

PO Box 3237, PRETORIA, 0001
Pilditch Stadium
Cnr Maltzan & Church Streets
PRETORIA WEST



Telephone: (+27) 12 327 4930/1/2
Facsimile: (+27) 12 327 4933
E-mail: office@agn.co.za

To be the best athletics Province in South Africa

REFERENCE: CROSS COUNTRY CIRCULAR 2 OF 2021

Cross Country Circular 2 of 2021

11 March 2021

Dear Cross Country athletes, coaches, teachers, parents and supporters,

We missed out in 2020 on our cross country season. We planned and had to do all the planning again according to the COVID 19 regulations and also to take the financial situation of AGN in consideration.

We will have three meetings, at two different venues, in the pre-season. All the protocols and do's and don'ts will be communicated soon.

No Inter Provincial meeting.

We will have our AGN Champs on 28 August and the SA Champs on 18 September.

We will have Primary and Secondary School leagues.

All depend on the COVID situation at that stage.

I include the fixtures list, selection criteria and standard program for the pre-season. These info will also be on the AGN web page available.

BOARD MEMBERS: JOHN MATHANE (PRESIDENT), JAMES MATSHEKGA (DEPUTY PRESIDENT), HENDRICK MOKGANYETSI, BUKS MEYER, CHRIS BRITZ, ENOCH SKOSANA, SIPHO SHAWE, CORRIE FOURIE, FUNDI HLOBO, VIOLET KHUMALO, JAZZ MNYENGEZA (EX OFFICIO)

Selection criteria for AGN Cross Country Teams 2021

1 Selection into Gauteng North Teams

Athletics Gauteng North Cross Country organizers had to re-think and re-plan the 2021 season and also had to comply with the COVID 19, ASA and AGN guidelines to host our meetings. See our fixture list and the criteria below to participate in our races. We must keep within the guidelines. More details will be given nearer to the first event.

1.1 Criteria to participate in the Pre-season Cross Country meetings.

We will host only three meetings, at two different locations on the same day, to comply with the COVID 19 regulations. The venues for these meetings is UITSIG HIGH SCHOOL in Centurion and HILLSIDE GOLF COURSE in Pretoria North. All athletes that stay north of Church Street must go and run at HILLSIDE GOLF COURSE. All athletes that stay south of Church Street must go and run at UITSIG HIGH SCHOOL. Please go and run at the right venue. See fixture list for dates. **(8 March 2021: Rev 5)**

1.2 Inter Provincial at Tzaneen.

AGN **will not** send a team to the Inter provincial this year.

The risk is just too high.

1.3 Criteria to participate in the Main Season at the Primary and Secondary School events.

1.2.1 PRIMARY SCHOOLS: The schools can send the following total of athletes per age group.

Age groups 8 and 9 year: Two athletes per age group per school.

Age groups 10, 11, 12 and 13 years: Two athletes per age group per school **PLUS** the 18 athletes, per age group, that were selected for AGN that participated at the SA Championship at Uitsig High School on 7 September 2019. In other words if you have any of these 18 athletes per age group in your school you will include them in your team

1.2.2 SECONDARY SCHOOLS: Age groups 14, 15, 16, 17, Junior Women and Junior Men: Two athletes per age group per school **PLUS** the 18 athletes, per age group, that were selected for AGN that participated at the SA

Championship at Uitsig High School on 7 September 2019. In other words if you have any of these 18 athletes per age group in your school you will include them in your team.

1.4 AGN Championship at Bronkhorstspuit on 28 August 2021

1.4.1 Athletes in age categories 13 years and younger [primary schools athletes]: A top 50 position in any two of the three main season leagues [schools events]. *This include athletes of Private Schools and Home School athletes.*

1.4.2 Athletes in age categories 14 years and older (including secondary schools): A top 50 position in any two of the three main season leagues [schools events]

1.4.3 Senior, Junior and Master Athletes: Two top 30 positions in the pre-season leagues. This include the Junior Men and Junior Women that do not belong to a school. There will not be any Wednesday races at the Secondary schools for 2021 and also no Senior and Masters meetings in the Main Season.

1.5 National Championship at Durban / Amanzimtoti on 18 September 2021

ASA allows a province to enter a maximum of 18 athletes per age category. ASA might restrict the athletes per age group due to the COVID 19 situation at that stage. AGN selectors intends selecting the full complement allowed by ASA, but it creates challenges for us when something goes wrong during the selection process, because ASA will not allow us to add more athletes to the team. For this reason, and to remove subjectivity from the selection process, the AGN selectors will only consider the results of the AGN championships for the selection of the team, with the provision that athletes comply with the criteria below:

- The athletes in position 1 to 18 in each age category at the AGN Championship will be the team to go to the SA Championship. If ASA restrict the athletes per age group, then the selectors will select the AGN team according to the ASA guidelines.

Please note: *Athletes that are 13 years and younger need to participate in the primary schools events to fill their quota of leagues, even if they are already in secondary school. Similarly, athletes 14 years and older need to participate in the secondary schools events to fulfil their leagues.*

AGN selectors will only consider the results of the AGN Championships for the selection of the team. If an athlete did not run at the AGN Championships, or did not complete the race, he or she will not be considered for the AGN team to go to the SA Championships. No sick letters will be accepted. **NO EXCEPTION.**

JANUARY				
DATE		EVENT	VENUE	ORGANIZER
23	SAT	ASA Cross Country Trials (Postponed)	Potchefstroom	ASA
FEBRUARY				
DATE		EVENT	VENUE	ORGANIZER
15	MON	Schools Opening		
MARCH				
DATE		EVENT	VENUE	ORGANIZER
APRIL				
DATE		EVENT	VENUE	ORGANIZER
		CAA CC Championship	TBA	ASA
3	SAT	Easter Weekend	Easter Weekend	
17	SAT	Uitsig High School = League 1A	Uitsig High School	Hanlie Truter
17	SAT	Hillside Golf Course = League 1B	Hillside Golf Course	Buks Meyer
23	FRI	Schools Closing		
24	SAT	Uitsig High School = League 2A	Uitsig High School	Hanlie Truter
24	SAT	Hillside Golf Course = League 2B	Hillside Golf Course	Buks Meyer
MAY				
DATE		EVENT	VENUE	ORGANIZER
3	MON	Schools Opening		
8	SAT	Uitsig High School = League 3A	Uitsig High School	Hanlie Truter
8	SAT	Hillside Golf Course = League 3B	Hillside Golf Course	Buks Meyer
28	FRI	Cross Country Coaching Workshop	Zwartkop High	AGN Office
29	SAT	Cross Country Coaching Workshop	Zwartkop High	AGN Office
JUNE				
DATE		EVENT	VENUE	ORGANIZER
5	SAT	Inter Provincial (Cancelled)	Tzaneen	AGN Office
13	SUN	COMRADES (Cancelled)	KZN	

BOARD MEMBERS: JOHN MATHANE (PRESIDENT), JAMES MATSHEKGA (DEPUTY PRESIDENT), HENDRICK MOKGANYETSI, BUKS MEYER, CHRIS BRITZ, ENOCH SKOSANA, SIPHO SHAWE, CORRIE FOURIE, FUNDI HLOBO, VIOLET KHUMALO, JAZZ MNYENGEZA (EX OFFICIO)

JULY				
DATE		EVENT	VENUE	ORGANIZER
9	FRI	Schools Closing		
26	MON	Schools Opening		
30	FRI	AGN Secondary Schools Relay League 1	Montana High	Alet Kieser
30	FRI	AGN Primary Schools League 1	Witpoort	Japie Venter
AUGUST				
DATE		EVENT	VENUE	ORGANIZER
4	WED	AGN Secondary Schools League 2	Midstream College	Alet Kieser
7	SAT	Spar Women's Race	Pretoria	
11	WED	AGN Secondary Schools League 3	Prestige College	Alet Kieser
13	FRI	AGN Primary Schools League 2	Tuine	Japie Venter
18	FRI	AGN Secondary Schools League 4	Waterkloof High	Alet Kieser
20	FRI	AGN Primary Schools League 3	Midstream College	Japie Venter
28	SAT	AGN Championships = <u>Cumpulsary</u>	Bronkhorstspruit	Frikkie Geysler
SEPTEMBER				
DATE		EVENT	VENUE	ORGANIZER
1	WED	AGN Secondary Schools 2 km Dash	Uitsig High School	Alet Kieser
18	SAT	SA Cross Country Championships	Durban / Amanzimtoti	ASA

BOARD MEMBERS: JOHN MATHANE (PRESIDENT), JAMES MATSHEKGA (DEPUTY PRESIDENT), HENDRICK MOKGANYETSI, BUKS MEYER, CHRIS BRITZ, ENOCH SKOSANA, SIPHO SHAWE, CORRIE FOURIE, FUNDI HLOBO, VIOLET KHUMALO, JAZZ MNYENGEZA (EX OFFICIO)



Cross Country Starting Times 2021

RACE	START	DIST	AGE CATEGORIES
1	09:00	1 KM	Girls 8 yrs (Born 2013 or after)
2	09:10	1 KM	Boys 8 yrs (Born 2013 or after)
3	09:20	2 KM	Girls 9 yrs (Born in 2012)
4	09:30	2 KM	Boys 9 yrs (Born in 2012)
5	09:40	2 KM	Girls 10 yrs (Born in 2011)
6	09:50	2 KM	Boys 10 yrs (Born in 2011)
7	10:00	3 KM	Girls 11 yrs (Born in 2010), Girls 12 yrs (Born in 2009), Girls 13 yrs (Born in 2008)
8	10:20	3 KM	Boys 11 yrs (Born in 2010), Boys 12 yrs (Born in 2009)
9	10:40	4 KM	Boys 13 yrs (Born in 2008)
10	11:00	4 KM	Men 75yrs, Men 80 yrs, Men 85 yrs
11	11:30	4 KM	Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70 yrs, Women 75 yrs, Women 80 yrs, Women 85 yrs, Women 90+ yrs
12	12:00	4 KM	Men 23 (Born in 1999 and after), Senior Men
13	12:20	4 KM	Women 23yrs (Born in 1999 or after), Senior Women,
14	12:40	4 KM	Boys 14 yrs (Born in 2007), Boys 15 yrs (Born in 2006)
15	13:00	4 KM	Girls 14 yrs (Born in 2007), Girls 15 yrs (Born in 2006)
16	13:20	4 KM	Girls 16 yrs (Born in 2005), Girls 17 yrs (Born in 2004)
17	13:40	6 KM	Boys 16 yrs (Born in 2004), Boys 17 yrs (Born in 2003)
18	14:10	6 KM	Junior Women (Born in 2002 to 2004), Men 60 yrs, Men 65 yrs, Men 70 yrs
19	14:40	8 KM	Junior Men (Born in 2002 to 2004), Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
20	16:00	10 KM	Senior Men, Senior Women

Stay safe please.

Buks Meyer

Athletics Gauteng North Cross Country Commission Chairperson

Athletics Gauteng North Board Member

Athletics Gauteng North Masters Committee Member

Cell number: 082 823 8883

E-Mail : buksmeyer@vodamail.co.za

BOARD MEMBERS: JOHN MATHANE (PRESIDENT), JAMES MATSHEKGA (DEPUTY PRESIDENT), HENDRICK MOKGANYETSI, BUKS MEYER, CHRIS BRITZ, ENOCH SKOSANA, SIPHO SHAWE, CORRIE FOURIE, FUNDI HLOBO, VIOLET KHUMALO, JAZZ MNYENGEZA (EX OFFICIO)