



**MPUMALANGA CROSS COUNTRY  
CHAMPIONSHIP**

**HOSTED BY ROOIES ATHLETICS CLUB**

**Saturday, 28 July 2018**

1.	Date and Venue	3
2.	Activity Program	4
3.	Entries	4
4.	The Course	4
5.	Officials Meeting	5
6.	Publication of Results	5
7.	Assistance to Athletes	5
8.	Athletes Control Centre (Call Room)	5
9.	Victory Ceremony	6
10.	Technical Data	6
11.	Medical Service	6
12.	Protests	6
13.	Technical Information Centre	7
14.	General	7
15.	Enquiries	7

## **1. DATE & VENUE**

28 July 2018, HTS Middelburg Hockey fields, Middelburg, Mpumalanga

<b>Directory</b>	<b>Directions</b>
<p><b>Parking:</b> Secured Parking</p> <p><i>Registration Fee:</i> R30.00 <i>Temporary Numbers:</i> R30.00 <i>Spectators</i> R10.00</p> <p><b>Registration:</b> Athletes will receive a name tag at registration and needs to be completed before the start of his or her event. The name tag will be taken from the athlete after he or she has completed the race, in order to process the results. The official red age category tags (front and back) are compulsory for age groups 30 and older. Please ensure that you have a copy of your ID (Birth certificate) available in case of a dispute. All athletes will participate in club.</p> <p><i>Event Starts:</i> 09:30 (Schedule attached)</p> <p><i>Refreshments:</i> On sale at the Venue.</p>	<p>From Johannesburg (N12) and Pretoria (N4) you will pass the tollgate. Keep straight until you get the Bethal/ Middelburg off-road. At the stop you will turn left. You will pass the Middelburg mall. After the first robot you will pass 2 robots. At the 3<sup>rd</sup> robot you turn left into Kogel street. Pass the first stop street. At the second stop street take the second exit. You will see the venue will be on the right-hand side.</p> <p>From Nelspruit on the N4 you take the Bethal off road. Turn right towards Middelburg. You will pass the Middelburg mall. After the first robot you will pass 2 robots. At the 3<sup>rd</sup> robot you turn left into Kogel street. Pass the first stop street. At the second stop street take the second exit. You will see the venue will be on the right-hand side.</p> <p><u>From the old Witbank road</u> Pass the 3 directions stop street. Keep towards Middelburg. At the robot with the Municipality on your right-hand side, turn right. At the next robot, turn right. Drive over the train bridge where you will see the venue on your right-hand side. Take the third exit where the venue is on your right hand</p>

## **2. PROGRAM**

<b>Event Item</b>	<b>Starting Time</b>	<b>Race</b>	<b>Distance</b>	<b>Laps</b>
	08:00	<b>ENTRIES</b>		
1.	09:30	Men 35-39; 40-44; 45-49; 50-54; 55- 59.	8km	4 x 2
2.	10:20	Girls 8 (2010, 2011, 2012);	1 km	1 x 1
3.	10:30	Boys 8 (2010, 2011, 2012)	1 km	1x1
4.	10:40	Senior Women, Senior Men	10 km	5 x 2
5.	11:30	Women 35-39; 40-44;45- 49; 50-54; 55-59; 60-64; 65-69; 70-74; 75 +	4km	2 x 2
6.	12:00	Girls 09 (2009); Girls 10 (2008)	2 km	1 x 2
7.	12:15	Boys 09 (2009); Boys 10 (2008)	2 km	1 x 2
8.	12:30	Men 60-64; 65-69; 70-74;75 +; Junior Women (1999/ 2000)	6km	3 x 2
9.	13:10	Junior Men 19 (1999/2000)	8 km	4 x 2
10.	13:50	Girls 11 (2007); Girls 12 (2006); Girls 13 (2005)	3 km	1x1 and 1 x 2
11.	14:10	Boys 11 (2007); Boys 12 (2006)	3 km	1x1 and 1 x 2
12.	14:30	Senior Men; Men U23 (1996/ 1997/1998/1999/2000)	4 km	2 x 2
13.	14:55	Girls 15 (2003); Girls 14 (2004)	4 km	2 x 2
14.	15:20	Boys 13 (2005); Boys 15 (2003); Boys 14 (2004)	4 km	2 x 2
15.	15:45	Girls 17 (2001); Girls 16 (2002); Senior Women; Women U23 (1996/ 1997/1998/1999/2000))	4 km	2 x 2
16.	16:15	Boys 16 (2002); Boys 17 (2001)	6 km	3 x 2

## **3. ENTRIES**

All participants will register at the entry gate and assemble at the call room 30 minutes prior to the start of their race. Wearing of ASA license numbers are compulsory for age groups. Age category tags from age 35 years and older must be worn. Temporary numbers will be available at the entrance table.

## **4. THE COURSE**

The course consists of a 1km and 2km loop.

## **5. OFFICIALS MEETING**

**Date:** Saturday, 28 July 2018

**Time:** 07h30

**Venue:** Cricket Clubhouse

## **6. PUBLICATION OF RESULTS**

- The victory ceremony will take place as the program progress.
- A full set of results will be e-mailed to the coaches as well as the e-mail group. If you are not part of the email group, please forward me your email address. I will make sure it is on the Mpumalanga website.

## **7. ASSISTANCE TO ATHLETES**

- Water will be provided on the course at a water point +/- 100m past the start line.
- No seconding will be allowed by any person except for authorized officials.
- Water / cold drinks will be provided at the finish line.

## **8. ATHLETES CONTROL CENTRE (CALL ROOM)**

- The Call Room will be situated behind the starting area. All athletes must report to the Call Room at least **30 minutes** before the start of their event. ONLY athletes will be allowed in the Call Room area.
- Only reporting athletes and authorized technical officials will be allowed inside the Call Room area. Parents or team managers entering this area submit their athlete to risk of disqualification.
- Team Managers are responsible for the clothes and personal belongings of the athletes.
- Please make sure that athletes comply with all the requirements needed in the competition. This includes race numbers, age category tags (front and back) and provincial/ club/ school colors.

## **9. VICTORY CEREMONY**

- The first three athletes in each individual event must report at the victory ceremony area. The victory ceremony will take place as indicated on the event program.
- Only athletes dressed in their club/school colors, will be allowed to receive their medals on the podium.
- Athletes must report to the Victory Ceremony area 15 minutes prior to the medal presentation of his/her event.

## **10. TECHNICAL DATA**

- Hand timing will be used.
- During the competition, athletes must always wear the numbers in their original shape and size, properly **secured on the four corners. Please note IAAF Rule 143.7-9. Any athlete who does not respect these rules will not be allowed to compete.**
- **Age tags, front and back secured on the 4 corners.**

## **11. MEDICAL SERVICE**

Full medical services will be available with an ambulance on stand-by.

## **12. PROTESTS**

- Protests shall be made in accordance with IAAF Rule 146. During the course of an event an athlete or his team official may lodge a verbal protest to the appropriate Referee.
- If the problem is not 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.
- The protest must be submitted to the TIC accompanied by a deposit of R200, not later than 30 minutes after the official announcement of the results of the event. The R200 is not back payable, irrespective what the outcome is.
- The decision of the Jury of Appeal shall be published in an official manner. The claimant will

receive a copy of the final decision.

### **13. TECHNICAL INFORMATION CENTRE (TIC)**

The TIC will be located near the finish line. The exact position will be announced at the Team Managers Meeting.

### **14. GENERAL**

- The competition will be conducted under IAAF and ASA Rules.
- Athletes are not permitted to take any cell phones, cassette recorders, radios, I-pods etc., into the competition area.
- Spectators will not be allowed to run with participants.
- No water assistance to athletes on the track. This can lead to disqualification.

### **15. ENQUIRIES**

Please contact Theuns Luus on 083 630 8729 for more detail.