

CGA CROSS COUNTRY 2022

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League entries, program, and results will be found by going to the website

<https://cgacrosscountry.wixsite.com/home>

Entries on the website will be active 10 days before the League is due to take place – i.e. Entries will open on the Wednesday, the week before the League

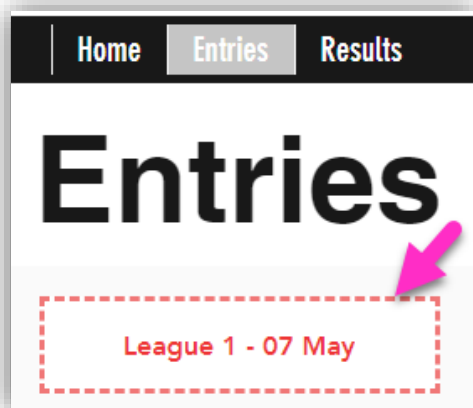
Entries will close on the Tuesday at midnight before the League is due to take place. The final day of entries is Tuesday, the week of the League.

ATHLETES REGISTRATION

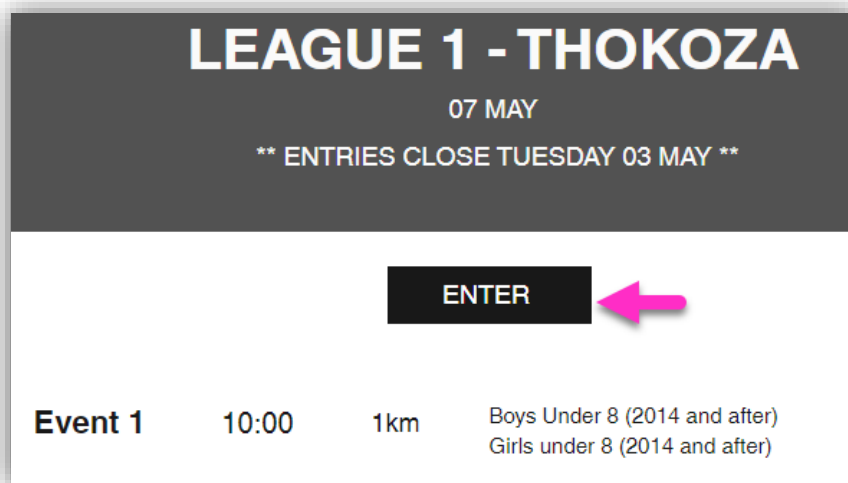
1. Go to <https://cgacrosscountry.wixsite.com/home>
2. Select Entries



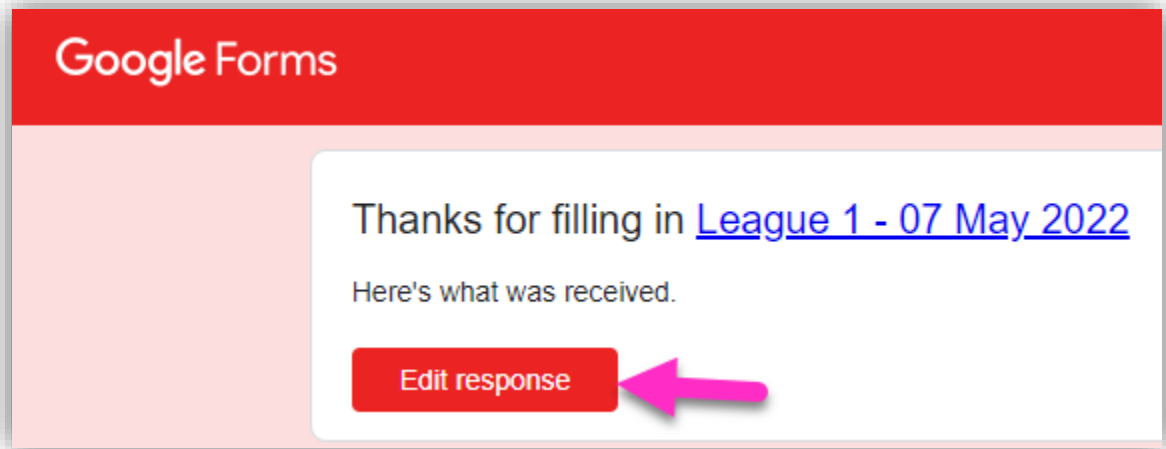
3. Select the upcoming League for example League 1



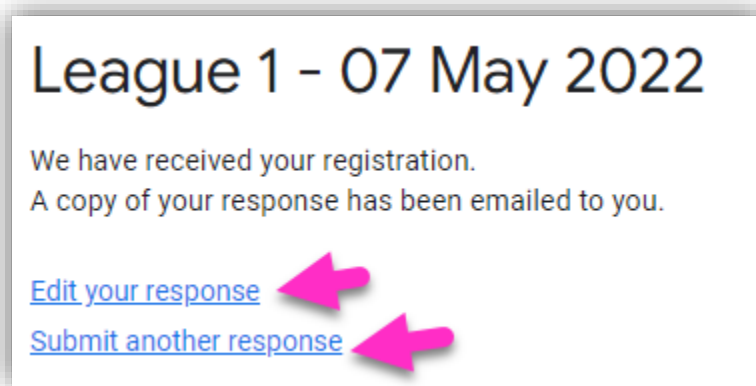
4. On this Page you can:
 - a. View the League Program
 - b. Enter the League
 - c. Check the List of Entries
5. To Enter the League select the **ENTER** button



6. The Entry form will open
7. Complete all fields on the Entry Form – where there is a * this field needs to be filled in before the entry can be submitted
Be sure to select the race / age group you will be running in
8. Select Submit
A copy of the response will be emailed to you. You can edit the Entry via the link on the email



9. You will have the option to Edit Your Response OR Submit another Response



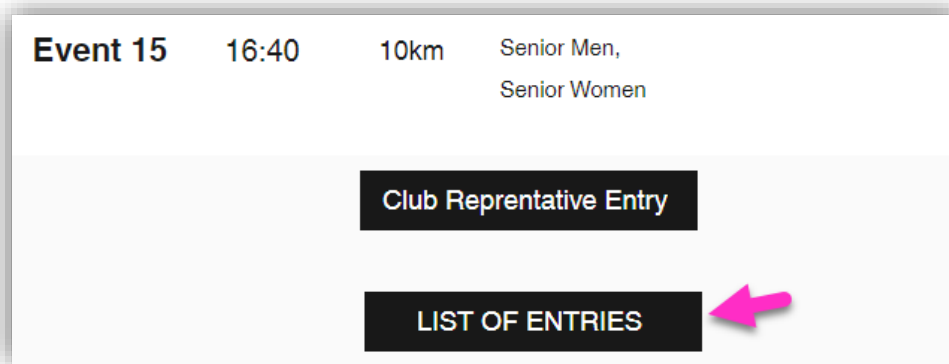
10. Select Submit another response if you are entering for more than one athlete

NOTE:

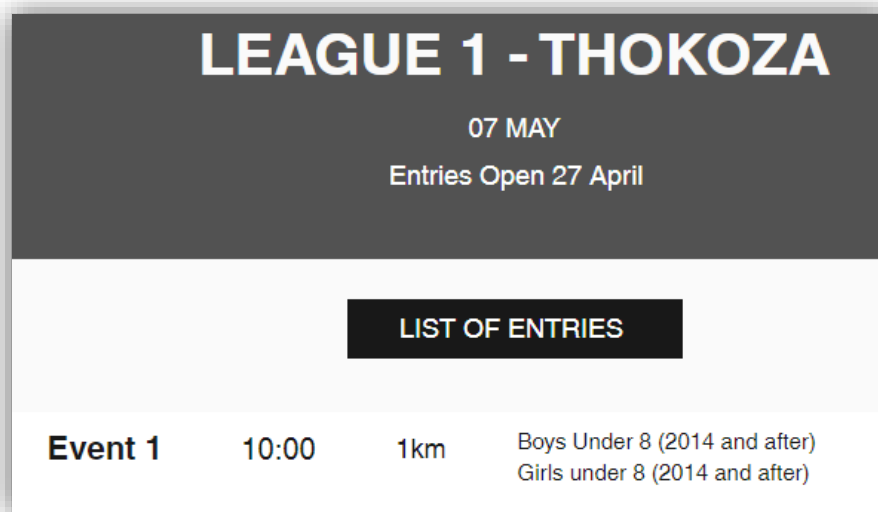
Once Entries have closed for the League, the Enter button will not display on the Website

Athletes will not be able to enter for future Leagues until 10 Days before the League – No Enter button will be available to select.

11. To check the List of Entries while entries are active, scroll to the bottom of the League Program and select **LIST OF ENTRIES**

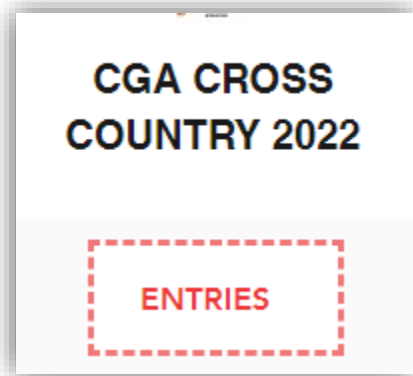


12. To check the List of Entries after entries have closed, select **LIST OF ENTRIES** before the League Program

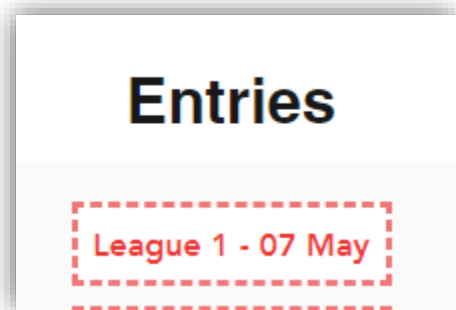


ATHLETES REGISTRATION - MOBILE

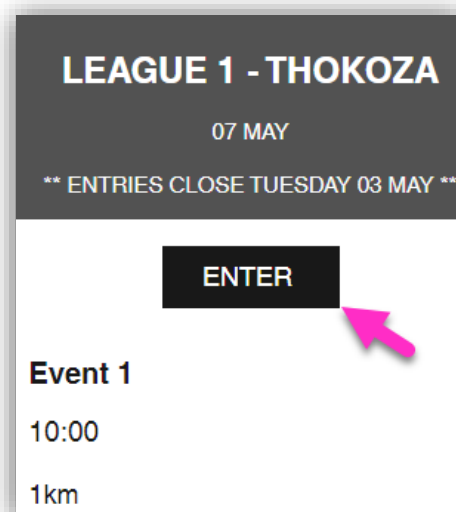
1. Go to <https://cgacrosscountry.wixsite.com/home>
2. Select Entries



3. Select the upcoming League for example League 1

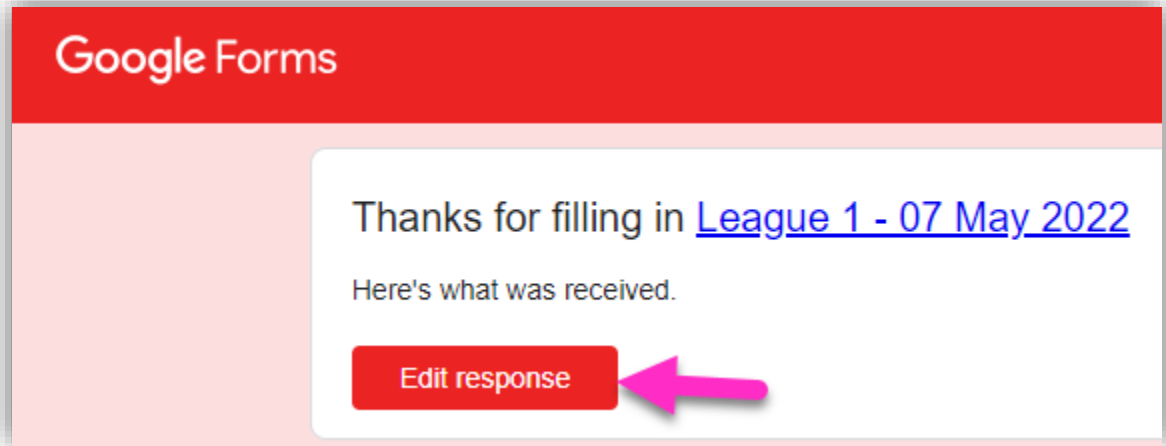


4. On this Page you can:
 - a. View the League Program
 - b. Enter the League
 - c. Check the List of Entries
5. To Enter the League select the **ENTER** button

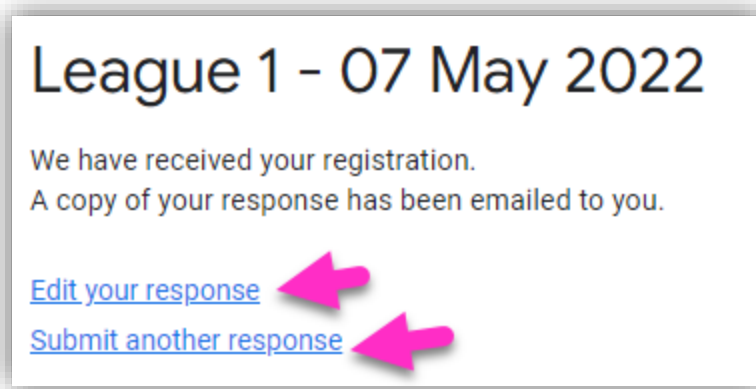


6. The Entry form will open

7. Complete all fields on the Entry Form – where there is a * this field needs to be filled in before the entry can be submitted
Be sure to select the race / age group you will be running in
8. Select Submit
A copy of the response will be emailed to you. You can edit the Entry via the link on the email



9. You will have the option to Edit Your Response OR Submit another Response



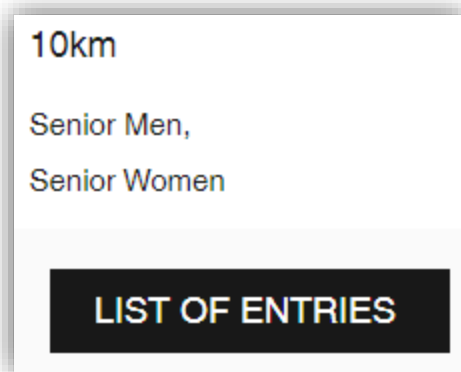
10. Select Submit another response if you are entering for more than one athlete

NOTE:

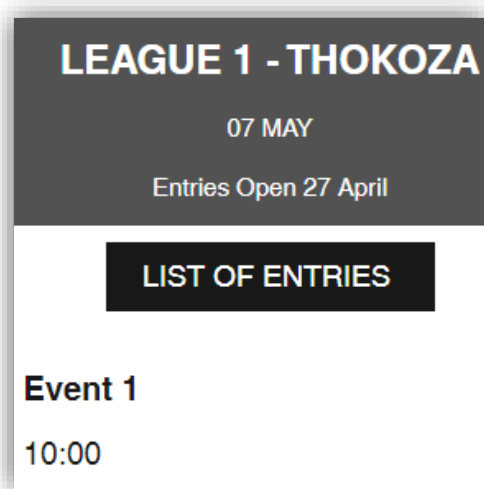
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Athletes will not be able to enter for future Leagues until 10 Days before the League – No Enter button will be available to select.

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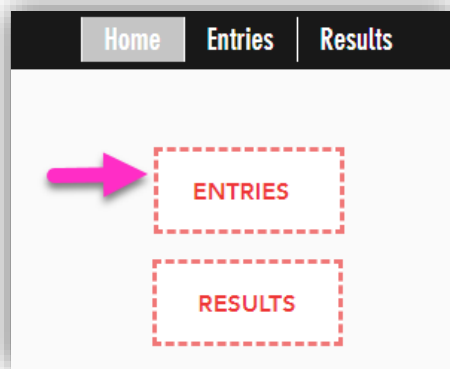


12. To check the List of Entries after entries have closed, select **LIST OF ENTRIES** before the League Program

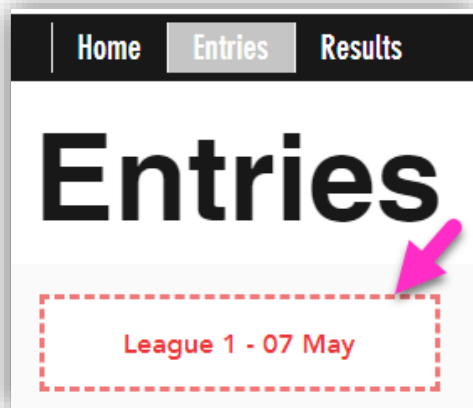


CLUB REPRESENTATIVE REGISTRATION

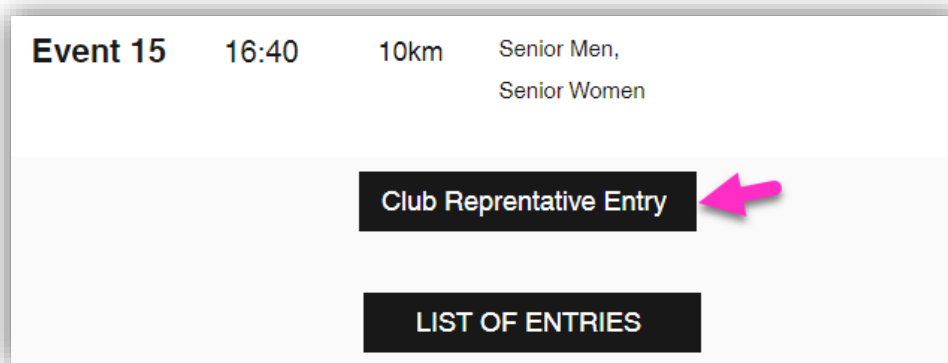
1. Go to <https://cgacrosscountry.wixsite.com/home>
2. Select Entries



3. Select the upcoming League for example League 1



4. Scroll to the bottom of the League Program and select **CLUB REPRESENTATIVE ENTRY**

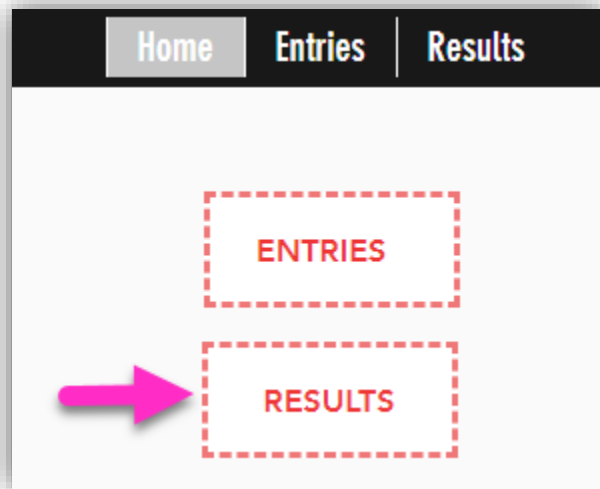


5. The Entry form will open
6. Complete all fields on the Entry Form – where there is a * this field needs to be filled in before the entry can be submitted
7. Select Submit
A copy of the response will be emailed to you.

RESULTS

Once Results are processed, they will be available on the Website by the Monday, following the League

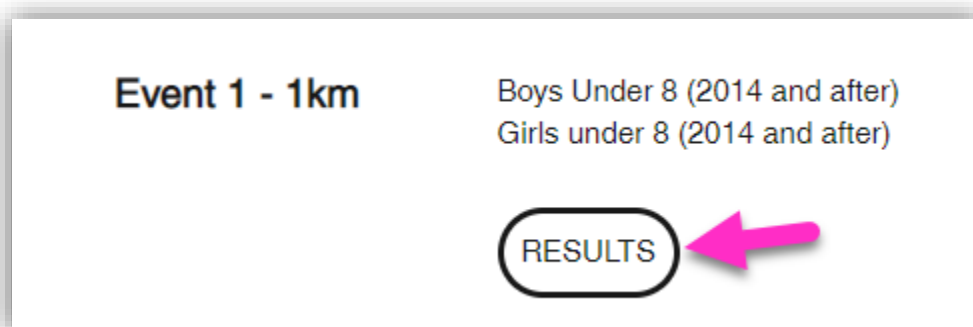
1. Go to <https://cgacrosscountry.wixsite.com/home>
2. Select Results



3. Select the League, for example League 1

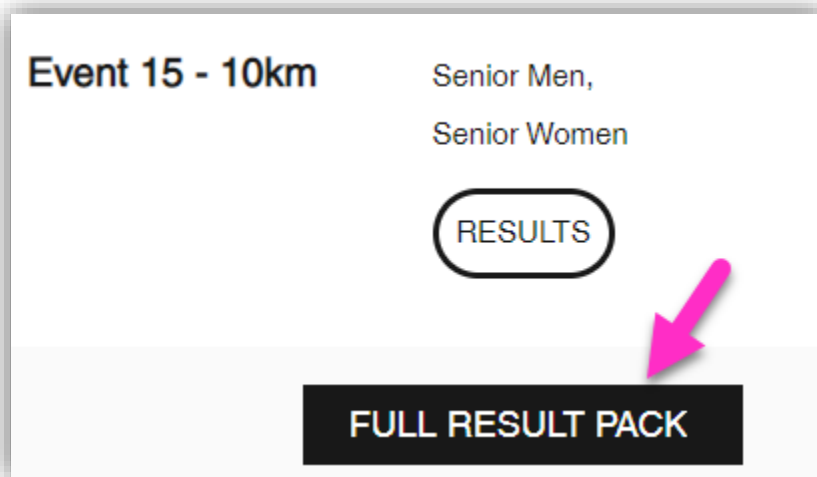


4. Find your Event and select the **RESULTS** button below the Event




5. You will be redirected to the results for that specific Event, available for download

6. A full result pack is available at the bottom of the screen



OTHER INFORMATION

League Fixtures and Event Program is displayed on the Home screen and is available for download



CGA CROSS COUNTRY 2021

Home
League 1
League 2
League 3
League 4
League 5

**Central Gauteng Athletics
Cross Country Fixture 2021**

| DATE | LEAGUE | CLUB | VENUE |
|--------------|------------|------------|--|
| 22 May | No 1 | Harambe AC | Dobsonville Communal Hall |
| 5 June | No 2 | Boksburg | Boksburg Stadium |
| 19 June | No 3 | Simunye AC | Chris Hani Sports Complex, Orange Farm |
| 3 July | No 4 | Baobab AC | Simunye Gymnasium, Westonaria |
| 17 July | No 5 | Alberton | Alberton Dam |
| 14 August | CGA Champs | CGA | Kagiso Sports Complex |
| 18 September | SA Champs | ASA | TBC |

NB- Selection Criteria:

1. An athlete must run any 3 out of 5 leagues plus the CGA Championships to be considered for selection to represent CGA at the SA Championships.
2. The first 4 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 endeavors to secure the necessary funding for participation, selections may be informed by budgeting constraints.
8. COVID-19 regulations and protocols will be strictly followed in all our leagues and Provincial Championships, i.e. wearing of masks, sanitisation, social distancing, etc.
9. Only a Pre-entry system will apply, and no athlete will be allowed to enter the venue on the day of the event. Clubs

**CGA CROSS COUNTRY
LEAGUE PROGRAMME 2021**

| | | | |
|-------|---|--------------------------------------|------|
| 11:20 | Sub-Junior | - Boys and Girls Under 8 (8 yearing) | 3km |
| 11:25 | Sub-Junior | - Boys and Girls Under 8 (8 yearing) | 2km |
| 11:45 | Youth (2004-2005), Junior (2002-2003) & Senior Women (2001 & earlier) | | 2km |
| 11:55 | Youth (2004-2005), Junior (2002-2003) & Senior Men (2001 & earlier) | | 2km |
| 12:45 | Girls Under 13(2006) | | 3km |
| 12:15 | Boys Under 13(2006) | | 3km |
| 12:20 | Girls Under 12 & 13(2006-2016) | | 3km |
| 12:35 | Girls Under 15 & 14(2006-2007) | | 3km |
| 12:55 | Boys Under 15 & 14(2006-2007) | | 3km |
| 13:00 | Girls Under 17 & 16(2004-2009) | | 3km |
| 13:00 | Boys Under 17(2006) | | 3km |
| 13:05 | Sub-Veteran Women (35-39 on 18.08.2021) 1986-1992 | | 3km |
| 13:10 | Veteran Women (40-49 on 18.08.2021) 1981-1992 | | 3km |
| 13:15 | Master Women (50-59 on 18.08.2021) 1971-1982 | | 3km |
| 13:20 | Commemorative Women (60 on 18.08.2021) 1961 and before | | 3km |
| 13:25 | Boys Under 13 (14/2006-14/06) | | 3km |
| 13:30 | Girls Under 13 (2002-2003) | | 3km |
| 13:35 | Veteran Men (60-69 on 18.08.2021) 1961-1982 | | 3km |
| 13:40 | Master Men (50-59 on 18.08.2021) 1971-1982 | | 3km |
| 14:20 | Senior Men | | 3km |
| 14:25 | Men Under 23 (2009-2020) | | 3km |
| 14:30 | Senior Women & Women Under 23 (1999-2005) | | 3km |
| 14:35 | Junior Men- Boys Under 19 (2002-2003) | | 3km |
| 14:40 | Sub-Veteran Men (70-79 on 18.08.2021) 1966-1982 | | 3km |
| 15:10 | Senior Men | | 10km |
| 15:15 | Senior Women | | 10km |

ANNOUNCES: Age according to year of birth
DOB VS YEARS: RETIREMENT: SELECTORS: Age on day of SA Championships 18.08.2021
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. 18.08.2021
NB Ann. Categories: Refer to 89 in with Athletics Association's Rules

IMPORTANT INFORMATION ABOUT 2021 CGA CROSS COUNTRY SEASON

Athletes wishing to participate in the CGA 2021 Cross Country season must enter 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 on the day of the event.

NO TRANSPORT WILL BE OFFERED BY CGA DURING THE 2021 CROSS COUNTRY SEASON DUE TO BUDGETARY CONSTRAINTS AND STRICT COVID-19 REGULATIONS ON MASS GATHERING NUMBERS. It is very unfortunately that athletes will have to organise their own transport to get to the venue during the 2021 season. Clubs are requested to assist their athletes where possible.

PLEASE PAY ATTENTION TO THE FOLLOWING IMPORTANT RULES:

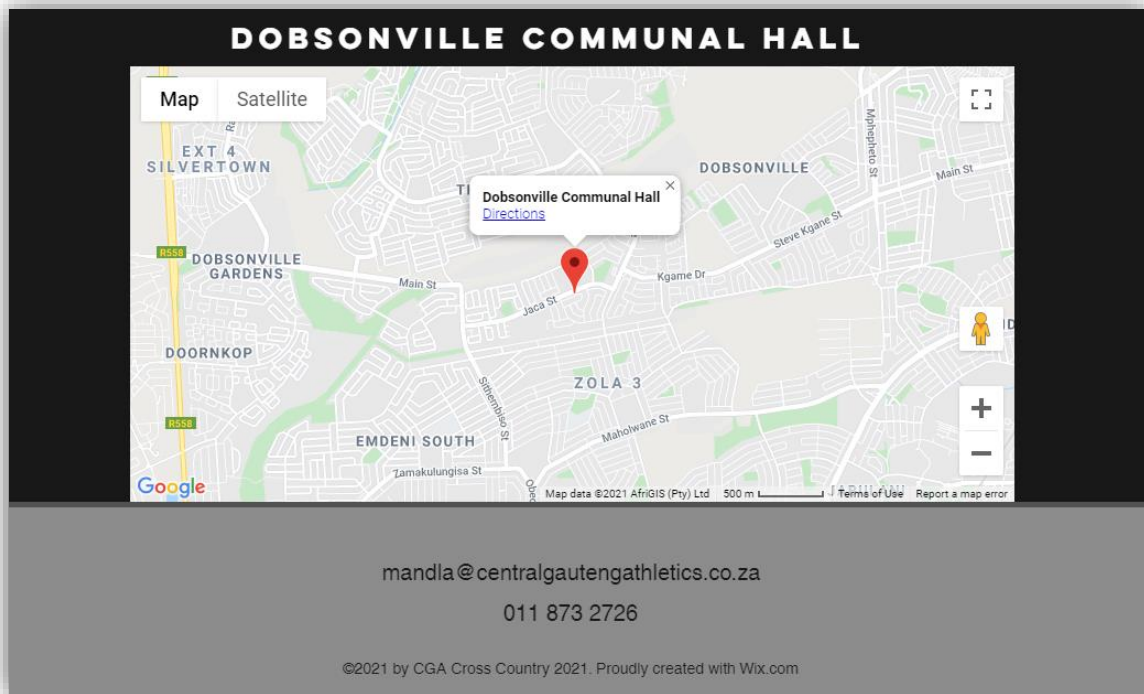
1. Licensed athletes only with valid 2021 permanent license will be allowed.
2. No Club gear/bags at the venue will be allowed.
3. Kind of athletes per event to be set at 50 i.e. Boys Under 11 & 12 to 1 Event
4. No Spectators allowed at the venue
5. Only affiliated coaches will be allowed – provided they have pre entered on the pre entry system.
6. No languages - no Champs. i.e. An entry will not be accepted for CGA Champs if participant has not completed 2021 Leagues.
7. Printed entry stickers, in a plastic bag will be collected at entry gate and placed on spikes at finish for the processing of results.
8. CGA will appoint a Compliance Officer to monitor the Leagues compliance of Covid19 protocols
9. An athlete will only be allowed to run 1 event on a day.
10. Athletes who have height rule will apply and will be monitored (max 25mm)
11. There will be no bus transport provided by CGA.
12. Results will be posted on the entry website as well as the CGA website.
13. No spectators will be allowed in the venue and athletes and coaches must leave the venue immediately at the end of the event they participated in. Athletes will be allowed into the venue 30 minutes before the start of their event after being checked for COVID-19 risk compliance.

ENTRIES SYSTEM AND LINK:

- Entries link for each League will open on the Wednesday of the week prior to the League e.g. they will open on the 10th June for the Event happening on the 20th June.
- The events (points) will have an entry limit of 50 on the system
- Entries will be closed on either the Wednesday night before the league or when the cap of 50 per event is reached, whichever is reached first.

League Venue and Map are available at the bottom of each League

CGA Office Contact number and Mandla's email address are available at the bottom of each screen



A bulk entry form can be obtained from cgacrosscountry@gmail.com

QUERIES

For any further information or result queries, please contact the office at 011 873 2726 or mandla@centralgautengathletics.co.za or cgacrosscountry@gmail.com