

SA CROSS COUNTRY CHAMPIONSHIPS 2026 TEAM MANUAL



**5 SEPTEMBER 2026
CURRO Hazeldean Highschool
Pretoria**

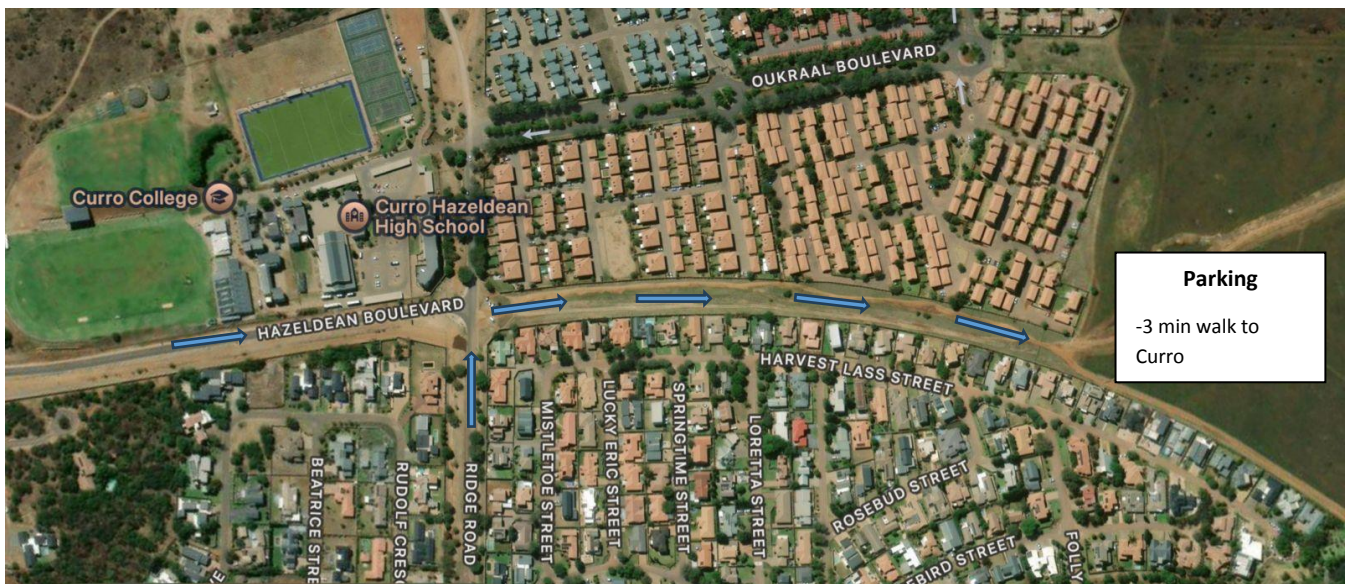
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1) Date, Venue and Directions

- a) **Date:** Saturday, 5 September 2026
- b) **Venue:** Curro Hazeldean, Ridge Road, Hazeldean, Pretoria.
(-25.77960, 28.38705)
- c) **Directions:**
 - a. **From Pretoria route A:** Take the N4 Highway towards eMalahleni. After 9,8Km take exit 11 onto M10 towards pretoria and Solomon Mahlangu. Turn right onto Bronkhorstspuit Road. Turn Right onto Lagoon drive. Keep straight past 2 roundabouts and follow the road. Turn left onto Ridge road.
 - b. **From Pretoria rout B:** Take the N4 Highway towards eMalahleni. After 9,8Km take exit 11 onto M10. Turn Right onto Solomon. Turn left onto Graham road. Turn left onto Silverlakes drive. Turn Right onto Ridge Road.
 - c. Make sure to leave early as both routes carry heavy traffic.
- d) **Parking at and around Curro School.**

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



2) Activity Program:

TEAM ARRIVAL: Friday, 4 September 2026

Time	Activity	Venue
14:00 – 16:00	Collection of race numbers and registration. Final changes and withdrawals.	Curro Hazeldean Highschool Sportsfields
14:00 – 16:00	The course will be open for inspection. Nobody will be allowed on the course before 14:00 on Friday.	
16:00 – 17:00	Team Managers Meeting/Technical Meeting	

CHAMPIONSHIPS: Saturday, 5 September 2026

Time	Activity	Venue
07:00 07:10 07:30	Opening. Reading of athlete code. Start of First Event – Item 1 (Men M35 + etc.)	Curro School Sportsfields
17:15	Start of Last Event (2 km – Item 29)	
18:00	Departure of Teams	

3) Entries:

- Provincial teams are restricted to a maximum of eighteen athletes per gender per age category.
- Only South African citizens (SA Smart ID/Green SA ID or SA BC) will be allowed to enter as team members.
- Team Managers must collect their Provincial Registration Packs on Friday, 4 September 2026 between 14:00 and 16:00 at the **Curro Hazeldean Sport VIP area**.
- All changes and withdrawals (No Refunds) must be made on Friday 4 September 2026 between 14:00 and 16:00 at **Curro Hazeldean Sport VIP area**.
- Team Managers will receive the following for each team member:
 - Two ASA Championship Special License Bibs with a tear off strip. Do not fold the number.
 - 8 Pins.
 - Wrist band.
- 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.
- License Bibs and Age category tags** (Team Managers to ensure):
 - 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**). **There will be age tags available on the 4th of September if needed.**

h) **Entrance Fees**

- i) Entrance fee for all Provincial athletes, Team Coaches & Managers (all team members) is **R 50 – 00** per person and is **payable into the account of AGN by the closing date of entries. (NB!!)** Provinces need to provide proof of payment at Registration before collection of numbers on the Friday afternoon.

Banking details of AGN are as follows:

Bank:	ABSA
Account Name:	Athletics Gauteng North
Account Type:	Cheque Account
Branch Code:	335-642
Account No.:	4080586137
Ref.:	"Team Name – Province"

- ii) The spectator entrance fee is R50.00 per person and may be paid in advance via Webtickets (<https://www.webtickets.co.za/v2/event.aspx?itemid=1598678193>) or at the gate on the day of the event. Spectators who purchase their tickets through Webtickets are requested to present their electronic or printed ticket at the entrance for admission.
- iii) Spectators will be issued with a wristband as proof of payment. Wristbands are non-transferable and must be worn for the duration of the event. Card payment facilities will be available at the venue.
- iv) Wrist bands for all selected Provincial athletes, Team managers and appointed Team coaches will be issued at collection numbers. Wrist bands must be worn on the day of the event once they enter 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.
- v) Provincial teams need to provide a workable method for collection of Numbers and Wrist bands for athletes not traveling with the teams. AGN will assist the provinces with an area to hand out wrist bands and numbers near the entry gate (Refer to map on page 9). 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 AGN Registration staff.

4) Closing Date for Entries:

All entries must be done on the prescribed Excel-spreadsheet entry form and must be E-mailed to Thabang Maleka at ThabangM@athleticsa.co.za with the proof of payment, by no later than close of business on: **Wednesday, 26 August 2026 at 16:00.**

- a. NB – Separate nomination form for TO's if applicable as in point 21 (c)
- b. NB – Must be completed on the provided Excel document.
- c. NB – Provinces cannot expect that nominated officials will be placed.

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

5) Age Categories:

The following age categories will participate in the 2026 National Championships:

- a) No athlete will be allowed to run outside of his or her age category except in the following cases:
 - i) Seniors (born between 1992 to 2006) Only these ages may participate in this age category provided that the athletes are 20 years or older on 31 December 2026.
 - ii) Under 23: Only athletes 22 years and younger, but at least 18 years of age on 31 December 2026 (born in 2004, 2005, 2006, 2007 and 2008).
 - iii) Junior athletes must be 19 years or younger, but at least 18 years of age on 31 December 2026 (born in 2007 or 2008).
 - 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 **7 years** or older on 31 December 2026 (born in 2019 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.
- c) All the participating member Provinces shall come with their Provincial uniform for inspection during the accreditation procedures at the Technical Meeting

7) Prize Monies:

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

Individual	Senior (Men & Women):
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(1) 1 st Prize:	R 5 000
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(2) 2 nd Prize:	R 4 000
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(3) 3 rd Prize:	R 3 000
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(4) 4 th Prize:	R 2 000
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(5) 5 th Prize	R 1 000
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NB: Take note of paragraph 18(e) regarding Anti-Doping.

8) 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 (2019/2018)	G8/1	1 km
5	09:20 – B 8	Boys 8 years (2019/2018)	B8/1	1 km
6	09:30 – G 9	Girls 9 years (2017)	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 (2017)	B9/2	2 km
	**	Items 6 & 7 – Victory Ceremony 10:		
8	09:50 – J W	Junior Women (2008/2007) (Eligible for trials) (EFT)	JW/6	6 km
9	10:20 – J M	Junior Men (2008/2007) (Eligible for trials) (EFT)	JM/8	8 km
	**	Items 8 & 9 – Victory Ceremony		
10	10:55 – S W	Senior Women (2006 to 1992) (EFT)	SW/10	10 km
11	11:35 – S M	Senior Men (2006 to 1992) (EFT)	SM/10	10 km
	**	Items 10 & 11 – Victory Ceremony		
12	12:15 – G 16/17	Girls 16 years (2010); Girls 17 years (2009) (EFT)	G16/4 or G17/4	4 km
13	12:40 – B 16/17	Boys 16 years (2010); Boys 17 years (2009) (EFT)	B16/6 or B17/6	6 km
	**	Item 12 & 13 – Victory Ceremony		
14	13:10 – G 10	Girls 10 years (2016)	G10/2	2 km
15	13:20 – B 10	Boys 10 years (2016)	B10/2	2 km
	**	Item 14 & 15 – Victory Ceremony		
16	13:30 – G 11	Girls 11 years (2015)	G11/3	3 km
17	13:45 – B 11	Boys 11 years (2015)	B11/3	3 km
	**	Item 16 & 17 – Victory Ceremony		
18	14:00 – G 12	Girls 12 years (2014)	G12/3	3 km
19	14:15 – B 12	Boys 12 years (2014)	B12/3	3 km
	**	Item 18 & 19 – Victory Ceremony		
20	14:30 – G 13	Girls 13 years (2013)	G13/3	3 km
21	14:45 – B 13	Boys 13 years (2013)	B13/4	4 km
	**	Item 20 & 21 – Victory Ceremony		
22	15:05 – G 14	Girls 14 years (2012)	G14/4	4 km
23	15:25 – B 14	Boys 14 years (2012)	B14/4	4 km
	**	Item 22 & 23 – Victory Ceremony		
24	15:45 – G 15	Girls 15 years (2011) (EFT)	G15/4	4 km
25	16:05 – B 15	Boys 15 years (2011) (EFT)	B15/4	4 km
	**	Item 24 & 25 – Victory Ceremony		
26	16:25 – SW 23	Senior Women (2006 to 1992); Women U/23 (2008/2007/2006/2005/2004) (EFT)	SW/4, W23/4	4 km
27	16:45 – SM 23	Senior Men (2006 to 1992); Men U/23 (2008/2007/2006/2005/2004) (EFT)	SM/4, M23/4	4 km
	**	Item 26 & 27 – Victory Ceremony		
28	17:05 – S W & 23	Senior Women (2006 to 1992), Junior (2008/2007) & Youth Women (2010/2009) (EFT)	SW/2, J/2 & Y/2	2 km
29	17:15 – S M & 23	Senior Men (2006 to 1992), Junior (2008/2007) & Youth Men (2010/2009) (EFT)	SM/2, J/2 & Y/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 this **Men & Women separate participation events (NO TEAM competition)**, provided that the athletes are 16 years or older on 31 December 2026 (born between 1992 – 2010).

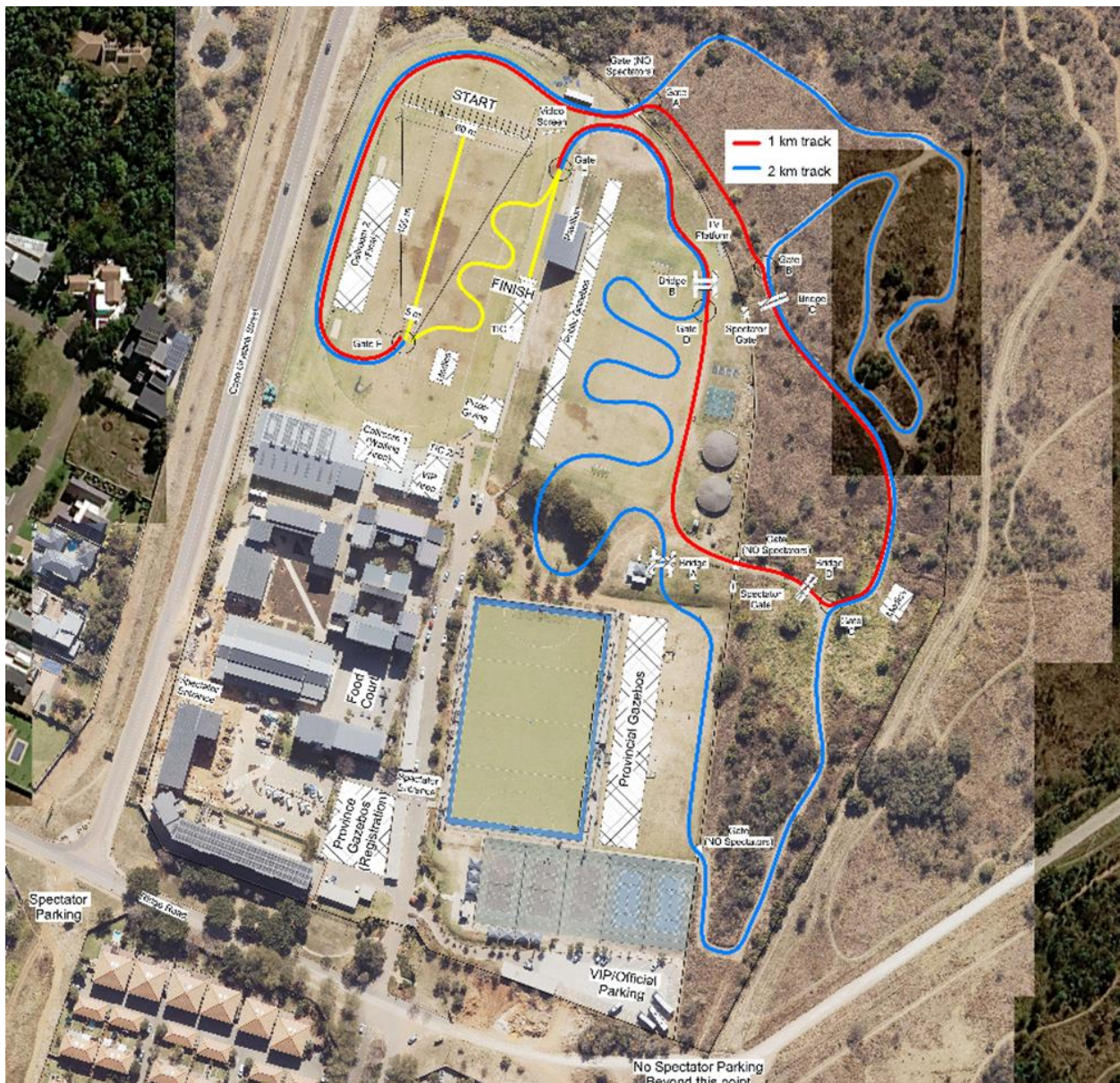
10) The Cross-Country Course:

See the 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:

- The 1km race will be a short loop.
- The 2km race will be one 2 km loop.
- The 3km race will do one 1 km loop followed by one 2 km loop.
- The 4km race will do two 2 km loops.
- The 6km race will do three 2 km loops.
- The 8km race will do four 2 km loops.
- 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) Team Manager's Meeting:

The agenda will be available at the meeting.

a) The Team Manager's Meeting will take place as follows:

- i) **Date:** Friday – 4 September 2026
- ii) **Venue:** Curro Hazeldean High School Sport VIP area (Refer to map on page 8)
- iii) **Time:** 16:00 – 17:00 Technical Meeting for the championship
- iv) **VIP Gala Function** Invitations will be sent to provinces. Curro Hazeldean school Hall.

b) ASA Cross Country Chairperson will chair the meeting, and the following officials or delegates will be in attendance:

- i) Not more than 3 representatives from each Province or Associate member.
- ii) ASA Commission members, ASA office staff, ASA Board members present and AGN LOC Members.
- iii) The Competition Director.
- iv) Jury of Appeal: [Provinces to nominate 4 referees (2 x male & 2 x female) before and appointment will be made at the technical meeting the Friday for the championship.]
- v) All Referees as appointed by ASA in accordance with AGN.
- vi) All Technical Officials as appointed by ASA in accordance with AGN and point 20 (c).

c) **Selection Criteria for 2027 CAA Cross Country Championships.**

- i) Selection events are clearly indicated on the program.
- ii) Participation is a prerequisite for selection of the 2027 CAA Cross Country Championships.
- iii) Notification of athletes who's injured/withdrawal from Provincial teams to be submitted.
- iv) Provinces to indicate athletes selected and participating in other National or International events.
- v) Age sixteen and seventeen eligible as juniors for 2027.
- vi) Age nineteen is eligible as seniors for 2027.
- vii) All athletes must participate in the correct age category for eligibility and selection purposes.
- viii) Appeals for athletes that were omitted must be submitted to the ASA office before the trials.
- ix) **Compulsory participation at ASA Trials will determine the final selection of the ASA Cross Country squad** and will be communicated as soon as CAA issues the 2027 Championship manual.

12) Publication of Results:

- a) The results will be provided via WhatsApp group for each event and shall be displayed at the TIC after approval by the Chief Referee (approximately 30 minutes after completion of the race).
- b) A full set of the results will be e-mailed to each province.
- c) Results link will be communicated with provinces.

13) Assistance to Athletes:

- a) Water will be provided on the course at two water points.
- b) Bottled water will be provided at the finish line.
- c) No Seconding will be allowed by any person except for authorized Championship officials.
- d) Where conditions warrant and taking into 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.

14) Athletes Control Centre (Call Room):

- a) The Call Room will be situated next to the start area. (Call Room 1 and 2) All athletes must report to Call Room 1 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 athletes 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.

15) 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.

16) 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.

17) 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.

18) Anti-Doping Control:

- a) Anti-Doping Control will be conducted in accordance with the AIU/WADA 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 the 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.

19) Medical Service:

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

The medical service provider will be responsible for all medical services.

20) 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 will be forfeited if the appeal is not upheld.

21) Team Management Composition:

- a) Team Managers and Coaches will be accredited as follows:

Up to one hundred athletes	3 Team Managers	3 Coaches
For every 100 athletes (or part of 100) thereafter	1 Team Manager extra	1 Coach extra

- b) Teams may use more managers or coaches, but they will **not receive accreditation**.
- c) Provincial Technical Officials from the neighboring Provinces ACNW, AMPU, ANWN, AVT, CGA and LIMA to a maximum of (2) members are allowed to do an application to be appointed for Technical Official duty during the championships. **Travelling and accommodation costs will be for the account of the provinces.**
- d) Other Provinces are allowed to request placing of **(1) member** but only on confirmation of placement from ASA & LOC Technical Official Committee. All these officials will travel with the Provincial Team Management and share the same accommodation as the Provincial teams. All these TO nominations

must be submitted by the 21st of August 2026 to Thabangm@athleticssa.co.za . confirmation will be by the 25th of August 2026.

22) Technical Information Centre (TIC):

- a) The TIC should be placed near the finish line. The center will help as a 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.

23) 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. (Refer to Map for Provincial Gazebo's)
- b) Big pavilion for spectator seating at the finish line area.

24) General:

- a) The competition will be conducted under 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.

25) Travel & Accommodation:

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

This below table provides accommodation options within approximately **5–15 km** of the championship venue (Curro Hazeldean High School), suitable for athletes, coaches, officials and supporters.

Accommodation	Approx. Area	Contact	Suitable for
Silverlakes Farm Hotel	Silver Lakes	+27 64 852 6512	Teams, officials, families
The Lakes Boutique Lodge	Silver Lakes Golf Estate	+27 12 809 0423	Officials, VIP guests
Casa Flora Guesthouse	Silver Lakes	+27 83 267 0695	Coaches & small groups
The Links Guesthouse	Silver Lakes Golf Estate	+27 83 339 9579	Sports teams & business travellers
Windmills Rest	Pretoria East	+27 82 889 2968	Families & supporters
The Blyde Hotel	Willow Park Manor	+27 82 051 8680	Large groups & families
MINT Resorts the Blyde	Willow Park Manor	+27 87 149 1167	Teams & apartment accommodation
Peter's Guesthouse	Equestria	+27 64 681 9277	Coaches & parents
Glen Marion Guest House	Garsfontein	+27 72 771 6618	Families & officials
Sherewood Lodge	Shere	+27 12 809 2398	Teams & supporters
Guesthouse @ 56	Mooiplaats	+27 72 486 8877	Small groups
Adams Eden Guest House	Willow Park Manor	+27 12 803 9584	Families
Jopasso Guest House	Wapadrand	+27 62 697 1522	Small teams & families
Foundry Guest Lodge	Pretoria East	+27 83 339 9579	Budget accommodation

Recommended Team Accommodation

Large Teams

- The Blyde Hotel
- MINT Resorts the Blyde
- Silverlakes Farm Hotel

These establishments offer multiple rooms or apartment-style accommodation and are ideal for provincial teams.

26) Enquiries:

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

27) Course Layout:

