



Central Gauteng Athletics Cross Country Fixture 2022

DATE	LEAGUE	CLUB	VENUE
07 May	No 1	Ubuhle AC	Sam Ntuli Stadium, Thokoza
21 May	No 2	Harambe AC	Dobsonville Communal Hall
4 June	No 3	Boksburg	Boksburg Stadium
18 June	No 4	Simunye AC	Chris Hani Sports Complex, Orange Farm
2 July	No 5	Mohlakeng AC/ Warriors of West	Westonaria Sports Complex, Westonaria
16 July	No 6	Alberton	Alberton Dam
30 July	No 7	RAC	Delta Park
20 August	CGA Champs	CGA	Kagiso Sports Complex
17 September	SA Champs	ASA	Konka, Rustenburg

NB: Selection Criteria:

1. An athlete must run **any 3 out of 7 leagues plus the CGA Championships** to be considered for selection to represent CGA at the SA Championships **and must have submitted an ID/Birth Certificate.**
2. The first 4 athletes at the CGA Championships will be considered for selection provided they satisfy Rule 1 listed above. The Team size will be determined by the ASA Team Manual & budgetary constraints.
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 the 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 endeavors to secure the necessary funding for participation, selections may be limited by budgetary constraints.
8. **COVID-19** regulations and protocols will be strictly followed in all our leagues and Provincial Championships , i.e. wearing of masks, sanitization, social distancing, etc. Covid-19 regulations may be changed in line with Covid-19 level changes and regulations.
9. A Pre-entry system will apply, and no athlete will be allowed to enter at the venue on the day of the event. Clubs and athletes are to use the pre-entry system. Athletes will be checked from the pre-entry list before being allowed to enter our venues.
10. Spectators will be allowed into the venue on payment of a R 30.00 entry fee
11. Vendors will be allowed into the venue on payment of a R50.00 entry fee



CGA CROSS COUNTRY

LEAGUE PROGRAMME – REVISION 1 - 2022

1.	10:00	Sub Juniors - Boys and Girls Under 8 (Beginners)	1km
2.	10:15	Sub Juniors - Boys and Girls Under 10 & 9(2013, 2012)	2km
3.	10:30	Youth (2006, 2005), Junior (2004, 2003) & Senior Women (2002 & earlier)	2km
4.	10:45	Youth (2006, 2005), Junior (2004, 2003) & Senior Men (2002 & earlier)	2km
5.	11:05	Girls Under 13(2009)	3km
6.	11:25	Boys Under 12& 11(2010, 2011)	3km
7.	11:50	Girls Under 12 & 11(2010, 2011)	3km
8.	12:20	Girls Under 15 & 14(2008; 2007)	4km
9.	12:45	Boy Under 15 & 14(2008; 2007) Girls Under 17 & 16(2006, 2005)	4km 4km
10.	13:05	Boys Under 13(2009) Sub Veteran Women (35-39 on 17.09.2022) 1987-1983 Veteran Women (40-49 on 17.9.2022)1982-1973 Master Women (50-59 on 17.9.2022)1972-1963 Grandmaster Women (60 on 17.9.2022) 1962 and before	4km 4km 4km 4km 4km
11.	13:35	Boys Under 17 & 16(2006, 2005) Girls Under 19 (2004, 2003) Grandmaster Men (60+ on 17.9.2022) 1962 and before	6km 6km 6km
12.	14:05	Veteran Men (40-49 on 17.9.2022) 1982-1973 Master Men (50-59 on 17.9.2022) 1972-1963	8km 8km
13.	14:40	Senior Men Men Under 23 (2000-2002) Senior Women & Women Under 23 (2000-2002)	4km 4km 4km
14.	15:00	Junior Men- Boys Under 19 (2004, 2003) Sub Veteran Men (35-39 on 17.9.2022) 1987-1983	8km 8km
15.	15:35	Senior Men Senior Women	10km 10km

JUNIORS: Age according to year of birth

SUB VETERANS, VETERANS, MASTERS: Age on day of SA Championships 17.09.2022

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



ENTRY FEE : ATHLETES = R 15.00
ENTRY FEE : SPECTATORS = R 30.00
ENTRY FEE : AFFILIATED COACH = R 0.00 ON PRESENTATION OF AFFILIATION CARD
ENTRY FEE : VENDORS = R 50.00

IMPORTANT INFORMATION ABOUT 2022 CGA CROSS COUNTRY SEASON

Athletes wishing to participate in the CGA 2022 Cross Country season **must** enter using the pre-entry system. The link to this will be sent out closer to the Season start. Pre-Entries can only be made on the pre-entry link or website. There will be **No entries allowed on the day of the event. Entries will close on the Tuesday night prior To the Event. No temporary licenses will be sold** - Licensed athletes only

AT THIS STAGE NO TRANSPORT WILL BE OFFERED BY CGA DURING THE 2022 CROSS COUNTRY SEASON DUE TO BUDGETARY CONSTRAINTS BUT A PLAN IS BEING WORKED ON AND CLUBS WILL BE NOTIFIED SHOULD THIS CHANGE

Clubs are requested to assist their athletes with transport where possible.

PLEASE PAY ATTENTION TO THE FOLLOWING IMPORTANT RULES:

1. Licensed athletes only. We will verify that an athlete is in good standing with club i.e. that they have renewed their membership for 2022.
2. Club gazebos/tents will be allowed at the venue provided they are spaced out
3. **Entries will close on the Tuesday of the week of the league**
4. **No Leagues - no Champs i.e. An entry will not be accepted for CGA Champs if participant has not competed in 2022 Leagues.**
5. Printed entry stickers, in a plastic bag will be collected at the entry gate and placed on spikes at the finish for the processing of results.
6. CGA will appoint a Compliance Officer to monitor the League's compliance of Covid19 protocols
7. **An athlete will only be allowed to run 1 event on a day.**
8. At this stage there will be no buses/transport provided by CGA.
9. Results will be posted on the entry website as well as the CGA website.

ATHLETICS

ENTRIES SYSTEM AND LINK: <https://cgacrosscountry.wixsite.com/home>

- Entry link for each League will open on the Wednesday of the week prior to the League e.g. they will open on the 27th April for the event happening on the 7th May 2022 and will close at midnight on the Tuesday night of the week of the League.
- A bulk entry sheet will be available. This sheet must be emailed to : cgacrosscountry@gmail.com before entries close
- **Entries will be closed on the Tuesday night before the League.**
- On the entry portal/ link under the Cross Country League list you are able to check if your entry and ID copy has been received. If there is any query we will be happy to address it before entries close.