

**SOUTH AFRICA SCHOOLS
ATHLETICS**

**NATIONAL PRIMARY & HIGH
AND L.S.E.N.
SCHOOLS
CROSS COUNTRY
CHAMPIONSHIPS**



**COMPETITION
MANUAL**

Tom Naude Technical High School

POLOKWANE-LIMPOPO

30 SEPTEMBER 2023

INDEX

1. DATE & VENUE	p 3
2. ACTIVITY PROGRAMME	p 3
3. ACTIVITY OF COMPETITION	p 3
4. AGE CATEGORIES	p 3/4
5. TEAM ENTRIES	p 4
6. ENTRANCE FEE FOR SPECTATORS	p 5
7. SIZE OF PROVINCIAL TEAMS	p 5
8. TEAM MANAGEMENT	p 6
9. TEAM MANAGERS & TECHNICAL OFFICIALS MEETING	p 6
10. TRANSPORT AND ACCOMMODATION	p 7
11. COMPETITION RULES FOR LSEN PARTICIPANTS	p 7
12. REPORTING TIME FOR RACES	p 7
13. OFFICIAL OPENING	p 7
14. COMPETITION MEDALS	p 8
15. PARTICIPATION NUMBERS	p 8
16. PARKING	p 8
17. FIRST AID	p 8
18. GENERAL RULES	p 8
19. COMPETITION RULES	p 9
20. CONTACTS	p 9
ADDENDUM - A	Confirmation of Contingent
ADDENDUM - B	Confirmation of Entries
ADDENDUM - C	Appeal Form
ADDENDUM - D	Sequence of Races (Programme)

1) DATE & VENUE

Date: Saturday, 30 September 2023

Venue: Tom Naude Technical High School, Polokwane-Limpopo

2) ACTIVITY PROGRAMME

ARRIVAL OF ALL TEAMS – FRIDAY, 29 SEPTEMBER 2023

- 1. Mainstream - All Age Groups - Boys & Girls.**
- 2. LSEN - All Age Groups – Boys & Girls.**

Time	Activity	Action
09:00 – 15:00	Registration	9 x General Managers
14:00 – 17:00	Route opens for inspection	Athletes to walk the route
15:00 – 16:00	Team Managers Meeting	3 x Team Managers from each of the 9 Provinces
16:00 – 17:00	Technical Officials Meeting	35 x Technical Officials
18:00 – 19:00	Opening Ceremony and March Pass	All Managers, Coaches and Athletes to attend.

3) ACTIVITY OF COMPETITION

CHAMPIONSHIPS FOR ALL ATHLETES - SATURDAY, 30 SEPTEMBER 2023

Time	Activity	Venue
07:00	Technical Officials report for duty	Tom Naude Technical High School
08:00	Start of First Race	Tom Naude Technical High School
17:00	Closing Ceremony & Departure of Teams.	Tom Naude Technical High School

4) AGE CATEGORIES

Main Stream Athletes

Age	Year Born	Distance Boys	Distance Girls
10	1 Jan – 31 Dec 2013	2 Km	2 Km
11	1 Jan – 31 Dec 2012	3 Km	3 Km
12	1 Jan – 31 Dec 2011	3 Km	3 Km
13	1 Jan – 31 Dec 2010	4 Km	3 Km
14	1 Jan – 31 Dec 2009	4 Km	4 Km

15	1 Jan – 31 Dec 2008	4 Km	4 Km
16	1 Jan – 31 Dec 2007	6 Km	4 Km
17	1 Jan – 31 Dec 2006	6 Km	4 Km
19	1 Jan – 31 Dec 2004/2005	8 Km	6 Km

L.S.E.N. (MID & DEAF) Athletes

Age	Year Born	Distance Boys	Distance Girls
14	1 Jan – 31 Dec 2009	4 Km	4 Km
15	1 Jan – 31 Dec 2008	4 Km	4 Km
16	1 Jan – 31 Dec 2007	6 Km	4 Km
17	1 Jan – 31 Dec 2006	6 Km	4 Km
19	1 Jan – 31 Dec 2004/2005	8 Km	4 Km

5) TEAM ENTRIES (Addendum B)

- Closing date for entries : Tuesday, 19 September 2023.
- Final date for withdrawals : Tuesday, 26 September 2023.

Submission of entries: By E-Mail – Excel Format (Template attached)

- **Dr Johan Badenhorst – jobaentries@gmail.com**
- **Mr Jantjies Theletsane - mtheletsane0303@gmail.com**
or
m.theletsane@fseducation.gov.za

Please confirm receipt of your team information by E-Mail with the Results Team on or before Tuesday, 19 September 2023.

**NB: All Provinces must ADHERE to the closing date for entries.
LATE ENTRIES WILL RESULT IN PENALTIES.
EACH PROVINCE WILL BE PENALIZED WITH R 500.00 PER DAY/PART OF THE DAY.
Penalties will have to be paid before participation is allowed!!**

6) ENTRANCE FEES FOR SPECTATORS

Adults - R 30.00 per person

Learners - R 15.00 per person

7) SIZE OF PROVINCIAL TEAMS

MAIN STREAM:

- Mainstream Provinces will be allowed to enter a maximum of ONE TEAM per Age Group.
- A team consists of a minimum of 4 and a maximum of 6 athletes for Boys or Girls.
- If an age group has less than 4 athletes in the specific age group, they will not be allowed to count for the team competition in that age group.
- The first four athletes of each team, completing the race, will count for points.
- **Age Groups for Boys and Girls are 10,11,12,13,14,15,16,17,19. Maximum of (108) athletes in total, per Province.**
- **Provinces must submit the total size of the contingent before or on Tuesday, - 19 September 2023.**

Submit to the following Officials:

Dr Johan Badenhorst – jobaentries@gmail.com

Mr Jantjie Theletsane - mtheletsane0303@gmail.com

Sibongile Nxumalo - nganenxumalo@gmail.com

LSEN - (MID + DEAF):

- LSEN: Provinces will be allowed to enter a maximum of one team per Age Group.
- A team consists of a minimum of (4) and a maximum of (6) athletes for Boys or Girls.
- If an age group has less than 4 athletes in the specific age group, they will not be allowed to count for the team competition in that age group.
- The first four athletes of each team, completing the race, will count for points.
- **Age Groups for Boys and Girls are 14,15,16,17,19. Maximum of (60) athletes in total, per Province.**
- **Provinces must submit the total size of the contingent before or on Tuesday, 19 September 2023.**

Submit to the following Official:

8) TEAM MANAGEMENT (Size)

MAIN STREAM: (Maximum of 14 per Province)

- Every Province may appoint two (2) General Managers plus Twelve (12) assistants, which includes coaches, Six (6) for High Schools and Six (6) for Primary Schools.
- At least 5 of the accompanying officials must be Female.

Composition – Maximum of 14 per Province:

- One (1) General Manager for High Schools
- One (1) General Manager for Primary Schools
- One (1) Male & (1) Female for 10 & 11 years old – Primary Schools.
- Two (2) Male & (2) Female for 12 & 13 years old – Primary Schools.
- Three (3) Male & (3) Female for 14,15,16,17 & 19 years old - High Schools.

L.S.E.N. (MID & DEAF): (Maximum of 7 per Province):

- Each Province may appoint (1) General Manager for LSEN and (6) assistants:
(3) Male and (3) Female.
- One (1) Male & (1) Female for 14- & 15-years old group – LSEN
- One (1) Male & (1) Female for 16- & 17-years old group – LSEN
- One (1) Male & (1) Female for 19 years old group – LSEN

TECHNICAL OFFICIALS (Delegated by Provinces)

- Provinces must submit names of **Qualified Technical Officials** for the purpose of officiating at the competition.
- Maximum of (5) names per Province (3 x Mainstream and 2 x LSEN).
- Eight (8) Provinces x 5 = 40: The remaining 20 x TO are from the Hosting Province.
- Names of Technical Officials that will officiate at this competition will be circulated to all provinces well in time – Providing they adhere to the submission of Names on Tuesday, 19 September 2023.

Submit to the following Official:

Sibongile Nxumalo - ngan enxumalo@gmail.com

9) TEAM MANAGERS & TECHNICAL OFFICIALS MEETING

- Team Managers Meeting will take place at the Venue 15:00-16:00 on Friday, 29 September 2023.

- Technical Officials Meeting will take place at the Venue 16:00-17:00 on Friday, 29 September 2023.
- Three (3) Team Managers, One for Primary Schools, One for High Schools & One for LSEN from each Province, must attend this meeting.
- All designated Technical Officials **MUST** attend the Technical Officials Meeting at the venue 16:00-17:00 on Friday, 29 September 2023.

10) TRANSPORT AND ACCOMMODATION

- Each Individual Province must arrange for their Own Transport, Accommodation & Food parcels.
- Provinces are therefore requested to contact their Provincial Department of Sport, Art & Culture and / or the Provincial Department of Basic Education for assistance.

11) COMPETITION RULES FOR LSEN (MID & DEAF) PARTICIPANTS

- LSEN athletes will be running in their own races.
- LSEN athletes will receive their own medals and certificates for each race.
- LSEN athletes will compete together in their own team competitions.
- For TRANSPORT purposes the LSEN athletes and Mainstream athletes must travel as a province.

12) REPORTING TIME FOR RACES

- Managers must see to the discipline of their athletes at the place of competition and make sure that athletes report **thirty (30) minutes prior to each race to the warm-up area.**

13) OFFICIAL OPENING

- An official opening will be at the venue on Friday, 29 September 2023 at 18:00.
- All Provincial Teams and Officials must attend the Opening Ceremony.
- All athletes as well as Managers and Coaches must take part in the March Pass. Athletes will be seated in a specific demarcated area and must remain seated until all proceedings are completed. Managers **MUST** ensure discipline and order are adhered too.
- Provincial Banners will be provided and must be returned at the end of the ceremony.

14) COMPETITION MEDALS

- Medals will be awarded to the first Three (3) athletes in each race and the **first Three** (3) teams in each age category, providing that they complete the race distance.
- Medal recipients must assemble in a demarcated area immediately after the announcement of the results.
- A trophy will be awarded to the winning Province.
- Athletes must wear their Provincial Colours when appearing on the podium/rostrum.

15) PARTICIPATION NUMBERS

- Participation Numbers & Pins will be provided at Registration.

16) PARKING

- Busses will park on the parking-area allocated.
- VIP's parking will be assigned.

17) FIRST AID

- Paramedics will be on duty at the venue.
- In a case of casualty or hospitalization, the athlete of the concerned Province will be responsible for settling any account arising from the incident.
- Team Managers are advised to be in possession of each athlete's medical requirements.

18) GENERAL RULES

- Rules of ASA and SASA will be applied.
- In the case of an appeal, an amount of R300 in cash is payable and will only be refunded once the appeal was successful. No refunds will be made if an appeal is rejected.
- The appeal can be made only by the General Manager of the team and must be in writing for the attention of the Referee.
(Find the necessary form attached – Addendum C.)
- No parent will be allowed to communicate with the Technical Officials regarding appeals.

19) COMPETITION RULES

- Use only the official entry template in Excel Format for entry purposes. No changes to the original entries regarding age and gender will be allowed.
- Names of athletes are to be typed.
- No responsibility will be accepted for incorrect entries made by the Team Management.
- All entry forms must be completed in full – Name, Surname, Date of Birth and any other relevant and requested information. Use the Excel Document for the Team Entries provided in the attachment.
- **Athletes may only take part in the age group and category according to his/her year of birth.**
(Age 10–Born in 2013; Age 11–Born in 2012; Age 12–Born in 2011; Age 13–Born in 2010.
Age 14–Born in 2009; Age 15–Born in 2008; Age 16–Born in 2007; Age 17–Born in 2006; Age 19–Born in 2005 & 2004.
- **LSEN (MID & DEAF) Athletes** will form **One (1) Team** and **not** Two (2) separate teams in a specific age category.
- Athletes in the 13-, 14- & 15-Year age Group, which is registered in a High School, can take part in the Primary School Competitions.
- Managers must see to the discipline of their athletes at the place of accommodation and competition and make sure that athletes report thirty (30) minutes prior to each race to the warm-up area.
- Please adhere to all the rules and protocol of S.A. Schools Athletics.

20) CONTACTS

SASA GENERAL SECRETARY:

Me Yvonne Schalk

Cell: 076 766 7662

E-Mail:

Yvonne.Schalk@gauteng.gov.za

LOC SECRETARY:

Me Antonia Mashabela

Cell: 072 229 2942

E-Mail: tonnym.mac@gmail.com

LOC CHAIRPERSON:

Mr MK Kadiaka

Cell: 079 179 6900

E-Mail: mohlalerwa24@gmail.com

VICE-CHAIRPERSON XC

Mr Jantjie Theletsane

Cell: 082 322 1946

E-Mail:

m.theletsane@fseducation.gov.za

mtheletsane0303@gmail.com

VICE – CHAIRPERSON LSEN

Mr. Freddie Heyns

Cell: 076 165 4154

Email: freddie@heyNSE.co.za

CONFIRMATION OF CONTINGENT : ADDENDUM - A

PROVINCE: _____

Gen. Manager: Prim. Schools: _____

Tel No: _____

High Schools: _____

Tel No: _____

LSEN: _____

Tel No: _____

Team Assistants (Managers & Coaches):

Name	Surname	Male/Female	Primary/High Schools	TOTAL
		Male x 1	Primary 10, 11	
		Female x 1	Primary 10, 11	
		Male x 1	Primary 12, 13	
		Male x 1	Primary 12, 13	
		Female x 1	Primary 12, 13	
		Female x 1	Primary 12, 13	
		Male x 1	High Schools 14, 15	
		Female x 1	High Schools 14, 15	
		Male x 1	High Schools 16, 17	
		Female x 1	High Schools 16, 17	
		Male x 1	High Schools 19	
		Female x 1	High Schools 19	
			TOTAL	
		Male x 1	LSEN 14 & 15	

		Female x 1	LSEN 14 & 15	
		Male x 1	LSEN 16 & 17	
		Female x 1	LSEN 16 & 17	
		Male x 1	LSEN 19	
		Female x 1	LSEN 19	
			TOTAL	

MAIL TO:

Dr Johan Badenhorst – jobaentries@gmail.com

Mr Jantjie Theletsane - mtheletsane0303@gmail.com

m.theletsane@fseducation.gov.za

Mr Freddie Heyns - freddie@heyne.co.za

CONFIRMATION OF ENTRIES: **ADDENDUM B**

TECHNICAL OFFICIALS:

	Name	Surname	Male/Female	Qualifications
1			Female	
2			Male	
3			Female	
4			Female	
5			Male	

Number of Entries – MAIN STREAM

Age Groups	Boys	Girls	TOTAL
10			
11			
12			
13			
14			
15			
16			
17			
19			
Total			

Number of Entries – LSEN

Age Groups	Boys	Girls	TOTAL
14			
15			
16			
17			
19			
Total			

Signed: (SASA Provincial Chairperson/Secretary)

Name: _____

Tel No: _____

Cell No: _____

Date: _____

MAIL TO:

Dr Johan Badenhorst – jobaentries@gmail.com

Mr Jantjies Theletsane - mtheletsane0303@gmail.com

Mr Freddie Heyns - freddie@heyNSE.co.za

**Latest date for submission of this section is 19 September
2023**

APPEAL FORM: ADDENDUM - C

FORM FOR JURY OF APPEAL

(A DEPOSIT OF R300-00 (CASH) MUST BE PAID FOR EACH APPEAL)

PROTEST	DATE: 30 September 2023
Time of verbal announcement of result	
Time of verbal protest to referee	
Time and Date when this form was handed in	

MOTIVATION FOR PROTEST

>>>>>>>>>FINDINGS OF THE JURY OF APPEAL<<<<<<<<<<
PROTEST UPHELD
REASON:
PROTEST REJECTED
REASON:

COMPETITION PROGRAMME

ADDENDUM - D

S.A. SCHOOLS CROSS COUNTRY CHAMPIONSHIPS															
TOM NAUDE TECHNICAL HIGH SCHOOL:POLOKWANE								30 SEPTEMBER 2023							
COMPETITION PROGRAMME								STARTING GRID							
EVENT	TIME	GENDER	GROUP	YEAR BORN	DISTANCE	EVENT	1	2	3	4	5	6	7	8	9
1	08:00	Boys LSEN	14 years	2009	4 Km	1	WCA	FS	KZN	GAUT	ECA	MPU	NCA	NWP	LIMP
2	08:10	Girls LSEN	14 years	2009	4 Km	2	LIMP	WCA	FS	KZN	GAUT	ECA	MPU	NCA	NWP
3	08:30	Boys	10 years	2013	2 Km	3	NWP	NCA	WCA	FS	KZN	GAUT	ECA	MPU	LIMP
4	08:40	Girls	12 years	2011	3 Km	4	NCA	NWP	LIMP	WCA	FS	KZN	GAUT	ECA	MPU
5	08:55	Boys	15 years	2008	4 Km	5	MPU	NCA	NWP	LIMP	WCA	FS	KZN	GAUT	ECA
6	09:10	Girls	14 years	2009	4 Km	6	ECA	MPU	NCA	NWP	LIMP	WCA	FS	KZN	GAUT
7	09:30	Boys	12 years	2011	3 Km	7	GAUT	ECA	MPU	NCA	NWP	LIMP	WCA	FS	KZN
8	09:45	Girls LSEN	19 years	2004/2005	4 Km	8	NWP	NCA	WCA	FS	KZN	GAUT	ECA	MPU	LIMP
9	10:10	Boys LSEN	19 years	2004/2005	8 Km	9	NCA	NWP	LIMP	WCA	FS	KZN	GAUT	ECA	MPU
10	10:40	Girls	17 years	2006	4 Km	10	KZN	GAUT	ECA	MPU	NCA	NWP	LIMP	WCA	FS
11	10:55	Boys	16 years	2007	6 Km	11	FS	KZN	GAUT	ECA	MPU	NCA	NWP	LIMP	WCA
12	11:15	Girls	10 years	2013	2 Km	12	WCA	FS	KZN	GAUT	ECA	MPU	NCA	NWP	LIMP
13	11:25	Boys	14 years	2009	4 Km	13	LIMP	WCA	FS	KZN	GAUT	ECA	MPU	NCA	NWP
14	11:40	Girls	16 years	2007	4 Km	14	NWP	LIMP	WCA	FS	KZN	GAUT	ECA	MPU	NCA
15	11:55	Boys	13 years	2010	4 Km	15	NCA	NWP	LIMP	WCA	FS	KZN	GAUT	ECA	MPU
16	12:05	Girls LSEN	17 years	2006	4 Km	16	MPU	NCA	NWP	LIMP	WCA	FS	KZN	GAUT	ECA
17	12:25	Boys LSEN	17 years	2006	6 Km	17	ECA	MPU	NCA	NWP	LIMP	WCA	FS	KZN	GAUT
18	12:50	Girls	15 years	2008	4 Km	18	MPU	NCA	NWP	LIMP	WCA	FS	KZN	GAUT	ECA
19	13:05	Boys	17 years	2006	6 Km	19	ECA	MPU	NCA	NWP	LIMP	WCA	FS	KZN	GAUT
20	13:25	Girls	13 years	2010	3 Km	20	GAUT	ECA	MPU	NCA	NWP	LIMP	WCA	FS	KZN
21	13:40	Boys	11 years	2012	3 Km	21	KZN	GAUT	ECA	MPU	NCA	NWP	LIMP	WCA	FS
22	13:50	Girls LSEN	15 years	2008	4 Km	22	GAUT	ECA	MPU	NCA	NWP	LIMP	WCA	FS	KZN
23	14:05	Boys LSEN	15 years	2008	4 Km	23	NWP	NCA	WCA	FS	KZN	GAUT	ECA	MPU	LIMP
24	14:20	Girls	19 years	2004/2005	6 Km	24	FS	KZN	GAUT	ECA	MPU	NCA	NWP	LIMP	WCA
25	14:40	Boys	19 years	2004/2005	8 Km	25	WCA	FS	KZN	GAUT	ECA	MPU	NCA	NWP	LIMP
26	15:10	Girls	11 years	2012	3 Km	26	LIMP	WCA	FS	KZN	GAUT	ECA	MPU	NCA	NWP
	15:45	ANNOUNCEMENT OF WINNING TEAMS													

Medal Ceremony: 10:00, 12:00, 14:30, 15:30