



2018 CROSS COUNTRY TRIAL 6 NEWS - SATURDAY 28 JULY 2018

After a very successful build up to the Boland Athletics Cross Country Inter-District Challenge, at Trial 4 in Robertson on Saturday 26 May 2018, and a very competitive Trial 5 in Worcester on Saturday 2 June 2018, our cross country season took a compulsory break to allow students and teachers to focus on the June Examinations, and for a well-deserved June holidays.

Boland Athletics Cross Country now moves up a higher gear with Trial 6 taking place at the Riebeeck Valley School of Skills in Riebeeck West on Saturday 28 July 2018.

This will be the final opportunity of preparation for athletes leading up to the Boland Athletics Cross Country Championships at Dal Josaphat Stadium on Saturday 11 August 2018.

The Boland Athletics Cross Country Championships is open to all athletes of the 3 Districts within the boundaries of Boland Athletics Federation, namely Cape Winelands, Overberg and West Coast.

The Boland Athletics Cross Country Championships will be followed by the Western Cape Schools Cross Country Championships on Saturday 25 August 2018, also at Dal Josaphat Stadium.

The Western Cape Schools Cross Country Championships will be contested by the regional Schools teams of Athletics South Western Districts, Western Province Athletics, and host Boland Athletics.

The Athletics South Africa Cross Country Championships takes place in Port Elizabeth on Saturday 8 September 2018, and the SA Schools Athletics National Schools Cross Country Championships in Bloemfontein on Friday 28 and Saturday 29 September 2018.

The Selection Criteria of the Boland Athletics Team for the 2018 Athletics South Africa Cross Country Championships is attached below.

The 2018 Boland Athletics Cross Country Events Calendar is attached, together with the Event Programme for the day.

The 2018 Boland Athletics Cross Country Events Calendar is also available on the Boland Athletics website under Cross Country/Fixtures.

Please note that registration for Trial 6 takes place from 8:30 on Saturday 28 July 2018 at the venue.



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2018 SELECTION CRITERIA FOR BOLAND ATHLETICS CROSS COUNTRY TEAM

SPECIFIC CRITERIA

1. Boland Athletics will be selecting a Cross Country team to represent Boland Athletics at the 2018 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 2018 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 2018 will be considered for team selection.
3. Athletes will qualify for selection, provided they have competed in 4 out of 6 of the 2018 Boland Athletics Cross Country Trials plus the Boland Athletics Cross Country Championships.
4. Athletes who were sick or injured during the 2018 Boland Athletics Cross Country Trials and Championships, will be considered for the 2018 SA Cross Country Championships, provided a medical certificate was submitted to Boland Athletics before or during the 2018 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 2018 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	31:12

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	39:14

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.