



BOLAND ATHLETICS CROSS COUNTRY EVENT HOSTING 2023

1. Six League Events will be hosted in the 9 Regions (Clusters) as was the case in 2022.
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 2023 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 2023 ASA Permanent Licence or a 2023 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 2023 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 22 April 2023	League 1	9 Regions	Regional Committees
Sat 06 May 2023	League 2	9 Regions	Regional Committees
Sat 13 May 2023	League 3	9 Regions	Regional Committees
Sat 20 May 2023	League 4	9 Regions	Regional Committees
Sat 27 May 2023	Inter District (Compulsory)	Stellenbosch High School	BA Cross Country Commission
Sat 03 June 2023	Training Camp	To Be Confirmed	BA Cross Country Commission
Sat 22 July 2023	League 5	9 Regions	Regional Committees
Sat 29 July 2023	League 6	9 Regions	Regional Committees
Sat 12 August 2023	BA Championships	Dal Josaphat Stadium	BA X-Country Commission
Sat 26 August 2023	WC Schools Champs	To Be Confirmed	Western Cape Schools
Sat 16 September 2023	ASA Championships	Nelson Mandela University - Gqeberha	Athletics South Africa

TIME	CATEGORY	DIST.	TIME	CATEGORY	DIST.
10:00	Senior Men	10km	11:10	Boys 11 (Born 2012)	3 km.
10:05	Senior Women	10km	11:30	Girls 12 (Born 2011)	3 km
10:10	Girls 9 (Born 2014)	2 km.	11:45	Boys 12 (Born 2011)	3 km.
10:20	Boys 9 (Born 2014)	2 km.	12:00	Girls 13 (Born 2010)	3 km
10:35	Girls 10 (Born 2013)	2 km.	12:15	Boys 13 (Born 2010)	4 km
10:45	Boys 10 (Born 2013)	2 km.	12:35	Junior Men 19	8 km
11:00	Girls 11 (Born 2012)	3 km.	12:35	Master Men	8 km
TIME	CATEGORY	DIST.	TIME	CATEGORY	DIST.
13:10	Boys 14 (Born 2009)	4 km	14:15	Master Woman	4 km
13:30	Girls 14 (Born 2009)	4 km	14:35	Boys 16 (Born 2007)	6 km
13:30	Girls 15 (Born 2008)	4 km	14:35	Boys 17 (Born 2008)	6 km
13:45	Boys 15 (Born 2008)	4 km	14:35	Junior Women 19	6 km
14:15	Girls 16 (Born 2007)	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	Lower West Coast	073 232 0046
Gerrie Cilliers	Upper West Coast	083 650 0642
Elmarie Marais	Swartland	084 517 4692
Isaac Alberts	Worcester	082 576 6996
Rejane Willemse	Witzenberg	083 959 1369
Etheresia Thomas	Paarl/Wellington	078 392 3720
Ivan Reyneke	Overberg	082 710 4109
Franklin September	Stellenbosch	082 350 2406
Edward Salies	Langeberg	078 812 1069



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