



BOLAND ATHLETICS
THE HOME OF CHAMPIONS

NEWS LETTER – 8 AUGUST 2017

BOLAND ATHLETICS CROSS COUNTRY CHAMPIONSHIPS – SATURDAY 12 AUGUST 2017

The stage is set, and the table is prepared for a festival of competitive cross country running at the Boland Cross Country Championships at Dal Josaphat Stadium in Paarl on Saturday 12 August 2017. After a very successful build-up of 6 Trial events since May, our athletes will be going all-out to use this last opportunity to qualify for selection to the Boland Cross Country Team 2017.

Boland Athletics Championships isn't just about qualifying for a Boland Athletics team. Boland Athletics Championships provides our athletes with the opportunity to challenge for higher honours: to empower athletes to set goals, to raise the bar, to use the Boland Athletics Championships as a stepping stone to compete for a medal at ASA Championships, and ultimately to compete at the IAAF 2019 World Cross Country Championships in Denmark, the Olympic Games and IAAF World Championships. 2017 is the first year of the 4-year cycle to the Olympic Games 2020 in Tokyo. Athletics South Africa is already in the process of identifying and preparing athletes for these international championships.

PRINCIPLES OF THE TEAM SELECTION PROCESS OF ATHLETICS SOUTH AFRICA

Athletics South Africa has as ultimate goal, to achieve peak performance at the Olympic Games. In order to achieve this goal, a preparation strategy is needed of which transparent and defensible selection criteria should be one of the cornerstones of such a preparation strategy.

Question: What are the main, and perhaps the only reason for sending teams to represent Athletics South Africa at any competition?

Answer: To send teams to bring back honour to South Africa.

Honour can only be achieved through top class performances. So for us in athletics, honour will be reflected primarily in the number of medals we achieve at any competition.

The excellent performance of Team South Africa at the 2017 IAAF World Championships proves that our athletes have risen to the standards and the objectives set by Athletics South Africa.

The Boland Cross Country Championships gives our athletes a golden opportunity to raise the bar and set their sights on competing at national and international stage.

The 2017 Boland Athletics Cross Country Events Calendar is attached, together with the Event Programme for the day, and the Boland Athletics Cross Country Selection Criteria.

The 2017 Boland Athletics Cross Country Events Calendar is also available on the Boland Athletics website under Cross Country/Fixtures.

Please note that entries will be done on the day at the venue.

Physical Readiness + Mental Readiness = Competition Readiness



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CROSS COUNTRY EVENTS CALENDAR 2017

Date	Event	Venue	Start	Distance	Organiser/Host	Contact Person	EEmail
TBC	CAA Cross Country Championships	TBC	NA	NA	Athletics South Africa/CAA	Durell Jejane 011 880 5800	DurellJ@athleticssa.co.za
26 March 2017	IAAF World Cross Country Champs	Kampala, Uganda	10:00	Time Table	Athletics South Africa	Durell Jejane 011 880 5800	DurellJ@athleticssa.co.za
Sat 6 May 2017	Trial 1	Callie De Wet Stadium Robertson	10:00	Time Table	Robertson Athletics Club Boland North Schools	Edward Salies 084 815 9651 Houman Josephs 083 497 1141	edwardsalies@gmail.com,
Sat 13 May 2017	Trial 2	Van Der Stel Sports Club, Stellenbosch	10:00	Time Table	Stellenbosch Athletics Club Boland Central Schools	Hilton Carstens 084 812 5483 Franklin September 082 350 2406	carstens.hilton@gmail.com
Sat 20 May 2017	Trial 3	Victoria Stadium, Ceres	10:00	Time Table	Ceres Athletics Club Witzenberg Schools	Roy Abrahams 084 581 1120 David Koopman 083 736 9790	roy@wolseley.wcape.school.za
Sat 27 May 2017	Trial 4 BA XC Inter-District	Voorberg Correctional Centre, Porterville	10:00	Time Table	Swartland Athletics Club West Coast Schools	Soreen Gous 083 318 1108 Heini Redelinghuys 082 892 2078	lab@piketberg.co.za
Sat 3 June 2017	Trial 5	Boland Park Stadium, Worcester.	10:00	Time Table	Worcester Athletics Club Boland North Schools	Russel Cupido 082 532 0826 Owen Fortuin 082 680 4763	worcester.athletics@gmail.com
Sat 29 July 2017	Trial 6	Auldearn Farm, Grabouw	10:00	Time Table	Elgin Grabouw Athletics Club Boland North Schools	Deririck Uren 082 707 7497 Tommy Davids 082 680 4763	elgingrabouwatletiekklub@gmail.com
Sat 12 Aug 2017	Boland Athletics XC Championships	Dal Josaphat Stadium, Paarl	10:00	Time Table	BA Cross Country Commission Boland Central Schools	Etheresia Thomas 082 475 6070 Franklin September 082 350 2406	thomasetheresia@gmail.com
Sat 26 Aug 2017	Western Cape XC Championships	Olympia School, Pacaltsdorp, George	9:00	NA	Western Cape Schools XC	Franklin September 082 350 2406	admin@bdv.wcape.school.za
Sat 9 Sept 2017	SA XC Championships	Potchefstroom	8:30	NA	Athletics South Africa	Durell Jejane 011 880 5800	DurellJ@athleticssa.co.za
29-30 Sept 2017	USSA Cross Country Champs	Kimberley	NA	NA	Athletics South Africa	Durell Jejane 011 880 5800	DurellJ@athleticssa.co.za
29-30 Sept 2017	SASA X-Country Championships	Kimberley	NA	NA	SA Schools Association	Peppi Olevana 057 573 1162	peppi@gcs.co.za

EVENT TIME TABLE

TIME	CATEGORY	DIST.		TIME	CATEGORY	DIST.		TIME	CATEGORY	DIST.		TIME	CATEGORY	DIST.
10:00	Senior Men	10 km		11:10	Boys 11	3 km.		13:10	Boys 14	4 km		14:15	Master Woman	4 km
10:05	Senior Women	10km		11:30	Girls 12	3 km		13:30	Girls 14	4 km		14:35	Boys 16	6 km
10:10	Girls 9	2 km.		11:45	Boys 12	3 km.		13:30	Girls 15	4 km		14:35	Boys 17	6 km
10:20	Boys 9	2 km.		12:00	Girls 13	3 km		13:45	Boys 15	4 km		14:35	Junior Women 19	6 km
10:35	Girls 10	2 km.		12:15	Boys 13	4 km		14:15	Girls 16	4 km		14:35	Grand Master Men	6 km
10:45	Boys 10	2 km.		12:35	Junior Men 19	8 km		14:15	Girls 17	4 km		14:55	Senior Men	4 km
11:00	Girls 11	3 km.		12:35	Master Men	8 km		14:15	Senior Women	4 km				



2017 SELECTION CRITERIA FOR BOLAND ATHLETICS CROSS COUNTRY TEAMS

SPECIFIC CRITERIA

1. Boland Athletics will be selecting a Cross Country team to represent Boland Athletics at the 2017 SA Cross Country Championships in the 15, 16, 17, 19, Seniors, and Masters Categories.
2. In selecting the Boland Athletics Cross Country team for the 2017 SA Cross Country Championships the BA Cross Country selectors will only consider athletes who have achieved Qualifying Times given in the table below. Only athletes who achieve the Qualifying Times in any of the 6 Trials and the Boland Cross Country Championships in the Boland Cross Country Season 2017 will be considered for team selection.
3. Athletes will qualify for selection, provided that they have competed in 4 out of 6 of the 2017 Boland Athletics Cross Country Trials plus the Boland Athletics Cross Country Championships.
4. Athletes who were sick or injured during the 2017 Boland Athletics Cross Country Trials and Championships, will be considered for the 2017 SA Cross Country Championships, provided a medical certificate was submitted to Boland Athletics before or during the 2017 Boland Athletics Championships. Consideration will be based on the performances of the athlete leading up to the Championships. Final selection in such cases will be subject to a proof.

QUALIFYING TIMES FOR SELECTION OF BA TEAM TO 2017 SA CROSS COUNTRY CHAMPIONSHIPS

Men	Distance	Time
B/15	4km	13:28
B/16	6km	20:17
B/17	6km	19:01
B/19	8km	25:44
M/21	4km	12:42
M/23	4km	13:00
Sen Men	4km	12:27
Sen Men	10km	30:40

Women	Distance	Time
G/15	4km	15:25
G/16	4km	15:45
G/17	4km	15:37
G/19	6km	22:49
W/21	4km	16:38
W/23	4km	17:21
Sen Women	4km	16:15
Sen Women	10km	36:54

Master Men	Distance	Time
MM/30	8km	25:09
MM/35	8km	26:16
MM/40	8km	26:53
MM/45	8km	28:09
MM/50	8km	29:51
MM/55	8km	32:33
MM/60	6km	25:44
MM/65	6km	28:25

Master Women	Distance	Time
MW/30	4km	16:34
MW/35	4km	16:43
MW/40	4km	16:40
MW/45	4km	16:51
MW/50	4km	19:08
MW/55	4km	19:43
MW/60	4km	23:28
MW/65	4km	24:20

GENERAL CRITERIA

1. The final selection of the team is subject to the final approval by the Boland Athletics Board.
2. The Boland Athletics Cross Country Selection Criteria is an annexure to the Boland Athletics Constitution that deals with the "Strategy for the Selection and Preparation of Boland Athletics Teams".
3. In selecting athletes for the SA Championships, priority will be given to the selection of athletes with the potential to qualify for IAAF World Championships Events and to win medals for Boland Athletics at the SA Championships.
4. Athletes who do not achieve BA Qualifying Times/Standards will be selected onto the Final Team at the discretion of the BA Executive Board. In doing this, the Board will take the following factors into consideration, in the specified priority order:
 - 4.1. Potential for a medal or potential to end in the top 10.
 - 4.2. Demographics of the team
 - 4.3. Development in general.

APPEAL

An athlete not in the team when it is announced has the right to appeal in writing for reconsideration to be included in the final team. The appeal must be made to the Boland Athletics office at office@bolandathletics.com within 48 hours after the announcement of the team. The appeal should include all information the athlete considers relevant to the selection panel's reconsideration of its decision.