



Central Gauteng Athletics Cross Country Fixture 2023

DATE	LEAGUE	CLUB	VENUE
06 May	No 1	Ubuhle	Sam Ntuli Stadium, Thokoza
20 May	No 2	Alberton	Alberton Dam
03 June	No 3	Harambe	Dobsonville Community Hall
24 June	No 4	East	Marivate Park, Daveyton
08 July	No 5	Mohlakeng	Westonaria Sports Complex
22 July	No 6	RAC	Delta Park
05 August	Relay	TBA	TBA
19 August	CGA Champs	CGA/Kagiso Striders	Kagiso Stadium
16 September	SA Champs	ASA	Gqeberha

NB: Selection Criteria:

1. An athlete must run **any 3 out of 6 leagues plus the CGA Championships and be a licensed athlete** to be considered for selection to represent CGA at the SA Championships **and must have submitted an ID/Birth Certificate before the 16 August 2023.**
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. 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.
9. Spectators will be allowed into the venue on payment of a R 30.00 entry fee
10. Vendors will be allowed into the venue on payment of a R50.00 entry fee
11. Athletes will be allowed into the venue on payment of a R15.00 entry fee



CENTRAL GAUTENG
ATHLETICS

CGA CROSS COUNTRY LEAGUE PROGRAMME 2023

10:00	Sub Juniors - Boys and Girls Under 8 (Beginners)	1km
10:15	Sub Juniors - Boys and Girls Under 10 & 9 (2013, 2014)	2km
10:30	Youth (2006, 2007), Junior (2004, 2005) & Senior Women (2003 – 16.09.1988)	2km
10:45	Youth (2006, 2007), Junior (2004, 2005) & Senior Men (2003 – 16.09.1988)	2km
11:05	Girls Under 13 (2010)	3km
11:25	Boys Under 12 & 11 (2012, 2011)	3km
11:50	Girls Under 12 & 11 (2012, 2011)	3km
12:20	Girls Under 15 & 14 (2008, 2009)	4km
12:45	Boy Under 15 & 14 (2008, 2009) Girls Under 17 & 16 (2006, 2007)	4km 4km
13:05	Boys Under 13 (2010) Sub Veteran Women (35-39 on 16.09.2023) 1988-1984 Veteran Women (40-49 on 16.09.2023) 1983-1974 Master Women (50-59 on 16.09.2023) 1973-1964 Grandmaster Women (60 on 16.09.2023) 1963 and before	4km 4km 4km 4km 4km
13:35	Boys Under 17 & 16 (2006, 2007) Girls Under 19 (2004, 2005) Grandmaster Men (60+ on 16.09.2023) 1963 and before	6km 6km 6km
14:05	Veteran Men (40-49 on 16.09.2023) 1983-1974 Master Men (50-59 on 16.09.2023) 1973-1964	8km 8km
14:40	Senior Men (1999- 16.09.1988) Men Under 23 (2003-2001) Senior Women (1999- 16.09.1988) & Women Under 23 (2001-2003)	4km 4km 4km
15:00	Junior Men- Boys Under 19 (2004, 2005) Sub Veteran Men (35-39 on 16.09.2023) 1988-1984	8km 8km
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 16.09.2023

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
TEMPORARY LICENSE = R 20.00
ENTRY FEE : AFFILIATED COACH = R 0.00 ON PRESENTATION OF AFFILIATION CARD
ENTRY FEE : VENDORS = R 50.00

IMPORTANT INFORMATION ABOUT THE 2023 CGA CROSS COUNTRY SEASON

Athletes wishing to participate in the CGA 2023 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. Temporary licenses will be sold on the day.**

AT THIS STAGE NO TRANSPORT WILL BE OFFERED BY CGA DURING THE 2023 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. Athletes that qualify for selection will be verified that they are in good standing with a club i.e. that they have a 2023 license.
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. Printed entry stickers, in a plastic bag will be collected at the entry gate and placed on spikes at the finish
Athletes that run with temporary licences need to write their temporary license number on the sticker.
6. **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.

ENTRIES SYSTEM AND LINK:

- Entry link for each League will open on the Wednesday of the week prior to the League (10 days prior to the League) e.g., they will open on the 26th April for the event happening on the 6th May 2023 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. Any queries should be addressed before entries close.