



EDUPLEX
SPORT
Cross- Country

22 June 2023

Dear Principal and Cross-Country Organiser

Eduplex Primary School will be hosting the last (4th) Cross-Country league fixture for 2023.

Please find the relevant details below:

Date : Friday, 11 August 2023
Venue : Eduplex Sport
Address : 1180 Wesley Street, Queenwood, Pretoria
Time:
13:00 : Registration of athletes opens
14:00 : Official welcome of guests
14:15 : Opening of meeting and reading of the sports code of honour
14:30 : First race starts

Registration of Athletes:

- Registration fee R25 per athlete
- Registration fees can be paid in cash on the day or via EFT payment into the following account:
Account Name : GNLL
Bank : ABSA
Account Number : 0630 3920 39
Branch Code : 632005
Reference Affiliation Fee : Affiliation 2023, School's Name
Reference League Meetings : League 1/2/3/4, Date, School's Name
- If paid by means of electronic payment, please make the payment before 12:00 on the day of the race and bring the proof of payment with you to the registration table on the day.

How to enter: Each school has received an Excel document to complete with the athletes' details. The registration must be done before **26 July 2023**. If there is a **new athlete**, a sticker will be written at the event. Stickers are to be collected at the registration table along with a colour dot as proof of payment. Name stickers must show the athlete's name and surname, date of birth, school, gender, and age. All entry forms (Excel spreadsheets) must be sent to japiejf@gmail.com

Programme:

Event	Age Group	KM	Time
1	Girls U/8	1	14:30
2	Boys U/8	1	14:40
3	Girls U/9	2	14:50
4	Boys U/9	2	15:05
5	Girls U/10	2	15:15
6	Boys U/10	2	15:25
7	Girls U/11	3	15:35
8	Boys U/11	3	15:55
9	Girls U/12	3	16:10
10	Boys U/12	3	16:30
11	Girls U/13	3	16:45
12	Boys U/13	4	17:05

- Medals of participation will be awarded to all athletes that complete their respective event.
- First three athletes will receive a Gauteng North medal.
- Certificates will be awarded to the top 10 athletes.
- First aid will be available on-site.
- The track consists of **grass and gravel road**. **NB:** Please wear **training shoes**.
- Tuck shop will be open..
- Parking will be around the Test Zone. Security will be available.
- There are 2 entrances to the venue:
 - Gate 6 in Wesley Street is the main entrance to the facility, walk-ins only at this gate.
 - The 2nd entrance for school buses will be on Eva Street
- School buses must please use the designated parking area as indicated in Eva Street and only exit at Watkins Street.
- There will be car guards patrolling.
- **NO cool boxes are permitted**

Maps:

- Attached please find maps of the various routes.

Please complete the reply-slip below and e-mail it to margot@eduplex.co.za before Wednesday, 26 July 2023.

Kind regards
 EDUPLEX
 Margot van der Merwe
Sport Organiser

Jannie de Goede
Principal

EDUPLEX Sport Reply Slip: Cross-Country at Eduplex Primary on Friday, 11 August 2023. Letter dated 22 June 2023.

We _____ (school's name) take note of the above letter and the contents thereof.

	Will take part
	Will not take part

Number of athletes: _____

	Bus
	Quantum / Sprinter

CROSS COUNTRY CO-ORDINATOR
 SIGNATURE

CELL NUMBER

EDUPLEX SPORT CROSS - COUNTRY MAP 1KM, 2KM, 3KM AND 4KM

EDUPLEX SPORT CROSS - COUNTRY MAP - 1KM



EDUPLEX SPORT CROSS - COUNTRY MAP - 2KM



EDUPLEX SPORT CROSS - COUNTRY MAP - 3KM



EDUPLEX SPORT CROSS - COUNTRY MAP - 4KM



1, 2, 3 AND 4KM DISTANCES

START - A	START TO POINT A	450.00m
A - B	POINT A - POINT B	300.00m
B - C	POINT B - POINT C	502.00m
C - D	POINT C - POINT D	447.00m
D - E	POINT D - POINT E	562.47m
E - F	POINT E - POINT F	475.07m
F - G	POINT F - POINT G	253.87m
G - H	POINT G - POINT H	284.85m
H - I	POINT H - POINT I (TS)	254.87m
I - J	POINT I (TS) - POINT J	234.87m
J - FINISH	POINT J - FINISH	224.25m
A - T1 - G	TURNING POINT 1	9.86m
B - T2 - F	TURNING POINT 2	9.12m
C - T3 - E	TURNING POINT 3	9.77m
H - T6 - J	TURNING POINT 4	11.5m

1KM TRAIL		
START - A	START TO POINT A	450.00m
A - T1 - G	TURNING POINT 1	9.86m
G - H	POINT G - POINT H	284.85m
H - T6 - J	TURNING POINT 4	11.5m
J - FINISH	POINT J - FINISH	224.25m
TOTAL	TOTAL COURSE	1000.00m

2KM TRAIL		
START - A	START TO POINT A	450.00m
A - B	POINT A - POINT B	300.00m
B - T2 - F	TURNING POINT 2	9.12m
F - G	POINT F - POINT G	303.87m
G - H	POINT G - POINT H	284.85m
H - I	POINT H - POINT I (TS)	254.87m
I - T5 - J	POINT I - POINT J	224.87m
J - FINISH	POINT J - FINISH	224.25m
TOTAL	TOTAL COURSE	2002.72m

3KM TRAIL		
START - A	START TO POINT A	449.33m
A - B	POINT A - POINT B	300.00m
B - C	POINT B - POINT C	602.00m
C - T3 - E	TURNING POINT 3	9.77m
E - F	POINT E - POINT F	475.07m
F - G	POINT F - POINT G	303.87m
G - H	POINT G - POINT H	284.86m
H - I	POINT H - POINT I (TS)	255.87m
I - J	POINT I (TS) - POINT J	225.07m
J - FINISH	POINT J - FINISH	224.25m
TOTAL	TOTAL COURSE	3000.00m

4KM TRAIL		
START - A	START TO POINT A	449.33m
A - B	POINT A - POINT B	300.00m
B - C	POINT B - POINT C	592.00m
C - D	POINT C - POINT D	447.00m
D - E	POINT D - POINT E	540.40m
E - F	POINT E - POINT F	475.07m
F - G	POINT F - POINT G	303.87m
G - H	POINT G - POINT H	284.86m
H - I	POINT H - POINT I (TS)	253.87m
I - J	POINT I (TS) - POINT J	224.87m
J - FINISH	POINT J - FINISH	224.25m
TOTAL	TOTAL COURSE	4900.67m

For an interactive map of the Cross-Country map, please use the QR code:



Please complete the reply slip above and email it to margot@eduplex.co.za before 26 July 2023.

Kind regards

EDUPLEX

Margot van der Merwe

Sport Organiser