

NELSON MANDELA BAY MUNICIPALITY LEGACY PROJECT

CROSS COUNTRY SERIES

The Nelson Mandela Bay Municipality Legacy Cross Country Series will consist of 5 League Meetings, EPA Championships and an Inter-Provincial earmarked to prepare the athletes for the upcoming National Championships.

Prize money has been allocated to the top 3 male and female athletes participating in the 10km and Open 4km. Prize money will be paid via EFT. No cash payments will be made on the day of the event.

The final programme for the EPA Championships will be circulated at the beginning of July. Please contact the EPA Office on epa@pe.co.za or by calling 041-374 2818 should you require further information or an electronic entry form.

The dates of event leading up to ASA Championships is as follows:

30 July 2022	EPA Championships
20 August 2022	Inter-Provincial (Nelson Mandela Bay)
17 September 2022	ASA Cross Country Championships (Rustenburg)

PRIZE MONEY

	Series 1 - 5	
Post	**Open 10km**	**Open 4km**
1	R500	R350
2	R400	R250
3	R300	R200

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EPA EASTERN PROVINCE ATHLETICS



NO	DATE	VENUE
1	30 APRIL 2022	VARSVLEI, BETHELSDORP
2	21 MAY 2022	ST ALBANS CORRECTIONAL SERVICES
3	28 MAY 2022	BERGSIG HIGH SCHOOL, UITENHAGE
4	11 JUNE 2022	FAIRVIEW SPORTS GROUNDS, OVERBAAKENS
5	18 JUNE 2022	FAIRVIEW SPORTS GROUNDS, OVERBAAKENS

UNDER STRICT COVID-19 COMPLIANCE REQUIREMENTS

NO SPECTATORS ARE ALLOWED IN THE COMPETITION AREA

ENTRIES WILL BE CAPPED AT THE MAXIMUM ALLOWED NOT TO EXCEED THE RELEVANT REQUIREMENT. THIS RULING WILL BE ADAPTED AS PER CHANGES TO THE GOVERNMENT GAZETTE REGULATING EVENTS

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PROGRAMME OF EVENTS

STARTING TIMES

Race Nr	Starting Times	Distance	Age Categories
1	09:00	8km	Junior Men (Born 2003-2004); Men 35 – 59
		6km	Boys 16 yrs. (Born in 2006); Boys 17 yrs. (Born in 2005); Junior Women (Born 2003-2004); Men 60-74
		4km	All Age Category Woman 35 to 79+; Men 75+
2	09:40	10km	Senior Men/Women
3	10:30	1&3km	Boys 8yrs (Born 2014 after); Boys 11 yrs. (Born in 2011); Boys 12 yrs. (Born in 2010); Girls 8 yrs. (Born 2014 or after); Girls 11 yrs. (Born in 2011); Girls 12 yrs. (Born in 2010); Girls 13 yrs. (Born in 2009)
4	10:50	2km	Girls 9 yrs. (Born in 2013); Girls 10 yrs. (Born in 2012); Boys 9 yrs. (Born in 2013); Boys 10 yrs. (Born in 2012)
5	11:10	4km	Senior Men / Women; Boys 13 yrs. (Born in 2009); Boys 14 yrs. (Born in 2008); Boys 15 yrs. (Born in 2007); Girls 14 yrs. (Born in 2008); Girls 15 yrs. (Born in 2007); Girls 16 yrs. (Born in 2006); Girls 17 yrs. (Born in 2005); Women 23yrs (Born in 1999 or after)



ELIGIBILITY

To be eligible for selection for the EP Team for the Inter-Provincial athletes must:

1. Compete at the EPA Cross Country Championships on 30 July 2022 or provide a valid reason for not being able to participate - this rule will be strictly applied;
2. Participate in at least 3 (2 for out of Metropole runners) League Races;
3. Be a licenced member at ASA/EPA;
4. Obtained qualifying times does not ascertain you of a place in the team;
5. Unregistered athletes, or athletes not registered with a club may be selected for the team but must register as an ASA/EPA licenced member before their selection is confirmed.

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GENERAL COMPETITION RULES

6. Athletes to compete in their respective club/school colours.
7. Athletes born later than 2016 will not be allowed to compete at this meeting.
8. Athletes must arrive at the venue an hour before their event and leave the competition area immediately after their respective events.
9. Athletes to report to the holding area 15 minutes before the scheduled starting time of their event and remain in the vicinity unless advised otherwise by the officials.
10. Senior Athletes: Athletes may compete with a temporary licence number purchased at the EPA Offices when entering for the competition, **(R40.00)**.
11. The 2022 licence number is valid till further notice.
12. Closing date for entries is at 13h00 on the Wednesday before the event. Entries may be handed in at the EPA Offices, Westbourne Oval. (*Bulk entries from clubs/schools are encouraged to limit the number of persons visiting the office*).
13. Electronic entries to be sent to epa@pe.co.za, accompanied by a proof of payment slip/receipt before the closing date. **If one of the above is not provided, then the entry will be deemed as invalid.**
14. **No late entries on the morning of the event will be accepted**.
15. **Entry fee: R20.00 Grandmasters over 60yrs (per item, payable when submitting entry)**

Price Structure for Juniors (Single/Bulk Entries)	
1 – 19 Athletes	**R 20.00 per athlete**
20 – 39 Athletes	**R 15.00 per athlete (Only Bulk Entries per EFT)**
40+ Athletes	**R 10.00 per athlete (Only Bulk Entries per EFT)**
Price Structure for Seniors/Clubs (Single/Bulk Entries)	
1 – 9 Athletes	**R 40.00 per athlete**
10 – 19 Athletes	**R 30.00 per athlete (Only Bulk Entries per EFT)**
20+ Athletes	**R 20.00 per athlete (Only Bulk Entries per EFT)**

16. Entered athletes will receive a race number – **no race number, no participation**.
17. No spectators are allowed as per the Covid-19 Protocols.
18. Masks is compulsory until further notice.
19. All competitions will be held under strict Covid-19 Protocols.
20. Only active licenced coaches registered with ASA/EPA and would like to be present at the area, must email Coaches Commission Chairman. No exceptions. Coaches will not be allowed along the track.
21. As per Covid-19 compliance requirements, only those who appear on the register will be allowed access to the competition area. Completed health forms must be handed in at entering the competition area on the day of competition, downloaded from the email. Temperature to be taken on arrival at the competition area.
22. Only authorized vehicles are allowed on the inside the competition area.
23. Athletes must leave the competition area immediately after the event.
24. Results and photographs/videos will be placed on the EPA Facebook page.
25. For more information, please contact the EPA Office between 9am and 2pm on 041-3742818 or via email on epa@pe.co.za or epaadmin@pe.co.za.
26. Athletes are encouraged to enter early as entries will be accepted as per Covid-19 Level regulations applicable at the time of the competition.

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