



Cross Country Circular 1 of 2017.

31 March 2017.

Dear Cross Country athletes and supporters,

Welcome to the 2017 AGN Cross Country Season!

We have a full program of 17 events this year, which includes an Inter Provincial event in Pretoria on 10 June and the National Championships in Potchefstroom on 9 September. Our domestic league season kicks off with our first event at Cullinan on 29 April. The complete fixtures list is attached, but I will send more detail of the events as we get closer.

The venue of the Inter Provincial must still be confirmed, but it will be in Pretoria.

There is also a cross country workshop for coaches on 5 and 6 May.

We hope you enjoy the season with us.

Pre-season Program

The pre-season program is standard and usually starts at 12:30 on Saturday afternoons.

However, there will be exceptions;

- The Protea Cullifest Event at Cullinan will start a little earlier to accommodate the live performances on stage which is part of the event.
- The "*Asics Night Race*", which is run under the flood lights in the evening.

Entry fee is standard R 25.00 for all events. Any athlete is welcome to participate. They can use their club or school attire.

Please note that some adjustments might be made to the fixtures list due to availability of venues.

Email List

If you received this email, but you are no longer interested in receiving cross country information, please reply to this mail and we will remove you from the list. If you know of any other person who would like to receive our email, please forward their address to us so that we can add them to the list.

Selection into Gauteng North Teams

Athletics Gauteng North will be selecting a team to the Inter Provincial as well as to the National championship.

Inter Provincial at Pretoria.

AGN will select a team of 18 athletes to represent the province at this event. Athletes have to participate in at least two of the following pre-season leagues:

- Protea Culli Fest (Sat, 29 April)
- TUT Pta West (Sat, 13 May)
- Transnet Kilner Park (20 May)
- Asics Night Race (Fri, 26 May)

The best 18 athletes, who took part in at least two leagues, will be selected based on a comparison of their positions at the leagues they participated in.

National Championship at Potchefstroom.

ASA allows a province to enter a maximum of 18 athletes per age category. AGN intends selecting the full complement allowed by ASA, but it creates challenges for us when something goes wrong during the selection process, because ASA will not allow us to add more athletes to the team. For this reason, and to remove subjectivity from the selection process, the AGN selectors will only consider the results of the AGN championships for the selection of the team, provided that athletes comply with the criteria below:

- The top 4 positions at the AGN championships in each age category qualify automatically, even if the athlete did not run enough league events.
- Athletes in age categories 14 years and older (including secondary schools, seniors and masters): Two top 50 positions in any of the leagues (pre-season, main season [schools events] and the Inter Provincial) plus the AGN championship, which is compulsory.
- Athletes in age categories 13 years and younger [primary schools athletes]: A top 50 position in any two of the three main season leagues (Midstream College – 28 July, Queenswood – 4 August, Curro Hazeldean – 11 August) plus the AGN championship, which is compulsory.
- Primary and secondary schools athletes (19 years and younger) who obtain a first position at any of the following leagues will be included in the team, provided that they fulfil the number of leagues required (as set in the two points above) and they participate in the AGN championships:
 - Eldoraigne High – 26 July
 - Midstream College – 28 July

- Prestige College – 2 August
- Queenswood – 4 August
- Pretoria Boys High – 8 August
- Curro Hazeldean – 11 August
- Uitsig High – 16 August

Please note: Athletes that is 13 years and younger need to participate in the primary schools events to fill their quota of leagues, even if they are already in secondary school. Similarly, athletes 14 years and older need to participate in the secondary schools events to fulfil their leagues.

Contact Detail

You can contact Sandra Aldridge the Athletics Gauteng North office at 012 327 4932 or at office@agn.co.za .You can also visit our web page at <http://www.agn.co.za>.

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