



# Criteria for Athletics Gauteng North (AGN) Cross Country Season 2024

*(Dated: 15 April 2024 Rev 1)*

## **1 Selection of Gauteng North Cross Country Teams**

Athletics Gauteng North will be sending a team to the Inter Provincial Cross Country Meeting as well as to the National Cross Country Championships. The team that will be sent to each of these events will be compiled in accordance with the criteria set out in this document.

No cross country leagues run in other provinces will count for the AGN selection criteria, except if an athlete's Domicil address changed in the cross country season.

The AGN Cross Country Championship will be a closed Championship. Only athletes of AGN will be allowed to run in the AGN Championship.

### **1.1 Inter Provincial Cross Country in Mpumalanga, Venue: Middelburg.** **Date: 20 July 2024**

AGN Cross Country Commission and Selectors will select athletes per age category according to the guidelines set by ASA for 2024, eighteen athletes per gender per age group. The athletes selected in accordance with the ASA guidelines will represent the province at the Inter Provincial Cross Country event. The final number of athletes per age group will be at the discretion of the AGN Cross Country Commission, Selectors and the AGN Board and the final decision on the number of athletes will remain in their discretion. In order to qualify athletes must participate in a minimum of **TWO** of the **FOUR** league races. The final decision on team selection lies with the AGN Cross Country Commission and Selectors. The team selection based on the required criteria will be final. The AGN Commission and Selectors reserve the right to select a fewer number of athletes than ASA stipulates in its guidelines. This will be dependent on the results of leagues and in the discretion of the AGN Cross Country Commission, Selectors and AGN Board to ensure the province has the strongest possible team representing AGN at this event. The following leagues will be considered to determine the team:

- League 1: Uitsig High School (Sat, 4 May)
- League 2: Eldoraigine High School (Fri, 10 May)
- League 3: Pretoria North High School (Sat, 18 May)
- League 4: Fountains (Sat, 25 May)

The best athletes per age category (as determined by the ASA guidelines), who participated in a minimum of **TWO** of the **FOUR** leagues, may be selected based on a comparison of their positions at the leagues they participated in. The final number of athletes per age group will be the discretion of AGN Cross Country Commission, Selectors and AGN Board. For each athlete the best two positions will be identified after League 4, added-up and then divided by two. Athletes will then be ranked.

**Example:**

(Athlete one; Positions: 1, 4, 2, 1: Best two: 1, 1 = 2 divided by 2: Rank 1.00)

(Athlete two; Positions: 2, 3, 1, 5: Best two: 2, 1 = 3 divided by 2: Rank 1.50)

(Athlete three; Positions: 13, 10, 8, 12: Best two: 10, 8 = 18 divided by 2: Rank 9.00)

(Athlete four; Positions: 12, 0, 18, 11: Best two: 12, 11 = 23 divided by 2: Rank 11.50)

(Athlete four; Positions: 0, 1, 1, 0: Best two: 1, 1 = 2 divided by 2: Rank 1.00)

The top athletes per age group may then be selected for the AGN Cross Country Team to the Inter Provincial Cross Country meeting.

The Inter Provincial will be open for individual entries and will also count as an AGN league race, League 14.

You must run in the race that you want to compete in at the ASA Cross Country Championships during the AGN cross country season. *The senior men and women that want to compete in the 4 km and the 10 km at the ASA Cross Country Championships must run four (4) races in the 4 km and four (4) races in the 10 km during the season to qualify for both races.* Use the event program of the leagues as reference to run in the correct race and age group and not get disqualified. If you do compete in the wrong race you will be disqualified.

**1.2 National Cross Country Championships, Athletics Vaal Triangle, Venue: TBC. Date: 7 September 2024**

ASA allows a province to enter athletes per age category according to ASA 2024 guidelines, eighteen athletes per gender per age group. The final decision on team selection lies with the AGN Cross Country Commission, Selectors and the AGN Board and their selection based on the required criteria will be final. The AGN Commission, Selectors and AGN Board reserves the right to select a fewer number of athletes than set out in the guidelines of ASA 2024. This discretion will be dependent on the results of leagues and in order for the province to have the strongest possible team representing the province at this event.

The last race at all the Secondary School Leagues is for junior men & women (athletes not in school anymore), senior men & women and for master's men & women. These races also count as leagues for these groups. Leagues 11, 16, 21 and 25.

*Athletes competing in the 2 km dash races at the AGN Championships do not have to run in any leagues during the cross country season. Only the first 6 athletes per age group will be selected to go to the SA Championships.*

The AGN Cross Country Commission and Selectors will **ONLY** consider the results of the AGN Cross Country Championships for the selection of the team, with the provision that athletes comply with the criteria below:

- In order to qualify athletes must participate in any **FOUR** of the cross country season leagues **PLUS** the AGN Cross Country Championships, which is compulsory.
- Athletes that represented SA at international meetings must run in at least **TWO** cross country league races **PLUS** the AGN Cross Country Championships, which is compulsory. These athletes must also notify the AGN Cross Country Commission that they will participate in international meetings and give the dates.

**AGN Cross Country Commission and selectors will consider the results of the AGN Cross Country Championships for the selection of the team. If an athlete did not run at the AGN Cross Country Championships, or did not complete the race, he or she will not be considered for the AGN Cross Country team to go to the SA Cross Country Championships.**

**NO MEDICAL CERTIFICATE WILL BE CONSIDERED.**

### **1.3 AGN CHAMPIONSHIP PRICE MONEY.**

No athlete will qualify for price money if he or she did not participate in **FOUR** of the cross country season leagues.

Athletes that represented SA Internationally must have participated in **TWO** of the cross country season leagues to qualify for price money.

## **2 Age tags – Masters and Junior Athletes**

All athletes from the age of 35 years and older must run with an age tag in all the Cross Country races. One in front of the running vest and one on the back of the running vest. At the Cross Country events the Master athletes run in 5 year age groups: 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, 80 to 84, 85 to 89, and 90 to 94.

**IF AN MASTER ATHLETES AGE CHANGE BEFORE THE SA CROSS COUNTRY CHAMPIONSHIPS (7 SEPTEMBER 2024) THEN HE OR SHE MUST RUN WITH THE NEW AGE TAG FROM THE BEGINNING OF THE CROSS COUNTRY SEASON. EX-SAMPLE: IF AN ATHLETE TURN 40 DURING THE SEASON HE OR SHE MUST RUN WITH A 40 AGE TAG FROM THE BEGINNING OF THE SEASON.**

Junior athletes must run with the J - ASA License number in all Cross Country races. If they don't have the J - ASA License number, then they must have the J - age tag on the back and on the front of the running vest.

### **3 Accommodation and travel Bookings to Inter Provincial and SA Championships.**

Do not make any accommodation and travel bookings until the official AGN Cross Country Team has been released and published by the AGN Board.

**All athletes that will make use of AGN transport and accommodation will have to pay a fee from 2024. That fee will be determine by AGN finance committee each year.**

**Each athlete who is included in the team will require a contribution of R600-00 per athlete for 2024. This is only applicable if the athlete stay and/or travel with the team.**

### **4 ASA License numbers.**

Athletes can run in the cross country leagues with a temporary license number.

NO athlete will be allowed to run in the AGN cross country races without an ASA license. Read the below rules as set by ASA.

25 Rule 25: License's [Refer WA Rule 143.7] Athletes are required to display Licence numbers in all competitions as specified in ASA rules 1.1(a) - (f)

25.1.1 ASA: ☐ The ASA License is used to identify if the individual athlete is eligible.

25.1.3 Clubs: ☐ Clubs are the only institution as defined in the ASA Constitution that has the right to issue Permanent Licenses to their members. ☐ Athletes must pay the club for the Permanent License before it is issued. ☐ When an athlete does not wear a license on his/her vest during a race both the athlete and the club which the athlete belongs to can be penalized. ☐ To avoid doubt, in events where Special Number Bibs are issued, the athlete does not have to wear the license but must be able to show the Licence to the Referee when he/she is asked to do so. ☐ Note: The Referee or Organizer can only ask the athlete to show his/her license before the race, after the race, or before the medal/ prize giving ceremony.

25.3.1 Permanent Licenses: The athlete must complete a standard ASA registration form before the permanent license is issued. The club must take possession of the registration form before the permanent license is handed to the athlete.

25.3.14 In all events (except for pole vault and high jump, where only one need be displayed) it is compulsory to wear both license numbers, one on the front and one on the back of the upper body clothing. Failure to do so will result in disqualification of the athlete. 25.3.15 an athlete's permanent Licence bib is under no circumstances transferable and may not be used by another athlete.

25.3.16 Athletes must be in possession of a permanent license to participate at inter-provincial or national Championships (ASA rule 1.1.a to 1.1.c)

25.4.1 Permanent Licenses are the licenses issued by ASA through the Provincial Members to club members. Athletes can only purchase a Permanent License through a local athletics club  
25.4.2 Permanent Licenses need to be renewed on an annual basis

25.4.4 A Permanent License ensures that the athlete is eligible for selection for teams to international events, and allows the athlete to participate at Provincial or National Championships. To avoid doubt, licenses are issued to all athletes irrespective of their age, e.g. an athlete who enters in the ASA Cross Country Championships for the 10 year age category, must purchase a permanent license before the athlete can be entered for the event.

25.4.6 The Permanent License provides the athlete with medical cover – subject to the terms and conditions of the policy

25.4.8 Each athlete will be issued with TWO permanent licenses which must always be worn on the front and back of the vest.

25.6.12 A temporary license may not be issued to athletes participating in events listed under ASA Rule 1.1.a to 1.1.c. including all ASA Championships and the National Championships of an Associate Member. Athletes participating at this level are entered by clubs and provinces and must be license members of a club before entering for the mentioned events.

25.6.15 while athletes with permanent licenses have signed a registration form and are covered by a national medical insurance policy; from 2017 onwards temporary Licence athletes are not covered by such policies.

## 5 Email List

If you received this email and are no longer interested in receiving cross country information, please reply to this mail and we will remove you from the list. If you know of any other person who would like to receive our email, please forward their address to us so that we can add them to the list.

## 6 Contact Detail

You can contact the Athletics Gauteng North office at 012 327 4932 or at office@agn.co.za during office hours 08:00 to 16:00. You can also visit our web page at <http://www.agn.co.za>.

***Buks Meyer***

***Chairperson: AGN Cross Country Commission***

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