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To be the best athletics Province in South Africa

REFERENCE: CROSS COUNTRY CIRCULAR 3 OF 2021

Cross Country Circular 3 of 2021

8 April 2021

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

Welcome to the first cross country meeting to be held on 17 April 2021.

There will be two events on the same day: (Uitsig High school and Hillside Golf Course)

The reason for the two separate meetings is to split the numbers of athletes to comply with the Covid-19 rules. We are not allowed more than 250 athletes, officials, and coaches in the venue at all times.

One meeting will be at Uitsig High School. Marquard Street, The Reeds, Centurion. All athletes staying **SOUTH** of the Old Church Street must run at the Uitsig High School meeting.

The second meeting will be at Hillside Golf Course, in Pretoria North. Rachel de Beer and Makkie streets, Pretoria North. This is for all the athletes staying **NORTH** of Old Church Street.

Please drop athletes at the gate and park at Spar complex. This is only for the Hillside Golf Course venue and not for Uitsig High School.

You will find the starting times for each age group on the program on the AGN web side. "www.agn.co.za" and

You can register online until 15th of April for your event. If you do not enter online before this date you may register on the day of the event at the venues.

The race fees (R10) need to be paid on the day of the race in order to receive your race card.

Entry link: <https://forms.gle/GaczUh1BHbxG9DrW6>

Board Members: Hendrick Mokganyetsi (President) Adv. James Matshekga (Vice President) Lukhanyo Mabinza (Chair Athletes) Buks Meyer (Chair Cross Country) Enoch Skosana (Chair Road Running) Siphosha Shawe (Chair Track & Field) Chris Britz (Chair Race Walking) John Mathane (Additional) Violet Khumalo (Additional) Shona Manamela (Additional) Corrie Fourie (Additional) Jazz Mnyengeza (Ex Officio)

The covid-19 link is also included and need to be completed and submitted on race day .If you do not have data or a cell phone we can assist you on race day with this.

Screening link: <https://forms.gle/YbhTxiUF1P93h38h9>

Please note no spectators will be allowed in the venue due to the Covid-19 rules.

A Covid-19 Compliance Officer will be appointed for each venue.

Please note the following are very important.

- Race cards must be pinned on the front of your shirt. (you must take it off on your own at the finish line)
- You are not allowed to walk the course before the race.
- Always wear your mask. Masks can be taken off before the race start. Only disposable masks can be taken off and disposed at the call room. If you wear a buff or non-disposable mask you must wear or carry it throughout the race.
- No water will be available on the route. You can bring your own water.
- No timing will be taken. You can take your own time.
- No medals.
- Results will be published in the week after the meeting.

The Fixtures List and the Selection Criteria will be on the AGN web site www.agn.co.za

Please note you must register 1 hour and 15 minutes before the starting time of your race to collect your race card. See program below.

The reason for this is to handle the Covid-19 protocols.

Entry fee for the pre-season races are R10.00 per race.

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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

Let's all have fun. Stay safe please.

Buks Meyer

Athletics Gauteng North Cross Country Commission Chairperson

Athletics Gauteng North Board Member

Athletics Gauteng North Masters Committee Member

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