

**SA CROSS COUNTRY
CHAMPIONSHIPS
2024
TEAM MANUAL**



7 SEPTEMBER 2024

Vaal University of Technology

Isaac Steyl Stadium

Vanderbijlpark

1)

1) Date, Venue and Directions

- a) **Date:** Saturday, 7 September 2024
- b) **Venue:** Vaal University of Technology; Isaac Steyl Stadium; Vanderbijlpark; Coordinates 26°42'13.58"S 27°51'34.32"E



c) **Directions:**

From Bloemfontein: From the N1, take exit 3 for R42 toward Vanderbijlpark/Vereeniging, continue onto R42 (Barrage Road 17,3km) Turn left onto Andries Potgieter Blvd. Stadium will be on the right.

From Pretoria /Johannesburg: Travel on N1, continue on the road to Bloemfontein, take exit R57 to Vanderbijlpark/ Vereeniging you will pass Arcelor Mittal on left. Turn left onto the R42 to Vereeniging, pass 5 robots turn left onto Andries Potgieter Blvd. Stadium will be on right.

From Johannesburg/Alberton: Travel on R59, continue on R59, take exit R42 towards Vanderbijlpark, merge onto Barrage R42, turn right on Andries Potgieter Blvd. Stadium will be on right.

d) **Parking at and around Isaac Steyl Stadium.**

All parking is at own risk and no valuables to be left unattended in vehicles.

Apart from street parking all around **Vaal University of Technology**, there will also be limited secure parking available inside demarcated areas with security. The parking inside these demarcated areas is on a first come first served basis for a fee of **R 20 – 00** per vehicle, payable at the entrance gate on the 6 September 2024 from 14:00. The entrance gate to these areas are in Andries Potgieter Blvd C.E. 6 (34,008080, 25,677842

2) Activity Program:

TEAM ARRIVAL: Friday, 6 September 2024

Time	Activity	Venue
14:00 – 16:00	Collection of race numbers and registration. Final changes and withdrawals. The AGN Team Managers will be involved here.	Isak Steyl Stadium Cricket Clubhouse
14:00 – 16:00	Course will be open for inspection. Nobody will be allowed on the course before 14:00 on the Friday.	Isaac Steyl Stadium – Sports fields.
16:15 – 18:30	AGN Team athletes/Parents and or Coaches can collect race numbers from AGN Team Managers.	Isaac Steyl Stadium, Rugby Hall

CHAMPIONSHIPS: Saturday, 7 September 2024

Time	Activity	Venue
07:00 07:30	Opening (Mayor Midvaal) Start of First Event – Item 1 (Men M35 + etc.)	Isaac Steyl Stadium Sports fields.
17:15	Start of the last event – Item 29 (Men 2 km)	
18:00	Departure of Teams.	

3) Entries:

- a) Provincial teams are restricted to a maximum of eighteen athletes per gender per age category.
- b) Only South African citizens (SA Smart ID/Green SA ID or SA BC) will be allowed to enter as team members.
- c) Team Managers must collect their Provincial Registration Packs on Friday, 6 September 2024 between 14:00 and 16:00 at the Isaac Steyl Stadium Cricket Clubhouse
- d) Team Managers will receive the following for each team member:
 - i) Two ASA Championship Special License Bibs with a tear off strip. Do not fold the number.
 - ii) 8 Pins.
 - iii) Wrist band.
- e) If you encounter any problem with an entry on the day of the race, please rectify it immediately at the TIC near the finish line.
- f) **License Bibs and Age category tags** (Team Managers to ensure):
 - i) **Senior, Junior and Youth** athletes will only display the **Special license Bibs** on the Provincial Attire.
 - ii) **Master athletes** need to display **Special license Bibs with Age category tags** during the competition as the different age groups will be running simultaneously (**Item's 1, 2a, 2b & 3**).

- ii) The spectator entrance fee is **R 30 - 00** per person payable at the gate on the day of the event. Spectators will be issued with wrist bands as proof of payment and is not transferrable.
- iii) Wrist bands for all selected Provincial athletes, Team managers and appointed Team coaches will be issued at number collection. Wrist bands must be worn on the day of the event once entering the venue and are non-transferable. The wrist bands for athletes, coaches and team managers will differ in color and this will allow entrance for team members into the warm-up area as well as designated team areas at the venue.
- iv) Provincial teams need to provide a workable method for collection of Numbers and Wrist bands for athletes not traveling with the teams. AVT will assist the provinces with an area to hand out wrist bands and numbers near the entry gate. No Parents or Coaches will be entertained at the Registration area for collection of numbers and wrist bands. It is a Provincial matter and not the duty of the AVT Registration staff.

4) No individual or development entries will be allowed. Selected athletes must be in provincial attire.

5) Age Categories:

The following age categories will participate at the 2024 National Championships:

- a) No athlete will be allowed to run outside of his or her age category except in the following cases:
 - i) Senior (2004 until 1990): Only these ages may participate in this age category provided that the athlete is 20 years or older on 31 December 2024 (born between 1990 to 2004).
 - ii) Under 23: Only athletes 22 years and younger, but at least 18 years of age on 31 December 2024 (born in 2002, 2003, 2004, 2005 and 2006).
 - iii) Junior athletes must be 19 years or younger, but at least 18 years of age on 31 December 2024 (born in 2005 or 2006).
 - iv) Master Men and Women: Any athlete who has reached his/her 35th birthday (Rule TR 3.1) Although all Masters (Men & Women) run simultaneous **(Item 1 & 3)** they are deemed separate age group races.
 - v) Men 75 – 79; Men 80 – 84; Men 85 – 89; Men 90 + (Item 3 additional categories): These Master Men categories to participate with Master Women simultaneous **(Item 2 a & b)** as a 4 km event.
- b) Although the Seniors and U/23 (Men & Women) run together in the **4Km event**, they are deemed two separate races. Therefore Men/Women U/23 can only run in their specific category and must be indicated as such during the entry process. Separate medals will be allocated to these categories. Men/Women U/23 shall therefore not be eligible for a team competition for the senior race **(Items 26 & 27)**
- c) Although the Seniors, Juniors, and Youth (Men & Women) run together in the **2Km event**, they are deemed three separate races. Therefore Men/Women Senior, Junior and Youth can only run in their specific category and must be indicated as such during the entry process **(Items 28 & 29)**
- d) Only athletes 6 years or older on 31 December 2024 (born in 2018 or earlier) will be allowed to enter for the Championships.

6) Provincial Attire:

- a) All athletes of the same team will wear the official attire of their Province, of the same color during the competition and during all the ceremonies.
- b) The official uniform shall be in accordance with the ASA rules and regulations.

7) Prize Monies:

The following main events (Items 10 & 11 – 5 positions) will compete for prize money.

Individual	Senior (Men & Women):
(1) 1 st Prize:	R 5 000
(2) 2 nd Prize:	R 4 000
(3) 3 rd Prize:	R 3 000
(4) 4 th Prize:	R 2 000
(5) 5 th Prize	R 1 000

NB: Take note of paragraph 18(e) regarding Anti-Doping.

8) Program

2024 ASA NATIONAL CROSS COUNTRY CHAMPIONSHIPS PROGRAM				
Item	Start Time	Age Categories	Abbreviations	Distance
1	07:30 – M M 35+	Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59	M35/8-55/8	8 km
2 (a)	08:10 – M W 35+	Women 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+	W35/4-90/4	4 km
2 (b)	08:10 – M M 75+	Men 75-79; Men 80-84; Men 85-89; Men 90+	M75/4-90/4	4 km
3	08:40 – M M 60+	Men 60-64; Men 65-69; Men 70-74;	M60/6 or M65-70/6	6 km
4	09:10 – G 8	Girls 8 years (2016/2017/2018)	G8/1	1 km
5	09:20 – B 8	Boys 8 years (2016/2017/2018)	B8/1	1 km
6	09:30 – G 9	Girls 9 years (2015)	G9/2	2 km
	09:25 ±	Items 4 & 5 (Directly after the start of Item 6) – Victory Ceremony 09:35 & 09:40		
	09:30	Items 1; 2 & 3 – Victory Ceremony 08:30 09:45 08:55 09:15		
7	09:40 – B 9	Boys 9 years (2015)	B9/2	2 km
	**	Items 6 & 7 – Victory Ceremony 10:		
8	09:50 – J W	Women U/20 18 years (2006); Women U/20 19 years (2005) (Eligible for Trials)	JW/6	6 km
9	10:20 – J M	Men U/20 18 years (2006); Men U20 19 years (2005) (Eligible for Trials)	JM/8	8 km
	**	Items 8 & 9 – Victory Ceremony		
10	10:55 – S W	Senior Women (Eligible for Trials)	SW/10	10 km
11	11:35 – S M	Senior Men (Eligible for Trials)	SM/10	10 km
	**	Items 10 & 11 – Victory Ceremony		
12	12:15 – G 16/17	Girls 16 years (2008); Girls 17 years (2007) (Eligible for Trials)	G16/4 or G17/4	4 km
13	12:40 – B 16/17	Boys 16 years (2008); Boys 17 years (2007) (Eligible for Trials)	B16/6 or B17/6	6 km
	**	Item 12 & 13 – Victory Ceremony		
14	13:10 – G 10	Girls 10 years (2014)	G10/2	2 km
15	13:20 – B 10	Boys 10 years (2014)	B10/2	2 km
	**	Item 14 & 15 – Victory Ceremony		
16	13:30 – G 11	Girls 11 years (2013)	G11/3	3 km
17	13:45 – B 11	Boys 11 years (2013)	B11/3	3 km
	**	Item 16 & 17 – Victory Ceremony		
18	14:00 – G 12	Girls 12 years (2012)	G12/3	3 km
19	14:15 – B 12	Boys 12 years (2012)	B12/3	3 km
	**	Item 18 & 19 – Victory Ceremony		
20	14:30 – G 13	Girls 13 years (2011)	G13/3	3 km
21	14:45 – B 13	Boys 13 years (2011)	B13/4	4 km
	**	Item 20 & 21 – Victory Ceremony		
22	15:05 – G 14	Girls 14 years (2010)	G14/4	4 km
23	15:25 – B 14	Boys 14 years (2010)	B14/4	4 km
	**	Item 22 & 23 – Victory Ceremony		
24	15:45 – G 15	Girls 15 years (2009) (Eligible for Trials)	G15/4	4 km
25	16:05 – B 15	Boys 15 years (2009) (Eligible for Trials)	B15/4	4 km
	**	Item 24 & 25 – Victory Ceremony		
26	16:25 – SW/u23	Senior Women 20 to 34 years (2004 to 1990) Women U/23 18 to 22 years (2006/2005/2004/2003/2002)	SW/4 W23/4	4 km
27	16:45 – SM/u23	Senior Men 20 to 34 years (2004 to 1990) Men U/23 18 to 22 years (2006/2005/2004/2003/2002)	SM/4 M23/4	4 km
	**	Item 26 & 27 – Victory Ceremony		
28	17:05 – SW/J/Y	Senior Women 20 to 34 years (2004 to 1990) (Eligible for Trials) Junior Women 18 to 19 years (2006/2005) (Eligible for Trials) Youth Women 16 to 17 years (2008/2007) (Eligible for Trials)	SW/2 JW/2 YW/2	2 km
29	17:15 – SM/J/Y	Senior Men 20 to 34 years (2004 to 1990) (Eligible for Trials) Junior Men 18 to 19 years (2006/2005) (Eligible for Trials) Youth Men 16 to 17 years (2008/2007) (Eligible for Trials)	SM/2 JM/2 YM/2	2 km
	**	Item 28 & 29 – Victory Ceremony		
	**	Final details regarding Victory Ceremonies will be communicated at technical meeting		

9) 2km Event:

Athletes may participate in these **Men & Women individual category events**, provided that the athletes are 16 years or older on 31 December 2024 (born between 1990 – 2008).

10) The Cross-Country Course:

See the attached map for the layout of the course. The course consists of a 2 km and a 1 km loop.

The following will apply for the different distance races:

- a) The 1km race will be a short loop.
- b) The 2km race will be one 2 km loop.
- c) The 3km race will do one 1 km loop followed by one 2 km loop.
- d) The 4km race will do two 2 km loops.
- e) The 6km race will do three 2 km loops.
- f) The 8km race will do four 2 km loops.
- g) The 10km race will do five 2 km loops.

NB – Course inspection for Team Management, coaches, and warm-up for Athletes, will be on Friday between 14:00 – 16:00

11) Publication of Results:

- a) The results of each event shall be displayed on the “Results board” at the venue after approval by the Chief Referee (approximately 30 minutes after completion of the race).
- b) A full set of results will be e-mailed to each province.

12) Assistance to Athletes:

- a) Water will be provided on the course at a water point $\pm 80\text{m}$ past the start line.
- b) Water will be provided at the finish.
- c) No Seconding will be allowed by any person except for authorized Championship officials.
- d) Where conditions warrant and taking in account the nature of the event, weather conditions and fitness of most of the competitors, water may be placed at more regular intervals on the course.

13) Athletes Control Centre (Call Room):

- a) The Call Room will be situated next to the start area. All athletes must report to the Call Room at least 20 minutes before the start of their event.
- b) Only reporting athletes and authorized technical officials will be allowed inside the Call Room area. Parents and team coaches entering this area submit their athlete to the risk of disqualification.
- c) Team Managers are responsible for the clothing and personal belongings of the athletes.
- d) Ensure that every athlete complies with all the requirements needed in the competition. This includes 2 x Special license bibs, Master age category tags (**SAMA age groups**) with the approved provincial attire.
- e) One Team Manager per province will be allowed in the call room to assist the Primary school athletes (Ages 8, 9, 10, 11, 12 & 13 years). No Team Managers will be allowed to assist the other age groups.

14) Team Scoring:

- a) All athletes entered by a Province, according to the age groups, will constitute a team of whom the best four athletes will score. A Province can win only one team prize in an event.
- b) The positions of the best four athletes are totaled and the team having the lowest aggregate shall be declared the winners.
- c) In the event of a tie, it shall be resolved in favor of the team whose 4th scoring member finishes nearer the first position.
- d) Team medals will be awarded to the first three teams (4 members) in each event up to ages 80+.
- e) Master team composition the following will apply. An athlete may compete in a lower category team but must wear the appropriate age category tags and will forfeit all the original benefits from the individual competition of the higher age group (ex. A 50+ athlete may compete for the 45 – 49 team and individual) prizes for the event entered.

15) Victory Ceremony:

- a) The victory ceremonies will be according to the program in paragraph 8. The first three athletes in each individual event and the first three teams must report at the victory ceremony holding area.
- b) Only athletes dressed in their provincial tracksuits will be allowed to receive their medals on the podium.
- c) Athletes must report 20 minutes prior to the time scheduled for the medal presentation of his/her event. NB – Certain events will be followed directly after participation.

16) Technical Data:

- a) Timing will be done manually with recording.
- b) Two Special license Bibs will be issued to each athlete. During the competition, athletes must always wear the bibs in their original shape and size, properly secured on the four corners. Please note WA Rule TR3.1 and TR5.7-9. *Any athlete who does not respect these rules will not be allowed to compete.*
- c) The athletes of each race will be videotaped at the finish line.

17) Anti-Doping Control:

- a) Anti-Doping Control will be conducted in accordance with the AIU and WA Procedural Guidelines for Anti-Doping Control under the supervision of an ASA Anti-Doping Control Delegate and the SA Institute for Drug Free Sport.
- b) On receiving a written notification for a test, the athlete must report to the Anti-Doping Control station within 60 minutes and will permanently be accompanied by an Anti-Doping Control chaperone.
- c) Athletes are entitled to be accompanied to the Anti-Doping Control Centre by one person of their choice. Personal identification must be presented.
- d) Sample collection will be conducted in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and let them sign a consent form, will carry out the test.
- e) All prize money will only be paid after receiving the confirmation of clearance from SAIDS.

18) Medical Service:

Full medical services will be available with ambulances at the venue at Finish and first aid on course route back of soccer field. Communication with 2-way radios.

SHARP EMS will be responsible for medical services.

19) Protests regarding results:

- a) Protests shall be made in accordance with WA Rule TR8. During an event, an athlete or his team official may lodge a verbal protest to the appropriate Referee.
- b) If the problem is not satisfactorily solved, an appeal must be lodged in writing on the prescribed protest form, which can be obtained from the Technical Information Centre (TIC) and must be signed by a team manager.
- c) A written appeal/protest must be submitted to the TIC accompanied by a deposit of R500 – 00, not later than 30 minutes after the official announcement of the results of the event. ASA Rule 27.
- d) The decision of the Jury of Appeal shall be published in an official manner. The claimant will receive a copy of the final decision. The deposit of R500, which will be forfeited if the appeal is not upheld.

20) Technical Information Centre (TIC):

- a) The TIC shall be placed near the finish line. The center will help as link between Provinces, the technical delegate, and the LOC. The exact position will be announced at the Team Managers Meeting.
- b) The TIC will be responsible of urgent notifications and Team Managers and officials will be able to collect the main technical results there. TIC open from 06:30 the morning until the end of the championships.

21) Team Seating:

- a) An area will be demarcated for provincial tents and gazebos. Provinces are welcome to use their own gazebos, but no branded gazebos in conflict with ASA sponsors will be allowed.
- b) Big pavilion for spectator seating at the finish line area.
AVT's service providers can make stretch tents in various sizes available to Provinces at a fee, which is determined on size. Please email the Local Organizing committee (bvalentin0109@gmail.com) before 28 August 2024 if you would like to book one of these tents.

22) General:

- a) The competition will be conducted under 2023 – 2024 ASA Domestic & WA Competition and Technical Rules.
- b) Athletes are not permitted to take any cell phones, music recorders, radios, I-pods etc., into the competition area/course.
- c) Spectators, Coaches and parents will not be allowed to run with participants or allowed on the course.
- d) If a Referee is satisfied on the report from a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered the athlete shall be disqualified.

23) Travel & Accommodation:

Travel and accommodation for the teams are the responsibility of the Provinces. For possible accommodation, please contact any of the following:

Accommodation in Sedibeng

Name	Town
4 B on Delius	Vanderbijlpark
9 on Kroellenboog Guesthouse	
A Le Picchio Gastehuis	Vanderbijlpark
Aark Guest Lodge	Vanderbijlpark
Ai Alive Guesthouse	Vanderbijlpark
Amadies Guesthouse	Vanderbijlpark
Arconpark Guest house	Vereeniging
Asante Guesthouse	Vanderbijlpark
Astoni	Vanderbijlpark
Ayana Country Lodge	
Bordeaux Haven	Vereeniging
C Land guest house	Meyerton
Dancing River Guest House	Vereeniging
Die Bostokelos and spa	Vanderbijlpark
Ducks Country House	Meyerton
Elephant Lodge guest house	
Emerald Resort and Casino	Vanderbijlpark
FMG Guesthouse	
Good and Proper Guesthouse	Vereeniging
Hananja Guesthouse	Vereeniging
House 205	Vereeniging
House and Heart Guest house	Vanderbijlpark
Huis Africa Guesthouse	Vanderbijlpark
La Vita Dream Guesthouse	Vanderbijlpark
Lauren Palace Guest House	Vanderbijlpark
Lekoa Bed and Breakfast	Vanderbijlpark
Lekoa Lodge	Vanderbijlpark
Little Eden	Vanderbijlpark
Ludiaana Guesthouse	Vereeniging
Mall Guesthouse	Vanderbijlpark
Meyerton accomodation Lekker Slaap	
Midvaal Guesthouse	Meyerton
Mirabel Guesthouse	
Molobane Estate lodge spa	
Mountan View Country Estate	

On the Vaal Drive B&B	
Pearl Guesthouse	Vanderbijlpark
Pont de Val riverside Escape	
Quest Conference Estate	Vanderbijlpark
River Palace	Vanderbijlpark
Riverside Sun	Vanderbijlpark
Riviera on Vaal	Vereeniging
Rudys Guesthouse	Meyerton
Sindisa Guesthouse	Vanderbijlpark
Sinesan Guesthouse	Vereeniging
Sunflower Guesthouse	
The Angel River Villa	Meyerton
The Shakespeare Inn	Vanderbijlpark
The Vaal Guest house	Vanderbijlpark
The Waterfront Country lodge	Vanderbijlpark
Three Rivers Lodge	Vereeniging
Vesa Guesthouse	Meyerton
Water on Waldrift	Vereeniging
Waterfront country lodge	Vaalview Vanderbijlpark
Xeriba's guesthouse	Vereeniging
Zorganta guesthouse	Vanderbijlpark

24) Enquiries:

Please contact Mr. Thabang Maleka at the ASA Office on 011 880 5800 or ThabangM@athleticsa.co.za for any additional information.

25) Course Layout:

