



**Central Gauteng Athletics
Cross Country Fixture 2022**

DATE	LEAGUE	CLUB	VENUE
07 May	No 1	Ubhle AC	Sam Ntuli Stadium, Thokoza
21 May	No 2	Harambe AC	Dobsonville Communal Hall
4 June	No 3	Boksburg	Boksburg Stadium
18 June	No 4	Simunye AC	Chris Hani Sports Complex, Orange Farm
2 July	No 5	Baobab AC	Simunye Gymnasium, Westonaria
16 July	No 6	Alberton	Alberton Dam
30 July	No 7	RAC	Delta Park
13 August	CGA Champs	CGA	Kagiso Sports Complex
17 September	SA Champs	ASA	Konka, Rusternburg

NB: Selection Criteria:

1. An athlete must run **any 3 out of 7 leagues plus the CGA Championships** to be considered for selection to represent CGA at the SA Championships.
2. The first 4 athletes at the CGA Championships will be considered for selection provided they satisfy Rule 1 listed above.
3. CGA Championships results carry more weight in terms of selection criteria.
4. **No doctor's letter will be considered for selection.**
5. Athletes who were representing South Africa during the cross country season will only be considered for selection based on the athlete's evidence provided/ selectors discretion on the merit of each case.
6. Selectors' discretion will apply in dealing with merits of each athlete's case. All decisions in this regard will be considered final once ratified by the CGA board.
7. Athletes, coaches, parents and clubs are thanked in advance for respecting the selectors' decisions. Athletes, coaches, parents and clubs must note that although CGA endeavors to secure the necessary funding for participation, selections may be informed by budget constraints.
8. **COVID-19** regulations and protocols will be strictly followed in all our leagues and Provincial Championships , i.e. wearing of masks, sanitization, social distancing, etc.
9. Only a Pre-entry system will apply, and no athlete will be allowed to enter the venue on the day of the event. Clubs and athletes are to use the pre-entry system. Athletes and coaches will be checked from the pre-entry list before being allowed to enter our venues.
10. No spectators will be allowed in the venue, athletes and coaches must leave the venue immediately at the end of the event they participated in.
11. Athletes will be allowed into the venue 30 minutes before the start of their event after COVID-19 screening.



**CGA CROSS COUNTRY
LEAGUE PROGRAMME 2022**

10:00	Sub Juniors - Boys and Girls Under 8 (Beginners)	1km
10:15	Sub Juniors - Boys and Girls Under 10 & 9(2011, 2012)	2km
10:40	Youth (2004, 2005), Junior (2002, 2003) & Senior Women (2001 & earlier)	2km
10:55	Youth (2004, 2005), Junior (2002, 2003) & Senior Men (2001 & earlier)	2km
11:15	Girls Under 13(2008)	3km
11:35	Boys Under 12& 11(2009, 2010)	3km
12:00	Girls Under 12 & 11(2009, 2010)	3km
12:30	Girls Under 15 & 14(2006; 2007)	4km
12:55	Boy Under 15 & 14(2006; 2007) Girls Under 17 & 16(2004, 2005)	4km 4km
13:25	Boys Under 13(2008) Sub Veteran Women (35-39 on 18.09.2021) 1986-1982 Veteran Women (40-49 on 18.9.2021)1981-1972 Master Women (50-59 on 18.9.2021)1971-1962 Grandmaster Women (60 on 18.9.2021) 1961 and before	4km 4km 4km 4km 4km
14:10	Boys Under 17 & 16(2004, 2005) Girls Under 19 (2002, 2003) Grandmaster Men (60+ on 18.9.2021) 1961 and before	6km 6km 6km
14:55	Veteran Men (40-49 on 18.9.2021) 1981-1972 Master Men (50-59 on 18.9.2021) 1971-1962	8km 8km
15:40	Senior Men Men Under 23 (1999-2003) Senior Women & Women Under 23 (1999-2003)	4km 4km 4km
16:10	Junior Men- Boys Under 19 (2002, 2003) Sub Veteran Men (35-39 on 18.9.2021) 1986-1982	8km 8km
16:40	Senior Men Senior Women	10km 10km

JUNIORS: Age according to year of birth

SUB VETERANS, VETERANS, MASTERS: Age on day of SA Championships 17.09.2022



NB Veterans: If an athlete turns 40 during the Cross Country season the athlete must run according to the age he/she would be at the SA Championships, i.e. 17.09.2022
NB Age Category for Vets to fit in with Masters Association's Ages.

ENTRY FEE: ATHLETES = R15.00

IMPORTANT INFORMATION ABOUT 2021 CGA CROSS COUNTRY SEASON

Athletes wishing to participate in the CGA 2022 Cross Country season **must** enter using the pre-entry system. The link to this will be sent out closer to the Season start. Pre-Entries can only be made on the pre-entry link or website. There will be **No entries** on the day of the event.

NO TRANSPORT WILL BE OFFERED BY CGA DURING THE 2022 CROSS COUNTRY SEASON DUE TO BUDGETARY CONSTRAINTS AND STRICT COVID-19 REGULATIONS ON MASS GATHERING NUMBERS.

It is very unfortunate that athletes will have to organize their own transport to get to the venues during the 2022 season. Clubs are requested to assist their athletes where possible.

PLEASE PAY ATTENTION TO THE FOLLOWING IMPORTANT RULES:

1. Licensed athletes only. We will verify that an athlete is in good standing with club i.e. that they have renewed their membership for 2022.
2. No Club gazebos/tents will be allowed at the venue
3. **Entries will close on the Tuesday of the week of the league**
4. No Spectators allowed at the venue
5. Only affiliated coaches will be allowed – provided they have pre entered on the pre entry system.
6. **No Leagues - no Champs i.e. An entry will not be accepted for CGA Champs if participant has not competed in 2022 Leagues.**
7. Printed entry stickers, in a plastic bag will be collected at entry gate and placed on spikes at finish for the processing of results.
9. CGA will appoint a Compliance Officer to monitor the Leagues compliance of Covid19 protocols
10. An athlete will only be allowed to run 1 event on a day.
11. Athletics shoe heel height rule will apply and will be monitored (max 25mm)
12. There will be no buses/transport provided by CGA.
13. Results will be posted on the entry website as well as the CGA website.
14. No spectators will be allowed in the venue and athletes and coaches must leave the venue immediately at the end of the event they participated in. Athletes will be allowed into the venue 30 minutes before the start of their event after being checked for COVID-19 rules compliance.

ENTRIES SYSTEM AND LINK:

- Entries link for each League will open on the Wednesday of the week prior to the League e.g. they will open on the 9th June for the event happening on the 19th June.
- **Entries will be closed on Tuesday night before the League or when Covid19 participation numbers are reached.**