

**KZN CROSS COUNTRY
CHAMPIONSHIPS
2024
COMPETITION MANUAL**



**KWAZULU-NATAL
ATHLETICS**

**03 AUGUST 2024
AMANZIMTOTI
SPORTS CENTRE**



General Information

Date : 03 August 2024
Venue : Amanzimtoti Sports Centre
Ethekwini District
KwaZulu-Natal

Parking at and around the venue



Parking will be on a first come first serve basis as there is limited secure parking available. All parking is at own risk and no valuables to be left unattended in the vehicles.





1) ENTRIES

There is no restriction on the number of athletes a club can enter per age group.

Only Team Managers/Club Captains/ Representatives will be allowed to collect Club registration packs. Clubs will have to have a workable method for the collection of competition numbers and wristbands for individual athletes. No Parents or Coaches will be entertained at the registration area for collection of numbers and wristbands.

a) **Team Managers/Club Captains/ Representatives will receive the following for each athlete:**

- i. KZNA Competition Number and pins
- ii. Instruction leaflet
- iii. Wristbands

b) **Team Managers to ensure:**

- i. Athletes to wear both ASA permanent licence number on the front and the back of the club attire.
- ii. Athletes to wear Competition number over the front ASA permanent licence number.
- iii. Masters Age Category tags need to be worn on the club vest during the competition as the different age groups will be running simultaneously (Items 1a, 2a, 2b and 3)

c) **Entry Fees**

- i. Entry Fee for each athlete is R40 and needs to accompany the entry form. Club's will not receive their race packs without full payment for all entered athletes.

ii. **BANKING DETAILS:**

FIRST NATIONAL BANK (FNB)
CURRENT ACCOUNT
62823881372 (ACCOUNT NUMBER)
XC CHAMP + CLUB NAME (REFERENCE)

- iii. No Entries or cash will be accepted on the day.

d) **Closing Dates for Entries:**

- i. All entries (teams and individuals) must be done on the prescribed excel spreadsheet entry form and emailed to entries@kznathletics.co.za and jabulani.m@kznathletics.co.za **no later than the close of business (16h00) Tuesday, 30 July 2024.**





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- ii. Entries that are submitted without payment, will be charged a penalty of an additional R 40 should payment be done later than the close of business (16h00) Tuesday, 30 July 2024. **Each entry will therefore be R 80 instead of R40.**
 - iii. Late entries will only be accepted no later than the close of business (16h00) Wednesday, 21 July 2024. **Late entries will be R80 per athlete.**
 - iv. Entries must be submitted on the prescribed excel spreadsheet. **No handwritten entries will be accepted.**

2) Age Categories:

The following age categories will participate at the 2024 Provincial Championships:

- a) No athlete will be allowed to run outside of his or her age category according to the following:
 - i) Senior (born between 1990 and 2004).
 - ii) Under 23: Only athletes born in 2002, 2003, 2004, 2005 and 2006.
 - iii) Junior athletes born in 2005 or 2006.
 - iv) Youth athletes born in 2007 or 2008.
 - v) Master Men and Women: Any athlete who has reached his/her 35th birthday (Rule TR 3.1). Items 1 & 3 are deemed separate age group races.
 - vi) 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 4 Km 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.
- c) Although the Seniors, Juniors and Youth (Men & Women) run together in the 2 Km event, they are deemed three separate races. Therefore Seniors, Juniors and Youth (Men & Women) can only run in their specific category and must be indicated as such during the entry process.
- d) Only athletes 6 years or older on 31 December 2023 (born in 2017 or earlier) will be allowed to enter for the Championships.



**COMPETITION 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 (2016/2017/2018)	G8/1	1 km
5	09:20 – B 8	Boys 8 years (2016/2017/2018)	B8/1	1 km
6	09:30 – G 9	Girls 9 years (2015)	G9/2	2 km
	09:25 ±	Items 4 & 5 (Directly after the start of Item 6) – Victory Ceremony		
	09:30	Items 1; 2 & 3 – Victory Ceremony		
7	09:40 – B 9	Boys 9 years (2015)	B9/2	2 km
	**	Items 6 & 7 – Victory Ceremony		
8	09:50 – J W	Junior Women (2006/2005)	JW/6	6 km
9	10:20 – J M	Junior Men (2006/2005)	JM/8	8 km
	**	Items 8 & 9 – Victory Ceremony		
10	10:55 – S W	Senior Women	SW/10	10 km
11	11:35 – S M	Senior Men	SM/10	10 km
	**	Items 10 & 11 – Victory Ceremony		
12	12:15 – G 16/17	Girls 16 years (2008); Girls 17 years (2007)	G16/4 or G17/4	4 km
13	12:40 – B 16/17	Boys 16 years (2008); Boys 17 years (2007)	B16/6 or B17/6	6 km
	**	Item 12 & 13 – Victory Ceremony		
14	13:10 – G 10	Girls 10 years (2014)	G10/2	2 km
15	13:20 – B 10	Boys 10 years (2014)	B10/2	2 km
	**	Item 14 & 15 – Victory Ceremony		
16	13:30 – G 11	Girls 11 years (2013)	G11/3	3 km
17	13:45 – B 11	Boys 11 years (2013)	B11/3	3 km
	**	Item 16 & 17 – Victory Ceremony		
18	14:00 – G 12	Girls 12 years (2012)	G12/3	3 km
19	14:15 – B 12	Boys 12 years (2012)	B12/3	3 km
	**	Item 18 & 19 – Victory Ceremony		
20	14:30 – G 13	Girls 13 years (2011)	G13/3	3 km
21	14:45 – B 13	Boys 13 years (2011)	B13/4	4 km
	**	Item 20 & 21 – Victory Ceremony		
22	15:05 – G 14	Girls 14 years (2010)	G14/4	4 km
23	15:25 – B 14	Boys 14 years (2010)	B14/4	4 km
	**	Item 22 & 23 – Victory Ceremony		
24	15:45 – G 15	Girls 15 years (2009)	G15/4	4 km
25	16:05 – B 15	Boys 15 years (2009)	B15/4	4 km
	**	Item 24 & 25 – Victory Ceremony		
26	16:25 – SW 23	Senior Women (2004 to 1990); Women U/23 (2006/2005/2004/2003/2002)	SW/4, W23/4	4 km
27	16:45 – SM 23	Senior Men (2004 to 1990); Men U/23 (2006/2005/2004/2003/2002)	SM/4, M23/4	4 km
	**	Item 26 & 27 – Victory Ceremony		
28	17:05 – S W & 23	Senior Women (2004 to 1990), Junior (2006/2005) & Youth Women (2008/2007)	SW/2, J/2 & Y/2	2 km
29	17:15 – S M & 23	Senior Men (2004 to 1990), Junior (2006/2005) & Youth Men (2008/2007)	SM/2, J/2 & Y/2	2 km
	**	Item 28 & 29 – Victory Ceremony		





3) **Club Kit:**

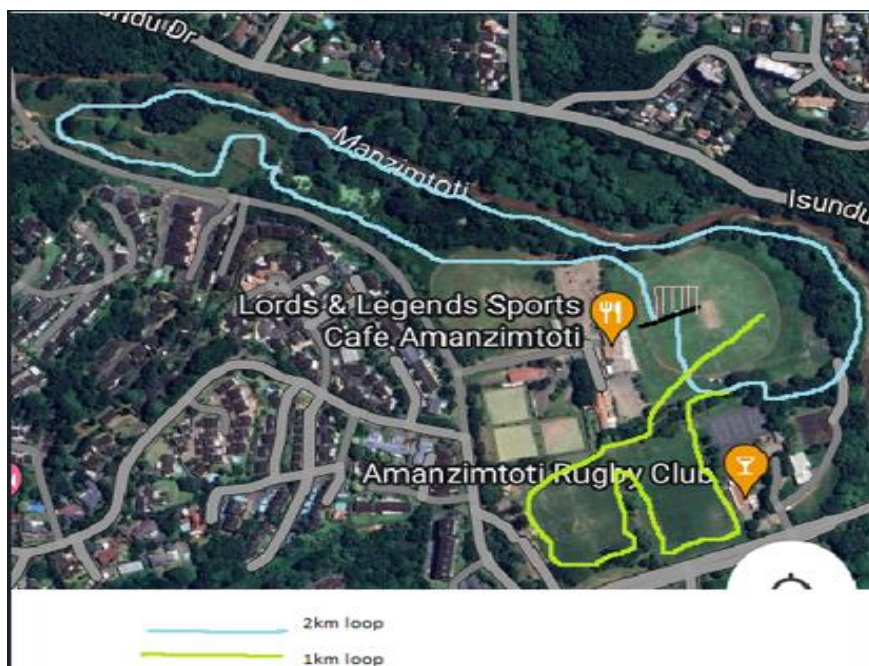
- a) All athletes of the same team will wear the official club kit, of the same colour during the competition and during all the ceremonies.
- b) The official uniform shall be in accordance with the ASA rules and regulations.

4) **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:

- i) The 1km race will be a short loop
- ii) The 2km race will do one 2 km loop
- iii) The 3km race will do one 1 km loop followed by one 2 km loop
- iv) The 4km race will do two 2 km loops
- v) The 6km race will do three 2 km loops
- vi) The 8km race will do four 2 km loops
- vii) The 10km race will do five 2 km loops

5) **Course Layout**



**6) Athletes Control Centre (Call Room):**

- a) The Call Room will be situated close 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 authorized technical officials will be allowed inside the Call Room area.
- c) Team Managers are responsible for the clothing and personal belongings of the athletes.
- d) Ensure that every athlete comply with all the requirements needed in the competition. This includes race numbers, age category tags (SAMA age group categories only) and club colours.

7) Assistance to Athletes:

- a) Water will be provided on the course at a water point ± 50 m past the start line and along the route.
- b) Water will be provided at the finish line.
- c) Where conditions warrant and taking in account the nature of the event, weather conditions and fitness of the majority of the competitors, water may be placed at more regular intervals along the route.

8) Publication of Results:

- d) 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).
- e) A full set of results will be e-mailed to all clubs.

9) Protests regarding results:

- e) 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.
- f) If the problem is not satisfactory 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.
- g) 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.
- h) 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, which will be forfeited if the appeal is not upheld.

**10) Victory Ceremony:**

The victory ceremonies will be according to the program on page 5. The first three athletes in each individual event and the first three teams must report at the victory ceremony holding area.

11) Medical Service:

Full medical services will be available with ambulances at the venue at specified points.

ALS Medical will assist with medical services.

12) Technical Information Centre (TIC):

- a) The TIC shall be placed near the finish line. The center will help as link between Team Managers, the Technical Delegate and the LOC. The exact position will be visible through signage on the day.
- b) The TIC will be responsible of urgent notifications and Team Managers and officials will be able to collect the main technical results there. It will be open as from 05:00 the morning until the end of the championships.

13) General:

- a) The competition will be conducted under 2020 – 2021 ASA Domestic & WA 2022 Competition 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.





14) **Travel & Accommodation:**

Travel and accommodation for the teams are the responsibility of the club.

15) **Enquiries:**

Please contact Mr. Jabulani Mhlungu at the KZNA Office on 031 312 9374 or jabulani.m@kznathletics.co.za for any additional information.

