

**SA CROSS COUNTRY
CHAMPIONSHIPS
2015**

TEAM MANUAL



**12 SEPTEMBER 2015
Middelburg - Mpumalanga**

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1) Date & Venue

Date: Saturday, 12 September 2015

Venue: Kees Taljaard Stadium, Lillian Ngoyi Street, Middelburg, Mpumalanga
GPS Coordinates (25°45'21.4"S ; 29°27'56.7"E)

2) Activity Program:

TEAM ARRIVAL: Friday, 11 September 2015

Time	Activity	Venue
14:00 – 16:30	Collection of race numbers and registration Final changes and withdrawals	Kees Taljaard Stadium, Middelburg
14:00 - 16:30	Route will be open for inspection	Kees Taljaard Stadium, Middelburg
16:30	Team Managers Meeting (Technical Meeting)	Kees Taljaard Stadium, Middelburg
18:30 for 19:00	Mayoral Function (By invitation only)	To be confirmed

CHAMPIONSHIPS: Saturday, 12 September 2015

Time	Activity	Venue
08:30	Start of First Event	Kees Taljaard Stadium, Middelburg
17:30	Start of Last Event	Kees Taljaard Stadium, Middelburg
18:00	Departure of Teams	

3) Entries

- a) Provincial teams are restricted to a maximum of 18 athletes per age category.
- b) Only South African citizens will be allowed to enter as team members.
- c) Team Managers must collect their race numbers on Friday, 11 September 2015 between 14:00 and 16:30 at the Kees Taljaard Stadium, Middelburg.
- d) All changes and withdrawals must be done on Friday 11 September 2015 between 14:00 and 16:30 at registration (Kees Taljaard Stadium, Middelburg).
- e) Team Managers will receive the following for each team member:
 - i) Two athlete bibs,
 - ii) Pins
 - iii) Instruction leaflet
 - iv) Wrist band
- f) 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.

- g) **ASA will allow individual entries to accommodate deserving athletes who are not included in provincial teams for various reasons under the following conditions:**
- i) Only South African citizens will be allowed to enter as individuals.
 - ii) Provinces have first call on an athlete. An Athlete selected for a province must take part for that province and may not enter as an individual.
 - iii) Athletes who are not selected for their province may enter as individuals, but must enter via their province and compete in their official club attire or neutral colours with no advertising on the clothing. No sponsored kit which is not their club's registered kit will be permitted.
 - iv) Individual athletes must be registered for the competition by their province, must have a 2015 license and must be in good standing with the province.
 - v) The province must motivate all individual entries, providing reasons why the athlete/s are not included in their provincial team.
 - vi) Provinces cannot enter individual athletes in a category if they have reached the quota of 18 athletes per age category.

h) **Entrance Fees**

Entrance fee for all athletes, coaches and team managers (team members) is R30 per person and is payable into the account of AMPU by the closing date of entries.

Banking detail of AMPU is:

Bank:	Nedbank Middelburg
Account Name:	Athletics Mpumalanga
Type:	Current Account
Branch No.:	158 650
Account No.:	159 403 2289
Ref.:	SAXC – "Team Name"

Spectator entrance fee is R25 per person payable at the gate.

Secure parking will be available at R10 per vehicle payable on entrance.

Wrist bands for all entered athletes, team managers and coaches will be issued at number collection. Please bring proof of payment.

Wrist bands must be worn once entering the venue and is non-transferable. The wrist bands for athletes, coaches and team managers will differ in colour and this will allow entrance for team members into the warm up area as well as designated team areas at the venue.

4) **Closing Date for Entries**

All entries (teams and individuals) must be done on prescribed Excel-spreadsheet entry form and must be e-mailed to Pieter de Jager at pieterdj@athleticsa.co.za by no later than close of business on Monday 31 August 2015.

No faxed or handwritten entries will be accepted.

Closing date of entries is Monday, 31 August 2015.

5) Age Categories

The following age categories will participate at the National Championships:

EVENT PROGRAMME				
Event	Start	Age Categories	Abbreviation	Distance
1	08:30	Men 30-34; Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59	M30/8 or M35/8	8km
2	09:10	Women 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+	W30/4 or W35/4	4km
3	09:35	Men 60-64; Men 65-69; Men 70-74; Men 75-79; Men 80-84; Men 85-89; Men 90+	M60/6 or M65/6	6km
4	10:10	Girls 8 years (2007/2008/2009)	G8/1	1km
5	10:20	Boys 8 years (2007/2008/2009)	B8/1	1km
6	10:30	Girls 9 years (2006)	G9/2	2km
7	10:40	Boys 9 years (2006)	B9/2	2km
8	10:50	Girls 10 years (2005)	G10/2	2km
9	11:00	Boys 10 years (2005)	B10/2	2km
10	11:15	Senior Men	SM/10	10km
	11:20	Victory Ceremony Events 1-7		
11	11:55	Junior Women (1996/1997/1998/1999)	JW/6	6km
12	12:25	Girls 16 (1999); Girls 17 (1998)	G16/4 or G17/4	4km
13	12:45	Junior Men (1996/1997/1998/1999)	JM/8	8km
14	13:20	Boys 16 (1999); Boys 17 (1998)	B16/6 or B17/6	6km
15	13:45	Senior Women	SW/10	10km
	13:50	Victory Ceremony Events 8-13		
16	14:35	Girls 11 (2004)	G11/3	3km
17	14:55	Boys 11 (2004)	B11/3	3km
18	15:10	Girls 12 (2003)	G12/3	3km
19	15:30	Boys 12 (2003)	B12/3	3km
20	15:50	Girls 13 (2002)	G13/3	3km
21	16:10	Boys 13 (2002)	B13/4	4km
	16:15	Victory Ceremony Events 14-19		
22	16:30	Girls 14 (2001); Girls 15 (2000)	G14/4 or G15/4	4km
23	16:50	Boys 14 (2001); Boys 15 (2000)	B14/4 or B15/4	4km
	16:55	Victory Ceremony Events 20-22		
24	17:10	Senior Women; Women U/23 (1993/1994/1995/1996/1997/1998/1999)	SW/4, W23/4	4km
25	17:30	Senior Men; Men U/23 (1993/1994/1995/1996/1997/1998/1999)	SM/4, M23/4	4km
	17:45	Victory Ceremony Events 23-25		

- a) Although the Seniors and Under 23 (Men & Women) run together in the 4 Km event, they are deemed two separate races. Therefore Men/Women Under 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 Under 23 shall therefore not be eligible for a team competition for the Senior race.
- b) No athlete will be allowed to run outside of his or her age category except in the following cases:
 - i) **Senior (Open):** All ages may participate in this age category provided that the athlete is 16 years or older on 31 December 2015 (born in 1999 or earlier).
 - ii) **Under 23:** Only athletes 22 years and younger, but at least 16 years of age on 31 December 2015 (born in 1993, 1994, 1995, 1996, 1997, 1998 or 1999).
 - iii) **Junior** athletes must be 19 years or younger, but at least 16 years of age on 31 December 2015 (born in 1996, 1997, 1998 or 1999).
- c) Only athletes 6 years or older on 31 December 2015 (born in 2009 or earlier) will be allowed to enter for the Championships.

- d) The four main events printed in **BOLD** will have prize money.

6) The Cross Country Course

See the attached map for the layout of the course. The course consists of a 2 km and a 1 km loop and the following will apply for the different distance races:

- a) The 1km race will be a short loop
- b) The 2km race will do one 2km loop
- c) The 3km race will do one 1km loop followed by one 2km loop
- d) The 4km race will do two 2km loops
- e) The 6km race will do three 2km loops
- f) The 8km race will do four 2km loops
- g) The 10km race will do five 2km loops

7) Team Manager's Meeting

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

Date: Friday, 11 September 2015
Time: 16:30
Venue: Kees Taljaard Stadium
Middelburg

- b) The meeting will be chaired by ASA. The following officials or delegates will be in attendance:
- i. Not more than 3 representatives from each Province;
 - ii. LOC Members;
 - iii. The Competition Director;
 - iv. The Members of the Jury of Appeal;
 - v. All Referees;
- c) The agenda will be available at the meeting.

8) Publication of Results

- a) The results of each event shall be displayed on the "Results board" at the venue after approval by the Chief Referee (approximately 30 minutes after completion of the race).
- b) A full set of results will be e-mailed to each province.

9) Assistance to Athletes

- a) Water will be provided on the course at a water point ± 80 m past the start line.
- b) Water and a soft drink will be provided at the finish line.
- c) No Seconding will be allowed by any person except for authorised officials.

10) Athletes Control Centre (Call Room)

- a) The Call Room will be situated next to the start area. All athletes must report to the Call Room at least 20 minutes before the start of their event.
- b) Only reporting athletes and authorised technical officials will be allowed inside the Call Room area. Parents and team managers entering this area submit their athlete to the risk of disqualification.
- c) Team Managers are responsible for the clothes and personal belongings of the athletes.
- d) Please make sure that athletes comply with all the requirements needed in the competition. This includes race numbers, age category tags and provincial attire.

11) Team Scoring

- a) All entrants of 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. Individual athletes (if any) will be removed from the finishing list when calculating team prizes.

- c) In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first position.
- d) Team medals will be awarded to the first three teams (4 members) in each event.

12) Victory Ceremony

- a) The victory ceremonies will be according to the program in paragraph 5. The first three athletes in each individual event and the first three teams must report at the victory ceremony area.
- b) Only athletes dressed in their provincial tracksuits will be allowed to receive their medals on the podium.
- c) Athletes must report to the victory ceremony holding area 15-minutes prior to the time scheduled for the medal presentation of his/her event.

13) Technical Data

- a) Manual hand timing will be used.
- b) Two race numbers will be issued to each athlete. 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.**
- c) To help ASA and the organizers to provide a correct set of results, the following rule will strictly be applied:
 - Any athlete that is lapped by the front runners in any of the races, irrespective of the distance, will be removed from the course and will not be allowed to finish the race.
 - Where different age groups are competing in the same race, the rule will be applied if an athlete is lapped by the front runners in the same age category.

14) Anti-Doping Control

- a) Anti-Doping Control will be conducted in accordance with the IAAF 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 carried out in compliance with 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.

15) Medical Service

Full medical services will be available with an ambulance at the venue.

16) Protests

- a) 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.
- 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) The protest must be submitted to the TIC accompanied by a deposit of R500, not later than 30 minutes after the official announcement of the results of the event.
- 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.

17) Team Management

- a) Team Managers and Coaches will be accredited as follows:
- | | | |
|--|-----------------|-----------|
| Up to 100 athletes | 3 Team Managers | 3 Coaches |
| For every 100 athletes (or part of 100) thereafter | 1 Team Manager | 1 Coach |
- b) Teams may use more managers or coaches, but they will not receive accreditation.

18) Technical Information Centre (TIC)

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

19) Team Seating

- a) An area will be demarcated on the B-field 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.
- b) Limited spectator seating will also be available next to the start area.

20) General

- a) The competition will be conducted under IAAF Rules
- b) Athletes are not permitted to take any cell phones, cassette recorders, radios, I-pods etc, into the competition area.
- c) Spectators will not be allowed to run with participants.

21) Travel & Accommodation

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

Hostels

1. Middelburg Technical High School (HTS) – 076 262 8696 (Gawie)
2. Middelburg High School (MHS) – 082 262 9892 (Gerrie)
3. General Hertzog High School – 072 106 8505 / 013 656 2464

Guest Houses

<p>Kairos Home</p> <p>Contact: Johan Address: 9 Hexrivier Street, Aerorand Middelburg Contact no: 082 780 7044 082 785 8983 Fax: 013-244 1646 E-Mail address: kairoshomeint@gmail.com Website: www.kairoshome.co.za</p>	<p>Lobelia Guesthouse</p> <p>Contact: Carin Grace Address: 6 Lobelia Street, Kanonkop Middelburg Contact no: 083 469 6392 Fax: 086 577 4133 E-mail address: lobeliaguesthouse@gmail.com Website: www.lobeliaguesthouse.co.za</p>
<p>Middelburg Country Club</p> <p>Contact: Rina Glad Address: Eeufes Street, Clubville, Middelburg Contact no: 013 282 6176/7/8 Fax: 013 243 2435 E-mail address: ldodge@midgolf.co.za Website: www.midgolf.co.za</p>	<p>Midway Inn</p> <p>Contact: Ilze/Jerry Address: 275 Cowen Ntuli Street, Eastdene, Middelburg Contact no: 013-246 2081/2 013-246 2083/4 Fax no: 013-246 1172 E-mail: reservations@midwayinn.co.za Website: www.midwayinn.co.za</p>

<p>Mural Guesthouse</p> <p>Contact: Cobus Coetzee Address: 34 Viljoen Street, Middelburg Contact no: 084 556 6754 Fax: 086 519 7278 E-mail address: muralguesthouse@lantic.net Website: mural guesthouse Middelburg Mpumalanga</p>	<p>The Orion Guesthouse</p> <p>Contact: Lourens Nel/Suné du Toit Address: 29 Baviaanskloof, Aerorand, Middelburg Contact no: 082 568 0912 013-244 1850 E-mail: reception@theorion.co.za Website: www.theorion.co.za</p>
<p>Pumpkin Tree Guesthouse</p> <p>Contact: Anita Stols Address: 7 Vos Street, Groenkol, Middelburg Contact no: 082 673 3455 Fax: 086 620 7533 E-mail address: mwherb@lantic.net Website: Pumpkin Tree FACEBOOK page</p>	<p>Tudor Manor Guesthouse</p> <p>Contact: Leah-Anne Lovette Du Toit Address: 6A Wes Street, Clubville Middelburg Contact no: 013-243 3361 084 261 3678 Fax no: 0880 13243 5502 E-mail: tudormanor@telkomsa.net Website: http://www.safarinow.com/go/tudormanorguesthouse/middelburg</p>
<p>Woodpecker Guesthouse</p> <p>Contact: Dini Swanepoel Address: 80 Dr. Beyers Naude Street, Middelburg Contact no: 082 469 8481 Fax: 086 6643 350 E-mail: din Swanepoel@gmail.com Website: www.woodpecker-guesthouse.co.za</p>	<p>Yalla Yalla Boutique Hotel</p> <p>Contact: Karin dos Santos Address: 5 Culembourg Crescent, Die Heuwel, Witbank Contact no: 013-656 5424 082 589 7980/076 892 3877 E-mail: info@yallayallaboutiquehotel.com Website: www.yallayallaboutiquehotel.com</p>

Lunch Boxes for groups can be ordered directly from Erica Clarence at 079 876 0651

22) Enquiries

Please contact the ASA Office at 011 880 5800 for more information.