



**ATHLETICS MPUMALANGA &
ROOIES ATHLETIC CLUB (HTS
MIDDELBURG) PRESENT:**



MPUMALANGA CROSS COUNTRY CHAMPIONSHIP

Saturday, 15 August 2015

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1. DATE & VENUE

15 August 2015, Kees Taljaard Stadium, Middelburg, Mpumalanga

Directory	Directions
<p>Parking: Secured Parking @ R10.00 per vehicle.</p> <p><i>Registration Fee:</i> R25.00 <i>Temporary Numbers:</i> R25.00</p> <p>Registration: 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 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, school or neutral colours. ATTACH YOUR CONTACT NUMBER TO YOUR NAME TAG.</p> <p><i>Event Starts:</i> 9:00 (Schedule attached)</p> <p><i>Refreshments:</i> On sale at the Venue.</p>	<p>From Emalahleni (Witbank) and Nelspruit: From the N4 take the Middelburg/Bethal off-ramp. Turn toward Middelburg town (R35). Keep on the road where you will pass the Middelburg Mall and further down HTS Middelburg School on the left (Samora Machel Drive). At the bottom after you pass the train bridge, turn left into Cowen Ntuli Street. At the first robot turn right in Lillian Ngoyi Street. Follow the road until you see the Stadium on your left hand side.</p>



2. ACTIVITY PROGRAM

Event Item	Start	Race		Distance	Laps
	8:00	Inskrywings / Entries			
1	8:30	Mans / Men (30 - 34) (40 - 44) (50 - 54) (60 - 64) (70 - 74)	(35 - 39) (45 - 49) (55 - 59) (65 - 69) (75 +)	8 km 6 km	4 x 2 3 x 2
2	9:00	Dames/ Women (30 - 34) (40 - 44) (50 - 54) (60 - 64) (70 - 74)	(35 - 39) (45 - 49) (55 - 59) (65 - 69) (75 +)	4 km	2 x 2
3	9:25	Girls 8 ; Boys 8	(2007/ 2008/ 2009)	1 km	1 x 1
4	9:40	Girls 9 ; Girls 10	(2006); (2005)	2 km	1 x 2
5	10:00	Boys 9 ; Boys 10	(2006); (2005)	2 km	1 x 2
6	10:40	Senior Men		10 km	5 x 2
	10:45	VICTORY CEREMONY EVENTS 1- 5			
7	11:20	Junior Women	(1996/ 1997/ 1998/ 1999)	6 km	3 x 2
8	11:55	Girls 17 ; Girls 16	(1998); (1999)	4 km	2 x 2
9	12:20	Junior Men	(1996/ 1997/ 1998/ 1999)	8 km	4 x 2
10	13:00	Boys 16 ; Boys 17	(1999); (1998)	6 km	3 x 2
11	13:30	Senior Women		10 km	5 x 2
	13:35	VICTORY CEREMONY EVENTS 6- 10			
12	14:25	Girls 11 ; Girls 12	(2004); (2003)	3 km	1 x 1 1 x 2
13	14:45	Boys 11 ; Boys 12	(2004); (2003)	3 km	1 x 1 1 x 2
14	15:00	Girls 13	(2002)	3 km	1 x 1 1 x 2
15	15:15	Boys 13	(2002)	4 km	2 x 2
16	15:30	Girls 14 ; Girls 15	(2001); (2000)	4 km	2 x 2
	15:35	VICTORY CEREMONY EVENTS 11- 15			
17	15:50	Boys 14 ; Boys 15	(2001); (2000)	4 km	2 x 2
18	16:10	Senior Women Women U/23	(1993, 1994, 1995, 1996, 1997, 1998, 1999)	4 km	2 x 2
19	16:30	Senior Men Men U/23	(1993, 1994, 1995, 1996, 1997, 1998, 1999)	4 km	2 x 2
	16:45	VICTORY CEREMONY EVENTS 16- 19			

3. ENTRIES

All participants must be registered at least 20 minutes prior their race. Wearing of ASA license numbers are compulsory for age groups 13 year and older. Age category tags from age 30 years and older must be wear. Temporarily numbers will be available at the entrance table.

4. THE COURSE

The course consists of a 1km and 2km loop and is barefoot friendly.

5. OFFICIALS MEETING

Date: Saturday, 15 August 2015

Time: 7:00

Venue: Tent at the finish area

6. PUBLICATION OF RESULTS

- The victory ceremony will take place as indicated on the activity program.
- A full set of results will be e-mailed to all clubs / schools.

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 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 20 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 and 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 official club or school colors will be allowed to receive their medals on the podium.
- Athletes must report to the Victory Ceremony holding 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.***

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 satisfactory solved, an appeal must be lodge 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 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 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.

15. ENQUIRIES

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