



Dated: 13 April 2026

Criteria for Athletics Gauteng North (AGN) Cross-Country Season 2026

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 towards the AGN selection criteria, except if an athlete's Domical address changed during the Cross-Country season.

The AGN Cross-Country Championship will be a closed Championship. Only athletes of AGN will be allowed to participate at the AGN Championship.

1.1 Inter-Provincial Cross Country Meeting

Venue: LKM Pretoria North

Date: 20 June 2026

AGN Cross Country Commission and Selectors will select athletes per age category according to the guidelines set by ASA for 2026. This **can** be eighteen athletes per gender per age group. The athletes selected will represent the province at the Inter-Provincial Cross-Country event. **The final number of athletes per age group selected will be at the discretion of the AGN Cross Country Commission, Selectors and the AGN Board. The final decision on the number of athletes will remain at their discretion.**

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.

To qualify for consideration, athletes must participate in a minimum of **TWO (2)** of the first **FIVE (5) (Excluding League 1)** scheduled league races.

- League 1: Curro Hazeldean Saturday, 9 May
- League 2: Fleur Primary Friday, 16 May
- League 3: Voortrekker Sport Grounds Saturday, 23 May
- League 4: Eldoraigne Night Race Friday, 29 May
- League 5: Eersterust (Shisanyama run and Braai) Saturday, 6 June

The best athletes per age category (as determined by the ASA guidelines, may be selected based on a comparison of their positions at the leagues they participated in.

For each athlete the best two positions will be identified after League 5, added-up and then divided by two. Athletes will then be ranked according to these averages and selection done. Take note that League 1 at Curro Hazeldean will count as a Participation league only for the Cross-Country season and does not form part of the ranking for the Inter Provincial Team selection.

Example:

- Athlete A: Positions: 1, 4, 1 Best two: $1+1=2$ divided by 2: Rank 1.00
- Athlete B: Positions: 2, 1, 5 Best two: $2+1=3$ divided by 2: Rank 1.50
- Athlete C: Positions: 13, 10, 8 Best two: $10+8=18$ divided by 2: Rank 9.00
- Athlete D: Positions: 12, 0, 18, 11 Best two: $12+11=23$ divided by 2: Rank 11.50

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 Meeting will also be open for individual entries and participation will also count as an AGN league race (League 6).

You must run in the specific race/s that you want to compete in at the Inter Provincial and 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 Inter Provincial must run two (2) races in the 4 km **and** two (2) races in the 10 km during the pre-season to qualify for both races.

The women born in 2007 and 2008 that want to compete in the 4 km **and** the 6 km at the Inter Provincial must run two (2) races in the 4 km **and** two (2) races in the 6 km during the pre-season to qualify for both races.

The men born in 2007 and 2008 that want to compete in the **4 km and the 8 km** at the Inter Provincial must run two (2) races in the 4 km **and** two (2) races in the 8 km during the pre-season to qualify for both races.

Use the event program of the different leagues as reference to running in the correct race and age group and not get disqualified. If you compete in the wrong race, you will not be eligible for selection.

1.2 ASA Cross Country Championships, Pretoria

Venue: Curro Hazeldean

Date: 5 September 2026

ASA allows a province to enter athletes per age category according to ASA 2026 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 2026. 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 8, 10, 13 and 15. (At these leagues athletes will be credited for 6km, 8km, 10km as the schools only provide for a 4 km race. **You need to specify on your race card the preferred distance-)**

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 who represented SA at international meetings must compete 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 supply the dates that fall in the Cross-Country season (May-August).

The women born in 2007 and 2008 that want to compete in **the 4 km and the 6 km** at the ASA Cross Country Championship must run two (2) races in the 4 km **and** two (2) races in the 6 km during the season to qualify for both races.

The men born in 2007 and 2008 that want to compete in the **4 km and the 8 km** at the ASA Championship must run two (2) races in the 4 km **and** two (2) races in the 8 km during the season to qualify for both races.

The athletes that want to qualify for both races must run both races at the AGN Championship to qualify for both races.

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 4 athletes per age group will be selected to go to the SA Championships.

AGN Cross Country Commission and selectors will only consider the results of the AGN Cross Country Championships for the selection of the team. If an athlete does not run at the AGN Cross-Country Championships, or did not complete the race, he or she will not be considered for the selection of the AGN Cross-Country team that will represent AGN at the ASA Cross-Country Championships.

NO MEDICAL CERTIFICATE WILL BE CONSIDERED

2 ASA Numbers and Age tags at all AGN Leagues

NO athlete will be allowed to run in the AGN Cross Country league races without an ASA license.

- **Primary schools and High school athletes (No Age Tag)** must run with an ASA number. Temporary numbers can be purchased at the event as the temporary number is only valid for one race.
- **Senior and Masters (Age Tag and ASA number)** 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 A MASTER ATHLETES AGE CHANGE BEFORE THE SA CROSS COUNTRY CHAMPIONSHIPS (5 SEPTEMBER 2026), THEN HE OR SHE MUST RUN WITH THE NEW AGE TAG FROM THE BEGINNING OF THE CROSS COUNTRY SEASON.

EXAMPLE: IF AN ATHLETE TURNS 40 DURING THE SEASON HE OR SHE MUST RUN WITH A 40 AGE TAG FROM THE BEGINNING OF THE SEASON.

- **Junior athletes (Men & Women U/20, Men & Women U/23) (Age Tag and ASA number) must run with the J age tag.**

3 Travel arrangements to Inter-Provincial and ASA Championships.

As both the Inter-Provincial and ASA Championships are in Tshwane in 2026, no accommodation arrangements will be necessary. Travel arrangements will be dealt with as the need for transport will be assessed by the AGN office and the Cross-Country Commission.

4 AGN Championship Prize Money

The first three Athletes who participated in at least 4 leagues (except for international athletes who competed in 2 leagues and provided evidence to the XC commission of International participation during the Cross-Country season) will qualify for prize money in the following age groups only:

- Women U/23 4km
- Men U/23 4 km
- Senior Women 4 km
- Senior Men 4 km
- Senior Women 10 km
- Senior Men 10 km

5 Communication

5.1 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.

5.2 **WhatsApp**

Official Cross Country WhatsApp Communication group (Join only one group)

Link to join the group:

Group 1: <https://chat.whatsapp.com/ENmhpdxfe1H1Ygyv0aAb2o>

Group 2: <https://chat.whatsapp.com/JOmggBn8AHT7y0NPVEkL5O>

6 **Contact Detail**

You can contact the **Athletics Gauteng North office** at:

- Telephone: 012 327 4932 during office hours 08:00 to 16:00
- Email: gm@agn.co.za
- Web page: <http://www.agn.co.za>

Cross Country Commission Chairperson – Hanlie Truter

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