

WESTERN CAPE SCHOOLS ATHLETICS

HIGH-, LSEN & PRIMARY SCHOOLS

CROSS COUNTRY CHAMPIONSHIPS
2025

COMPETITION DOCUMENT



Venue:
VAN DER STEL SPORT GROUND
STELLENBOSCH

29-30 AUGUST 2025

SECTION A

WESTERN CAPE PRIMARY-, HIGH - AND LSEN SCHOOLS ATHLETICS: CROSS COUNTRY CHAMPIONSHIPS:

DATE: FRIDAY, 29-30 AUGUST 2025

VENUE: VAN DER STEL SPORT GROUND ATHLETIC STADIUM
STELLENBOSCH

AFFILIATED FIXTURES:

FIXTURE / COMPETITION	DATE	VENUE
SASA PRIMARY, HIGH AND LSEN SCHOOLS	2025-09-27	MPUMALANGA
WESTERN CAPE	2025-08-29 2025-08-30	VAN DER STEL SPORT GROUND STELLENBOSCH
REGIONAL CHAMPIONSHIPS (4)		
BOLAND	2025-08-09	Daljosafat Paarl
CENTRAL KAROO	2025-08-16	Beaufort West
EDEN	2025-08-02	Riverville Sport Fields Riversdale
CAPE METRO	2025-08-16	CPUT Bellville
<u>INTER SCHOOLS FIXTURES:</u>	2025-04-20 TILL 2025-07-31	VARIOUS VENUES
TOTAL NUMBER OF EVENTS =		

3. CATEGORY, AGE GROUP AND ACTUAL AGE ON 31 DECEMBER 2025

Mainstream Athletes

Age	Year Born	Distance Boys	Distance Girls
9	1 Jan – 31 Dec 2016	2 Km	2 Km
10	1 Jan – 31 Dec 2015	2 Km	2 Km
11	1 Jan – 31 Dec 2014	3 Km	3 Km
12	1 Jan – 31 Dec 2013	3 Km	3 Km
13	1 Jan – 31 Dec 2012	4 Km	3 Km
14	1 Jan – 31 Dec 2011	4 Km	4 Km
15	1 Jan – 31 Dec 2010	4 Km	4 Km
16	1 Jan – 31 Dec 2009	6 Km	4 Km
17	1 Jan – 31 Dec 2008	6 Km	4 Km
18 & 19	1 Jan – 31 Dec 2007/2006	8 Km	6 Km

L.S.E.N. Athletes

Age	Year Born	Distance Boys	Distance Girls
13	1 Jan- 31 Dec - 2012	4Km	3 Km
14	1 Jan – 31 Dec 2011	4 Km	4 Km
15	1 Jan – 31 Dec 2010	4 Km	4 Km
16	1 Jan – 31 Dec 2009	6 Km	4 Km
17	1 Jan – 31 Dec 2008	6km	4 km
18 & 19	1 Jan – 31 Dec 2007/2006	8 Km	4 Km

L = L.S.E.N. (Learners with Special Educational Needs)

4) DATE & VENUE

Date: Saturday, 30 August 2025
Venue: VAN DER STEL SPORT GROUND STELLENBOSCH

5) ACTIVITY PROGRAMME

ARRIVAL OF TEAMS: Friday, 29 August 2025

Time	Activity	Venue
16:00 – 19:00	Registration	Stellenbosch High School (Stellenbosch)
19:00 – 20:00	Team Managers Meeting	Stellenbosch High School (Stellenbosch)

CHAMPIONSHIPS: Saturday, 30 August 2025

Time	Activity	Venue
07:00	Route opens for inspection	Van der Stel Sport Grounds
07:00	Technical Officials report for duty	Van der Stel Sport Grounds
08:30	Opening	Van der Stel Sport Grounds
09:00	Start of First Race	Van der Stel Sport Grounds
17:00	Departure of Teams.	Van der Stel Sport Grounds

SECTION B

6) TEAM ENTRIES (Addendum B)

6.1 **CLOSING DATE:** **FRIDAY 22 August 2025 - 17:00**

6.2 Entries must be done in terms of gender, age group

6.3 Teams entries must be validated by the Regional/ Districts High Schools Chairperson

6.4 Names of athletes must be entered in alphabetical order per age group in the space provided on the entry form.

6.5 Complete entries on the official entry form. WCSA secretary will send the entry form in due course to Regions/ Districts

6.6 **DIRECT ALL ENTRIES TO THE FOLLOWING PERSONS**

<i>The Secretary - Western Cape Schools Athletics</i> <i>Fairoez Cassiem fairoezc@gmail.com</i> <i>Cell: 071 528 8807</i>	Cc Vice Chairperson WCSA Cross Country Reggie Mitchell mitchellreginald86@yahoo.com Cell: 084 919 9506
---	---

7. ATHLETE IDENTITY VERIFICATION FORM

7.1 The SASA Executive has been mandated at a General Council Meeting (AGM) held on 9 November 2018, to implement as from 2019 the **Athlete Identity Verification Form**. See **Addendum**

7.2 It is compulsory for all athletes to present this document at the National Schools Championship as certified document for identity clarification to participate.

7.3 The form must be completed in full. All details regarding the athlete, his/her original ID color photo (Not older than 6 months) must be placed on the form with the certified photocopy of Birth certificate / ID Document / Passport/ Smartcard. (Athletes that formed in Primary, High and LSEN SASA Championships for 2025 can use the same Identity Verification Form

7.4 Very important: Birth Certificate / Passport (All athletes younger than 18.)

7.5 Please Note:

7.5.1 The principal/ Deputy Principal SAPS qualified as Commissioner of Oath and must be certify the photocopy certificate on the template as a true copy and put School stamp (Not older than 6 months) partly over the ID photo and partly over photocopied certificate. School stamp must indicate the date.

7.6 The General Manager of each Province must have a list of all Athletes with the relevant information stating the date of birth of each athlete. The list must be verified and duly approved and sign-off by the Provincial Structure.

7.7 All Team Managers must, however, verify their athletes who finish among the TOP 6 (six) in an age category, before the medals are awarded.

7.8 Any Team Manager, failing to comply with this arrangement, will forfeit the athlete's medal. Provinces will be held responsible if an athlete is entered in the wrong age division.

7.9 Please check Template provided

7.10 The verification documents must be completed correctly all information must be correct. Registrar will be appointed to scrutinize the process.

7.11 Pre checking of the verification between the regions is needed before the provincial's events to ensure that every verification it correct. The verifications will be done as follows

- a. Boland and Central Karoo**
- b. Eden and Cape Metro**

Final date for changes to team entries: Monday, 25 August 2025.

Submission of entries: E-Mail – Excel Format (Attached Template)

Please confirm receipt of team information telephonically with Secretary Fairouz Cassiem on 26 August 2025.

8. ENTREE FEE FOR ATHLETES

8.1 A participation fee of R30.00 per athlete will be levied to cover cost.

8.2 The participation money must be deposited in the account of the Western Cape Schools Athletics account not later than the 28 August 2025.

8.3 Proof of payment must be emailed to the Treasurer, Chris Boonzaaer (chribo233@gmail.com)

8.4 Banking Detail

Bank	:	Absa
Branch	:	Paarl
Branch Code:		334210
Type	:	Cheque Account
Account Nr	:	4059294250
Reference	:	Name of Region

9. ENTRANCE FEES FOR SPECTATORS

ADULTS	-	R30-00
LEARNERS	-	R20-00
VEHICLES	-	R20-00

SIZE OF REGIONAL TEAMS

MAINSTREAM:

Mainstream - Regions will be allowed to enter a maximum of 10 Athletes per Age Group. A team consists of a minimum of 4 and a maximum of 10 athletes for Boys and Girls.

If an age group has less than 4 athletes in the specific age group, they will not be counted to compete for the team competition in that age group.

The first four athletes of each team, completing the race, will count for points.

Regions will be not be allowed to enter more than Six athletes.

Age Groups for Boys and Girls are 9; 10,11,12,13,14,15,16,17,19. Maximum of 10 athletes per team.

Regions must submit the total size of the contingent to the Western Cape Athletic Secretary on or before 22 August 2025.

L.S.E.N. (Learners with Special Educational Needs AND DEAF LEARNERS):

LSEN - Regions will be allowed to enter a maximum of one team per Age Group.

A team consists of a minimum of (4) and a maximum of (10) athletes for Boys and Girls.

If an age group has less than 4 athletes in the specific age group, they will not be allowed to compete for the team competition in that age group.

The first four athletes of each team, completing the race, will count for points.

Age Groups for Boys and Girls are 14,15, 16,17,19. Maximum of (6) athletes in total, per team per region.

Provinces must submit the total size of the contingent to Western Cape Athletic Secretary on or before 22 August 2025.

TRANSPORT AND ACCOMMODATION

DCAS will organize transport,

Accommodation

: Boland Region (Overberg and West Coast), SWD Region - Central Karoo and Eden.

Transport:

ASWD Region – Eden & Central Karoo

Boland Region- Overberg & West Coast, Langeberg & Witzenberg

WPA Region – Metro

Meals:

All athletes, management & Technical Officials

In the event that DCAS are not going to assist each Individual Region/District must arrange for their Own Transport, Accommodation & Food parcels.

Regions are therefore requested to contact their DCAS Districts Development Officers.

NB - Regions/ Districts must please verify the QUALITY of Accommodation with the LOC – Before making any Bookings for Accommodation!!!

SECTION C

10. TECHNICAL OFFICIALS (Delegated by Regions)

Regions must submit names of **Qualified Technical Officials** for the purpose of officiating at the competition. The names must accompany the entries of teams on 22 August 2025.

Maximum of (6) names per Region/District (3 x Mainstream and 3 x LSEN)

Region / District	Mainstream	LSEN	Total
Boland	10	6	16
Cape Metro	8	6	14
Central Karoo	4	0	4
Eden	4	2	6
Total	26	14	40

11. MEETING FOR TEAM MANAGERS AND OFFICIALS

11.1 A meeting for Team Managers will be held on **Friday, 29 August 2025 at Stellenbosch High School, Stellenbosch at 19:00-20:00. Only withdrawals will be allowed at this meeting.**

11.2 Three (3) Team Managers, one for Primary Schools, one for Secondary Schools & One for LSEN from each Region, must attend this meeting.

11.3 The following information will be provided

- a) Athletes' sticker
- b) Accreditation
- c) Safety Plan
- d) Parking plan
- e) Selection Criteria
- f) Program for day.

11.4 Championships.

11.4.1 The Western Cape Schools Athletics Executive assume the responsibility for the production and issuing of the athletes' colors.

11.5 Technical Meeting for Officials

11.6 **Competition Day 1: Technical Officials - One hour before start of competition**

11.7 **Team Managers - 10h00 / 12h00 and 14h00**

11.8 It is of vital importance that all General Managers and Technical Officials attend these meetings.

All the relevant General Managers and Assistants Managers as well as Technical Officials attending the various meetings must make use of private transport and attend the meetings as required – They should not depend on the Team Bus for transport.

11.9 Officials must be dressed in **Black bottoms & White tops** for the purpose of officiating.

11.10 They are requested to report 60 minutes prior to the start of the meeting on **Saturday**.

11.11 Addendum A must be completed by the four regions.

SECTION D

Western Cape Team Selection – 2025

12.1 **Western Cape Cross Country Team** will be selected for **participation in Mpumalanga**

. Each region must have one mandated representative (selector) serving on the selection panel.

12.2 **Ronald Abrahams** from WCSA will be the convener of the selection panel.

12.3 The official selection policy will be applied as the only criteria for selection.

12.4 The convener of selectors must hand the selected team, signed by all the selectors, to the Vice-Chairperson: Cross Country (Western Cape Executive Schools Athletics Member) after the final event on the competition day.

12.5 The Vice-Chairperson: Cross Country will present the selected team to the Western Cape Schools Athletics Executive for final approval, ratification and sign-off by the Chairperson and Secretary of the organization.

13 COMPETITION RULES FOR LSEN PARTICIPANTS:

LSEN Regions will be running together with mainstream according to their age group.
LSEN athletes will receive their own medals for each race.
LSEN will compete in its own team competitions.
For TRANSPORT purposes the LSEN athletes must join up with the Region/District they come from.

14. REPORTING TIME FOR RACES:

Managers of each Region/District must see to the discipline of their athletes at the place of competition and make sure that athletes report thirty (30) minutes prior to each race to the warm up area.

15. OPENING:

Opening will on Saturday, 30th August 2025 at 08h30.

16. COMPETITION RESULTS AND MEDALS:

RESULTS

16.1 The official results will be posted on the official notice board on the competition day.

16.2 A Copy of the results will be available after the competition for each general manager of the four regions/ districts.

MEDALS:

Medals will be awarded to the first Three (3) athletes in each race

No team Medals

Medal recipients must assemble in a demarcated area immediately after the announcement of the results.

Athletes must wear their Regional / District colors when mounting the podium/rostrum.

17. PARTICIPATION NUMBERS:

Participation stickers & Pins will be provided at Registration.

18. FIRST AID:

First Aid & Ambulance will be on duty at the venue.

In a case of casualty or hospitalization, the athlete of the concerned region/ district will be responsible for settling any account arising from the incident.

Team Managers are advised to be in possession of each athlete's medical requirements.

19) COMPETITION RULES:

Rules World Athletics, ASA and S.A. Schools Athletics will apply.

In the case of an appeal, an amount of R500 in cash is payable and will only be refunded once the appeal was successful. No refunds will be made if an appeal is rejected.

The appeal can be made only by the General Manager of the team and must be in writing for the attention of the Referee. (Find the necessary form attached – Addendum C.)

No parent will be allowed to communicate with the Technical Officials regarding appeals

20. GENERAL RULES

- 20.1 No littering within the grounds will be allowed.
- 20.2 Respect officials – poor behavior etc. can result in suspension.
- 20.3 **No alcohol, smoking or glass bottles will be allowed on the stadium.**
- 20.4 Team Managers and Coaches are responsible for the good conduct and behavior of their own athletes. Disciplinary action will be taken against any defaulting Province.
- 20.5 Athletes will not be allowed to compete in any event if in the opinion of the officials if he/she is not suitably attired.
- 20.6 First Aid will be provided at the stadium in the case of injuries or emergencies.
- 20.7 A medical doctor will be on standby. The cost of treatment by this doctor will be for the account of the athlete or his/her province. Provinces are requested to provide their own physiotherapist for their team's own general purposes.
- 20.8 Athletes who belong to a medical scheme must bring their membership cards in case of a serious injury.
- 20.1 No person, except officials, will be allowed to enter the area of competition. The same apply to athletes who are not participating. Only Team Managers may enter to launch a protest.

19. CONTACTS:

For further information please contact the **LOC**, or

WESTERN CAPE SECRETARY	: Ms .F. Cassiem 071528 8807 fairoezc@gmail.com
LOC SECRETARY	: Reinhard Jonkerman 081 447 9519
LOC CHAIRPERSON	: Franklin September 082 350 2406
VICE-CHAIRPERSON (WCSA)	: Mr. Reggie Mitchell Cell: 084 919 9506 mitchellreginald86@yahoo.com
VICE – CHAIRPERSON WESTERN CAPE: LSEN	: Ms . R. Willemse 083 959 1369 wrejani@yahoo.com

FOR NOMINATION OF ENTRIES**ADDENDUM, A****TECHNICAL OFFICIALS:**

Name	Surname	Male/Female	Qualifications

Number of Entries – MAINSTREAM

Age Groups	Boys	Girls	TOTAL
09			
10			
11			
12			
13			
14			
15			
16			
17			
19			
Total			

Number of Entries – LSEN

Age Groups	Boys	Girls	TOTAL
14			
15			
16			
17			
18			

Signed: (LOC/Secretary) _____

Tel No: _____ Cell No: _____

Date: _____

EMAIL ON OR BEFORE Friday, 22 August 2025.

APPEAL FORM**ADDENDUM - B****FORM FOR JURY OF APPEAL**

(A DEPOSIT OF R250-00 (CASH) MUST BE PAID FOR EACH APPEAL)

PROTEST	DATE: 30 August 2025
Time of verbal announcement of result	
Time of verbal protest to referee	
Time and Date when this form was handed in	

MOTIVATION FOR PROTEST

>>>>>>>>>FINDINGS OF THE JURY OF APPEAL<<<<<<<<<<
PROTEST UPHELD
REASON:
PROTEST REJECTED
REASON:

COMPETITION PROGRAMME**ADDENDUM – C**

WESTERN CAPE CROSS COUNTRY CHAMPIONSHIPS												
Van der Stel Sport Grounds												
7h30 – 08h00 Walk the Course												
08h30 Opening												
COMPETITION PROGRAMME						STARTING GRID						
EVENT	TIME	GENDER	GROUP	YEAR BORN	DISTANCE	EVENT	1	2	3	4	5	
1	9:00	Girls	9 years	2016	2 Km		BOL	CM	CK	EDEN		
2	9:15	Boys	9 years	2016	2 Km		EDEN	BOL	CM	CK		
3	9:30	Girls	10 years	2015	2 Km		CK	EDEN	BOL	CM		
4	9:45	Boys	10 years	2015	2 Km		CM	CK	EDEN	BOL		
5	9:55	Girls	15 years	2010	4 Km		BOL	CM	CK	EDEN		
6	9: 55	Girls LSEN	15 years	2010	4 Km		EDEN	BOL	CM	CK		
7	10:15	Girls	12 years	2013	3 Km		CK	EDEN	BOL	CM		
8	10:25	Girls	14 years	2011	4 Km		CM	CK	EDEN	BOL		
9	10:25	Girls LSEN	14 years	2011	4 km		BOL	CM	CK	EDEN		
10	10:45	Boys	12 years	2013	3 Km		EDEN	BOL	CM	CK		
11	11:00	Boys LSEN	19 years	2006/7	8 Km		CK	EDEN	BOL	CM		
12	11:00	Boys	19 years	2006/7	8 Km		CM	CK	EDEN	BOL		

MEDAL PRESENTATION – EVENTS 1-7

13	11:40	Girls	19 years	2006/7	6 Km		BOL	CM	CK	EDEN		
14	12:10	Girls	17 years	2008	4 Km		EDEN	BOL	CM	CK		
15	12:10	Girls LSEN	17 years	2008	4 Km		CK	EDEN	BOL	CM		
16	12:10	Girls LSEN	19 years	2006/7	4 Km		CM	CK	EDEN	BOL		
17	12:30	Boys	16 years	2009	6 Km		BOL	CM	CK	EDEN		
18	12:30	Boys LSEN	16 years	2009	6 Km		EDEN	BOL	CM	CK		
19	12:55	Girls	11 years	2014	3 Km		CK	EDEN	BOL	CM		

MEDAL PRESENTATION – EVENTS 8-18

20	13:10	Boys	14 years	2011	4 Km		CM	CK	EDEN	BOL		
21	13:10	Boys LSEN	14 years	2011	4 Km		BOL	CM	CK	EDEN		
22	13:30	Girls	13 years	2012	3 Km		EDEN	BOL	CM	CK		
23	13:30	LSEN Girls	13 Years	2012	3 Km		CK	EDEN	BOL	CM		
24	13:45	Boys	11 years	2012	3 Km		CM	CK	EDEN	BOL		
25	14:00	Boys	13 years	2012	4 Km		BOL	CM	CK	EDEN		
26	14:00	Lsen Boys	13 years	2012	4Km		EDEN	BOL	CM	CK		
27	14:20	Girls	16 years	2009	4 Km		CK	EDEN	BOL	CM		
28	14:20	Girls LSEN	16 years	2009	4 Km		CM	CK	EDEN	BOL		
29	14:40	Boys LSEN	17 years	2008	6 Km		BOL	CM	CK	EDEN		
30	14:40	Boys	17 years	2008	6 Km		EDEN	BOL	CM	CK		

MEDAL PRESENTATION – EVENTS 19-26

31	15:10	Boys LSEN	15 years	2010	4 Km		CK	EDEN	BOL	CM		
32	15:10	Boys	15 years	2010	4 Km		CM	CK	EDEN	BOL		

MEDAL PRESENTATION – EVENTS 26-32