



BOLAND ATHLETICS CROSS COUNTRY EVENT HOSTING 2022

Due to the ongoing Covid 19 Regulations (albeit more relaxed) and the ever rising fuel price, we propose the following measures for the hosting of Boland Athletics Cross Country Events for the 2022 season.

1. Six League Events will be hosted in Regions (Clusters) as was the case in 2021.
2. The Dates for the League Events are listed in the Programme below, with the Provincial and National Events.
3. Regional Committees have been appointed by Boland Athletics Cross Country Commission together with Boland Primary Schools and Boland High Schools to manage the Cross Country Events in the various Regions.
4. Each Regional Committee will appoint a Contact Person for their Committee to liaise with the Boland Athletics Cross Country Commission regarding the 2022 Regional Leagues.
5. Regional Committees are responsible for the organisation and management of their League Events.
6. Registration and Entry Fees for the League Events must be kept at a minimal affordable amount.
7. School Athletes don't need an ASA Permanent Licence Number to compete in the League Events.
8. All other athletes must have a 2022 ASA Permanent Licence or a 2022 ASA Temporary Licence Number to compete in the League Events.
9. All Cross Country Routes must be certified by Boland Athletics Route Measurers before the 2022 season starts. The results of uncertified routes will not be considered for Selection of Athletes.
10. All Results of all the League Events must be submitted to the Boland Athletics Office within 5 days of each event. Results received after the due date will not be considered for Selection of Athletes.
11. League Events must comply with the Standard Distances on the event programme below.
12. Selection Criteria for Boland Schools and Boland Athletics Cross Teams will be communicated in due course.

Date	Event	Venue	Organiser/Host
Sat 7 May 2022	League 1	Regions	Regional Committees
Sat 14 May 2022	League 2	Regions	
Sat 21 May 2022	League 3	Regions	
Sat 4 June 2022	League 4	Regions	
Sat 30 July 2022	League 5	Regions	
Sat 6 August 2022	League 6	Regions	
Sat 17 August 2022	Boland Athletics X-Country Championships	Dal Josaphat Stadium, Paarl	BA Cross Country Commission Boland Schools
Sat 27 August 2022	Western Cape X-Country Championships	South Western Districts	Western Cape Schools XC
Sat 17 Sep 2022	ASA X-Country Championships	Rustenburg	Athletics South Africa
Sat 1 October 2022	SASSA X-Country Championships	Rustenburg	SASSA

TIME	CATEGORY	DIST.	TIME	CATEGORY	DIST.
10:00	Senior Men	10km	11:10	Boys 11 (Born 2011)	3 km.
10:05	Senior Women	10km	11:30	Girls 12 (Born 2010)	3 km
10:10	Girls 9 (Born 2013)	2 km.	11:45	Boys 12 (Born 2010)	3 km.
10:20	Boys 9 (Born 2013)	2 km.	12:00	Girls 13 (Born 2009)	3 km
10:35	Girls 10 (Born 2012)	2 km.	12:15	Boys 13 (Born 2009)	4 km
10:45	Boys 10 (Born 2012)	2 km.	12:35	Junior Men 19	8 km
11:00	Girls 11 (Born 2011)	3 km.	12:35	Master Men	8 km
TIME	CATEGORY	DIST.	TIME	CATEGORY	DIST.
13:10	Boys 14 (Born 2008)	4 km	14:15	Master Woman	4 km
13:30	Girls 14 (Born 2008)	4 km	14:35	Boys 16 (Born 2005)	6 km
13:30	Girls 15 (Born 2007)	4 km	14:35	Boys 17 (Born 2005)	6 km
13:45	Boys 15 (Born 2007)	4 km	14:35	Junior Women 19	6 km
14:15	Girls 16 (Born 2006)	4 km	14:35	Grand Master Men	6 km
14:15	Girls 17 (Born 2006)	4 km	14:55	Senior Men	4 km
14:15	Senior Women	4 km			

REGIONAL CO-ORDINATORS

Christopher Rodgers	West Coast	073 232 0046
Elmarie Marais	Swartland	084 517 4692
Isaac Alberts	Worcester	082 576 6996
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