



THE SOUTHERN AFRICAN CHRISTIAN SCHOOLS' SPORTS ASSOCIATION

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Regional Co-ordinators

Please compile your own letters for your Regional Cross Country and include the relevant National Info, to all your schools.

SACSSA NATIONAL CROSS COUNTRY – CARITAS [FREE STATE]

Date

Saturday 1 August 2026

Venue

This extremely popular event takes place at Caritas Christian School, in Bethlehem in the Free State, this year. More detailed information on the venue, will be sent at a later date.

Programme and Rules

The Programme and Rules are included.

Distances and Standards

Included, please find the **Regional Selection Guidelines** for your Regional selections, as well as the **Qualifying Standards** for SACSSA National Colours.

We make use of **Regional Selection Guidelines**. Depending on the course that you use, these guidelines can be used at your discretion.

SACSSA National Colours

For athletes to earn SACSSA National Colours they must achieve the **National Qualifying Standard** as indicated, during the SACSSA Nationals **as well as being in the top 3 positions**.

Versus Edit Team File

On the Versus website www.versus.co.za, please find the **Edit Team File, which needs to be used in order to do the entries**. The file must be exported as a vix.t file

Excel Entry Form [included]

Regions that do not have access to the Versus Edit Team File, may do their entries on the **Excel Entry Form**, with the understanding that an **additional R10.00 per athlete** will be charged.

Regional/School Entries

Schools may send their entries directly to the SACSSA National Office, to johan@sacssa.co.za if that is the decision of the Regional Co-ordinator. We will then place the School Entries, under the specific Region. Your Regional Co-ordinator will inform you whether your entries must be sent to the Regional Office or to the National Office.

Regions can enter any number of athletes per age group, as long as the **Selection Guidelines** are kept in mind.

The **top 3 finishers** from every Region will then score points for the Region. Regions that don't have 3 athletes per age group, will still score points, but are penalized with additional points for those athletes that they are in short supply.

Remember that in Cross Country, the team with the lowest number of points, is the winner.

Mob Race Entries

Apart from the Official Age Groups [9 and up], a special 1km Mob Race for athletes in the age groups 7 & 8, will be offered [Girls and Boys separately].

These two age groups run separately and each athlete in the Mob Race receives a small medal. During the Awards Ceremony, the Top 3 athletes in these Age Groups, will then receive a SACSSA medal.

These **Mob Race Entries** are also done on the **Versus Edit Team File**.

Age Groups

The age groups for SACSSA Cross Country 2025, are as follows:

Age Gr	Born
7	2019 and later
8	2018
9	2017
10	2016
11	2015
12	2014
13	2013
14	2012
15	2011
17	2009/10
19	2007/08

When entering the athletes, please make **very sure** that each athlete is entered in the correct age group.

Due Date for Entries

All Entry Forms must reach the SACSSA National Office, **on or before Monday 22 June**

Schools will then have until Friday 24 July, to do a final check and corrections of their entries.

Entry Fee

The Entry Fee will be communicated by your regional co-ordinator.

Payment

All Entry Fee payments must be made as one amount per school, into your **own Regional Account**.

All fees have to be paid as soon as you receive the invoice.

Officials List [included]

Regions need to provide **1 official for every 5 entries for ages 9 to 19**

Regional Team Managers must **not** be calculated as part of the ratio of 1:5, although they will be catered for.

The hosting Region is also responsible for providing officials for various admin functions.

Officials must be entered on the **SACSSA NATIONAL CROSS COUNTRY - OFFICIALS LIST**, which is included.

School must submit the **Officials List** to the Regional Co-ordinator, who will compile one document for the Regional Officials and submit that to the National Office, **no later than Friday 24 July**

Team Managers

Every Region can submit 1 official Team Manager plus 1 more for every 30 athletes. The Team Managers are automatically catered for.

School Supervisors

Schools are welcome to submit the names of School Supervisors, if they want to arrange catering for these people at a cost of R120.00 per person. The cost will be for the school's account and will be invoiced together with the Entry Fees.

Provincial Competitions

We would like to encourage schools to find out about other Cross Country Meetings in your Province/Region and see whether your athletes can be entered for these meetings, to prepare themselves for the SACSSA Nationals.

Finally

We are looking forward to a wonderful time of Healthy Competition and Christian Fellowship.

SACSSA 4 LIFE

Johan du Plessis
SACSSA National Co-ordinator