

SACSSA National Cross-Country Championships

Saturday 2 August 2025

Venue: Domino Servite School [KZN]

Programme and Rules [Updated 22/07/24]

07h00	Gate Officials Report	
08h30	Officials Refreshments and Snack Packs	
08h30	Team Managers' Meeting	
09h00	Athletes Report for Registration at Team Tables	
09h00	Marshals & Officials Meeting and pick up lunch packs	
09h20	Welcome and Opening	
09h40	Marshals in Place	
09h45	Final Instructions to Athletes	
09h50	First race in Starting area	
10h00 [1]	Boys 17 & Boys 19	6km
10h40 [2]	Girls 7 [Mob Race]	1km
10h50 [3]	Girls 8 [Mob Race]	1km
11h00 [4]	Boys 7 [Mob Race]	1km
11h10 [5]	Boys 8 [Mob Race]	1km
11h20 [6]	Girls 9 & Girls 10	2km
11h40 [7]	Boys 9	2km
11h55	Medal Presentation for Ages 7 and 8	
12h10 [8]	Boys 10	2km
12h25 [9]	Girls 11, Girls 12 and Girls 13	3km
12h50 [10]	Boys 11	3km
13h10 [11]	Boys 12	3km
13h30 [12]	Girls 14, Girls 15, Girls 17 & Girls 19	4km
14h00 [13]	Boys 13	4km
14h30 [14]	Boys 14	4km
15h00 [15]	Boys 15	4km
15h30	Marshals along the route, may vacate their positions.	
16h00	Final Results & Presentation of Medals/Shields	
17h00	Travelling Home, Safely!!!	

Rules and Info

1. This is a **Closed Event**. Only registered SACSSA members, who have qualified through their Regions are eligible to participate.
2. This is a **pre-entry event**. Entries to be in no later than **23 June 2025** to the SACSSA National Office johan@sacssa.co.za on the **Versus Edit Team File**.
3. Regions may use the **Excel Entry Form** with the understanding that an additional fee of R10.00 per athlete, will be charged.
4. **Minor** adjustments to the entries may be made **on or before Monday 28 July 2025, at 17h00**
5. **The Entry Fee shall be R100.00 for all athletes [7 – 19] who are Full Members of SACSSA. The Entry Fee for Associate Members is R350.00 for all age groups.**
6. All Entry Fee payments must be made as **one amount per school into their own Regional Accounts, as soon as the invoice is received.**
7. Regions shall supply **1 official for every 5 entries for all athletes between ages 09 – 19 [Team Managers are not to be calculated in this ration]**
8. All competitors compete at their own risk and must be Medically Fit to do so.
9. All competitors shall be issued a **Registration Number** which shall be supplied by SACSSA and must be worn on the chest. SACSSA will supply 4 safety pins for this purpose.
10. All competitors to compete in Official Regional Kit. Athletes may not remove any form of their kit whilst competing, (The way they start is the way they finish.)
11. No athlete may compete with any form of electronic equipment or listening devices, Radio's, CD Player's, I-Pod's, MP3's, Smart watches, etc.
12. Athletes who do not finish within the **Selection Guideline Time**, may be asked to vacate the course, so that the next race can start on time.
13. Athletes must be within the starting area 10 minutes prior to the scheduled starting time.
14. Water will be available, on the Course, for all races **exceeding 1km.**
15. Results of each race will be displayed in the Display Area as soon as possible after each race is completed.
16. **The first 3 athletes per Team, shall score point**, but a Region may enter as many athletes as they wish, per age group, provided that the Selection Guideline Times are used to enter the athletes.

17. Should a Team not have the required 3 athletes in a race, then the team shall be penalized by adding points to the number of athletes that are short. The penalty points are calculated by taking the number of entries for the specific race and adding 1 point [eg if there are 20 athletes in the race, then the penalty will be 21 points]
18. Each team shall appoint 2 team captains [1 boy + 1 girl]
19. Athletes finishing in the top 3 positions, are required to collect their own medals during the Awards Ceremony at the end.
20. All **Mob Race Athletes** will receive a small medal, while those who came 1st, 2nd or 3rd in the Mob Races, will receive a SACSSA medal, during the Awards Ceremony.
21. Team Managers, or appointed people are required to pick up medals on behalf of athletes who cannot be present during the Awards Ceremony.
22. Course Map will be available closer to the Competition date.
23. Laps per Race [To be confirmed by the host]