. 7.9.2019

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

ENTRY FEE: ATHLETES = R15.00; [SPECTATORS = R15.00(at the gate)]