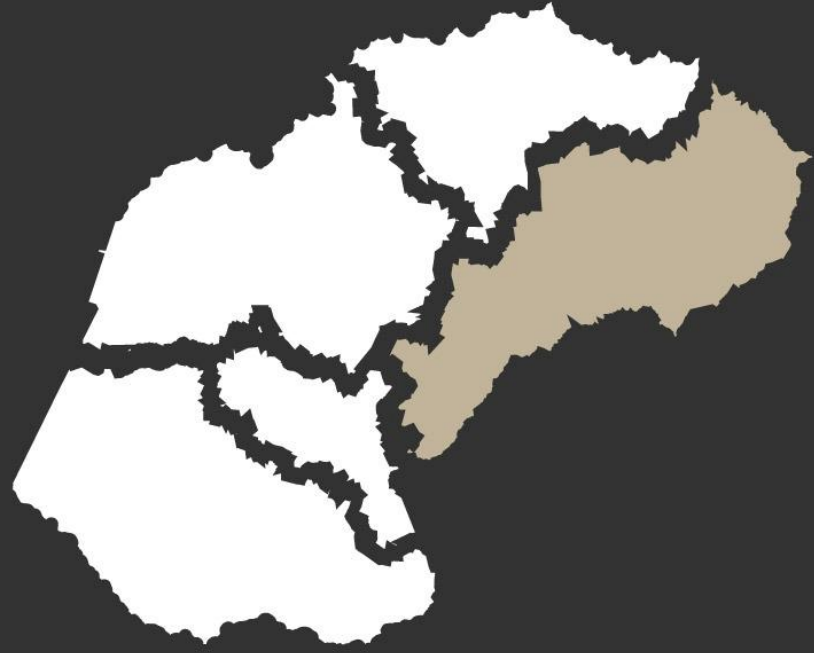




THABO MOFUTSANYANA
Cross Country



INTER-REGION

2026

TOP 20



ATHLETICS FREE STATE
CROSS COUNTRY RUNNING

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1. EVENT, DATE AND VENUE

Event name: 2026 AFS TOP-20 Inter-Region Cross Country Running Meet.

Date: Saturday, 27 June 2026.

Venue: Bethlehem Cross Country, Caritas, Bethelhem. GPS: 28°15'04.1"S 28°20'11.8"E

Hosting region: AFS Thabo Mafutsanyana Cross Country Running. Presented under the auspices of Going4Gold Athletics.

Tel / Cell: Ebarnie Cilliers Cell: 082 822 8992 E-mail: tmcrosscountry@outlook.com

2. EVENT INTRODUCTION

AFS Thabo Mafutsanyana Cross Country is proud to host the 2026 AFS TOP-20 Inter-Region Cross Country Running Meet, and we look forward to welcoming all the Free State regional teams at the esteemed Bethlehem Cross Country Course. This event promises to deliver an authentic cross country running experience, as well as an exciting opportunity to meet and compete with the best athletes in our province. It is our wish that this event will also contribute to building and strengthening our provincial team for the national championships this year.

This event is intended for the top-20 athletes in each age-gender category for each AFS Cross Country Region. It is worth mentioning that all athletes who compete in this event be affiliated and in possession of a valid 2026 ASA license. Athletes can only be entered for this event by their AFS regional cross country running office. The objective is simple. From the accumulated results at the various AFS Cross Country leagues, each region will identify and enter up to 20 of their best performing athletes in each category to compete in this prestigious event.

There are currently five recognised AFS Cross Country Running Regions: Motheo (Bloemfontein and Jacobsdal leagues), Lejweleputswa (Riebeeckstad, Welkom), Fezile Dabi (Parys and Kroonstad leagues), Thabo Mafutsanyana (Bethlehem and Qwaqwa leagues), and Xhariep (Trompsburg, Zastron, and Petrusburg leagues). Athletes will represent their various provincial regions in this event.

This event will not qualify an athlete for any team selection other than the athletes selected to participate in this specific event. This event does not count as a league or district championship, and cannot be used in any way to fulfill the requirements to become eligible for the AFS Provincial Cross Country Running Team, or the National Cross Country Running Team.

3. DRIVING DIRECTIONS

Bethlehem Cross Country Course is located approximately 1km outside of Bethlehem on the Preekstoel Road. The included road map shows the major access routes to Bethlehem Cross Country Course.

Getting there by road

GPS Coordinates: 28°15'04.1"S 28°20'11.8"E

From Bloemfontein/Senekal/ Paul Roux enter Bethlehem, Muller Street. Proceed through town until you reach Hospital Street, Metropolitan Centre on left and Mr Price Sport on right. Turn right at the traffic light onto N5. Continue straight at the four way crossing, up the hill, to the traffic light. Turn right into Lughawe Street. At the traffic circle, take the 1st exit left into Preekstoel Road. Continue straight, Dihalbeng Mall on your left. Cross 2 stop streets. The entrance to Bethlehem Christian Centre and Caritas College is 1km after the 2nd stop street on your left.

From Johannesburg/Reitz when you pass CTM and Wimpy on your left, follow Bloemfontein directions from "Continue straight at the four way crossing...."

From Harrismith you will go past the Frontier Inn and Casino on your left, at traffic light turn left into Lughawe Street and follow Bloemfontein directions from the traffic circle.

Ample parking available.

Google map pin: https://maps.app.goo.gl/nMA8Ko9gMMDinjyc6?g_st=iw



4. PARKING AT THE VENUE

Bethlehem Cross Country Course offers ample free parking space.

The venue is generally safe with no to little history of reported crime. It is however recommended to store valuable items out of sight and to make sure that your vehicle is locked at all times. Parking is at your own risk.

5. COMPETITION AREA

The main competition area is centered around the Caritas College area. Participants will find the terrain easy to navigate with the registration / number collection point being the first point of contact upon arrival.

Clubs and schools are welcome to bring their own gazebos and set up camp in the club zone. All gazebos must be anchored for safety reasons. The club zone also borders the course and teams can support their athletes from the comfort of their gazebo as they run past. Please keep the area clean and make use of the refuse bins provided.

There is ample space to warm up for your event, but we encourage participants to make use of the allocated warm up area and not get lost on one of the hiking, running and cycling trails originating from the competition area. The designated warm up area is also located close to the call room and participants will be able to hear the call for the start of their race. Participants will gather in the call room area and be escorted to the start by an appointed race official.



6. ENTRY FEES AND PAYMENT INSTRUCTIONS

- a. No individual or development entries will be allowed. All entries are submitted and paid for by the respective regions.
 - b. All entries must be submitted on or before the closing date for entries using the entry form provided.
 - c. It is expected that proof of payment will be submitted with the entry form. Payments must be done prior to the event.
 - d. The entry fee payable to the organiser will be R50 per athlete for the day.
 - e. Spectators and regional team delegates with credentials enter for free.
 - f. Parking is free and the club-zone for gazebos are also free. Gazebos are set up on a first-come-first-serve basis.
 - g. Entry payment must be made BY THE REGION AND NOT BY INDIVIDUAL ATHLETES
-
- h. Please send an e-mail to tmcrosscountry@outlook.com and provide the following information to request an invoice for your payment:

Name / business name to be invoiced.

Physical address.

Contact number.

E-mail address where invoice should be sent to.

VAT number if applicable.

- i. Please send proof of payment and all correspondence or enquiries about payments to tmcrosscountry@outlook.com
- j. Strictly no refunds or substitutions for athletes who entered but did not, or cannot participate for any reason.
- k. If the event is stopped or cancelled due to extraordinary circumstances outside the control of the organiser that make it impossible or unsafe to continue with the event, entry fees will not be refunded.

7. RESTRICTIONS ON ENTRIES

- a. Entries will open on Monday 1 June 2026 at 08h00am.
- b. Entries will close on Monday 22 June 2026 at midnight.
- c. This event is presented according to the rules and regulations of WA, ASA, and AFS.
- d. Athletes will wear their club / school sportswear. Athletes will not be allowed to participate in Provincial Colours.
- e. The youngest age of an athlete will be 6 years, turning 7 years old. Born 2018-2019 and competes in the U/8 category.
- f. A participant can only be entered to represent one of the following AFS Cross Country Regions:
 - i. Motheo Region code: MOTH (used for entries and results)
 - ii. Lejweleputswa Region code: LEJW (used for entries and results)
 - iii. Thabo Mofutsanyana Region code: TMFA (used for entries and results)
 - iv. Fezile Dabi Region code: FEZD (used for entries and results)
 - v. Xhariep Region code: XHRP (used for entries and results)
- g. Regional teams are restricted to a maximum of 20 athletes per age-gender category.
- h. Athletes that are affiliated and in possession of a valid 2026 AFS / ASA license must wear their licenses during the race..
- i. With the exception of the "2km Sprint" event, an athlete may enter to compete in only one age-gender race category.
- j. An athlete will only be allowed to compete in the race category and start time entered for.
- k. Regional teams will be entered by their respective regions using the provided spreadsheet entry form. No individual entries allowed.
- l. Team managers must ensure that their athletes are entered in the correct age and gender category.
- m. The following information will be required for each athlete being entered:
 - i. Name and Surname
 - ii. ID Number
 - iii. Gender
 - iv. 2026 ASA license number
 - v. AFS region - region code (MOTH, LEJW, TMFA, FEZD, XHRP)
 - vi. Race category and race distance.

8. REGIONAL MANAGEMENT TEAM

- a. Each provincial region must send a minimum of two (team manager, call room assistant) team delegates.
- b. All delegates must pre-register to receive credential cards for identification and access to designated areas.
- c. Application for credentials are done by submitting it to tmcrosscountry@outlook.com.
- d. The following information will be required of each person who apply for credentials:
 - i. Name and Surname
 - ii. AFS region - region code (MOTH, LEJW, TMFA, FEZD, XHRP)
 - iii. Cell number
 - iv. E-mail address
 - v. Designation (manager, call room assistant, coach, marshal, physio, photographer, safeguarding officer, etc

AGE CATEGORIES AND RACE DISTANCES

CATEGORY	YOB	Age on	DISTANCE
B8: Beginner Boys	2018-2019	31 Dec 2026	1km (1 x 1km lap)
G8: Beginner Girls	2018-2019	31 Dec 2026	1km (1 x 1km lap)
B9: Boys U/9	2017	31 Dec 2026	2km (1 x 2km lap)
G9: Girls U/9	2017	31 Dec 2026	2km (1 x 2km lap)
B10: Boys U/10	2016	31 Dec 2026	2km (1 x 2km lap)
G10: Girls U/10	2016	31 Dec 2026	2km (1 x 2km lap)
B11: Boys U/11	2015	31 Dec 2026	3km (1km lap + 2km lap)
G11: Girls U/11	2015	31 Dec 2026	3km (1km lap + 2km lap)
B12: Boys U/12	2014	31 Dec 2026	3km (1km lap + 2km lap)
G12: Girls U/12	2014	31 Dec 2026	3km (1km lap + 2km lap)
B13: Boys U/13	2013	31 Dec 2026	4km (2 x 2km lap)
G13: Girls U/13	2013	31 Dec 2026	3km (1km lap + 2km lap)
B14: Boys U/14	2012	31 Dec 2026	4km (2 x 2km lap)
G14: Girls U/14	2012	31 Dec 2026	4km (2 x 2km lap)
B15: Boys U/15	2011	31 Dec 2026	4km (2 x 2km lap)
G15: Girls U/15	2011	31 Dec 2026	4km (2 x 2km lap)
B16: Boys U/16	2010	31 Dec 2026	6km (3 x 2km lap)
G16: Girls U/16	2010	31 Dec 2026	4km (2 x 2km lap)
B17: Boys U/17	2009	31 Dec 2026	6km (3 x 2km lap)
G17: Girls U/17	2009	31 Dec 2026	4km (2 x 2km lap)
JM: Junior Men U/20	2007-2008	31 Dec 2026	8km (4 x 2km lap)
JW: Junior Women U/20	2007-2008	31 Dec 2026	6km (3 x 2km lap)
M23: Men U/23	2004-2008	31 Dec 2026	4km (2 x 2km lap)
W23: Women U/23	2004-2008	31 Dec 2026	4km (2 x 2km lap)
SM4: Senior Men - 4km (Open)	1992-2003	31 Dec 2026	4km (2 x 2km lap)
SW4: Senior Women - 4km (Open)	1992-2003	31 Dec 2026	4km (2 x 2km lap)
SM10: Senior Men - 10km (Open)	1992-2003	31 Dec 2026	10km (5 x 2km lap)
SW10: Senior Women - 10km (Open)	1992-2003	31 Dec 2026	10km (5 x 2km lap)
M35: Men 35-39 years	1987-1991 - "35" tag required	31 Dec 2026	8km (4 x 2km lap)
W35: Women 35-39 years	1987-1991 - "35" tag required	31 Dec 2026	4km (2 x 2km lap)
M40: Men 40-44 years	1982-1986 - "40" tag required	31 Dec 2026	8km (4 x 2km lap)
W40: Women 40-44 years	1982-1986 - "40" tag required	31 Dec 2026	4km (2 x 2km lap)
M45: Men 45-49 years	1977-1981 - "45" tag required	31 Dec 2026	8km (4 x 2km lap)
W45: Women 45-49 years	1977-1981 - "45" tag required	31 Dec 2026	4km (2 x 2km lap)
M50: Men 50-54 years	1972-1976 - "50" tag required	31 Dec 2026	8km (4 x 2km lap)
W50: Women 50-54 years	1972-1976 - "50" tag required	31 Dec 2026	4km (2 x 2km lap)
M55: Men 55-59 years	1967-1971 - "55" tag required	31 Dec 2026	8km (4 x 2km lap)
W55: Women 55-59 years	1967-1971 - "55" tag required	31 Dec 2026	4km (2 x 2km lap)
M60: Men 60-64 years	1962-1966 - "60" tag required	31 Dec 2026	6km (3 x 2km lap)
W60: Women 60-64 years	1962-1966 - "60" tag required	31 Dec 2026	4km (2 x 2km lap)
M65: Men 65-69 years	1957-1961 - "65" tag required	31 Dec 2026	6km (3 x 2km lap)
W65: Women 65-69 years	1957-1961 - "65" tag required	31 Dec 2026	4km (2 x 2km lap)
M70: Men 70-74 years	1952-1956 - "70" tag required	31 Dec 2026	6km (3 x 2km lap)
W70: Women 70-74 years	1952-1956 - "70" tag required	31 Dec 2026	4km (2 x 2km lap)
M75: Men 75 years and older	1951 and before - "75,80,85,90,95,100+" tag required	31 Dec 2026	4km (2 x 2km lap)
W75: Women 75 years and older	1951 and before - "75,80,85,90,95,100+" tag required	31 Dec 2026	4km (2 x 2km lap)

9. LAP CONFIGURATION BY DISTANCE

EVENT		LAP 1		LAP 2		LAP 3		LAP 4		LAP 5
1 km		1km		-		-		-		-
2 km		2km		-		-		-		-
3km		1km		2km		-		-		-
4 km		2km		2km		-		-		-
6km		2km		2km		2km		-		-
8 km		2km		2km		2km		2km		-
10 km		2km		2km		2km		2km		2km

10. EXCEPTIONS ON AGE CATEGORIES

- a. Senior age categories: Participants that are 20 years and older on 31 December 2026 may enter for the senior category and will be scored in the results as Senior. Masters athletes can compete in the 10km Senior as a Seniors (no age tags).
- b. Under 23: This 4km category is for athletes that are 20-22 years. Junior women (6km), and Junior men (8km) can enter for this event provided that the participant is at least 18 years old on 31 December 2026 (born 2004-2008). Athletes entered for the U/23-4km race will not be considered for the Senior 4km results.
- c. Junior athletes: Participants in the U/20 age category that will not be younger than 18, and not older than 19 years on 31 December 2026 (born 2007-2008).

11. 2KM YOUTH, 2KM JUNIOR AND 2KM SENIOR EVENT (2KM SPRINT)

- a. The 2km event is the only event that can be done as a single event, or as an additional event. This event will be presented in Youth, Junior and Senior categories and is indicated on the program as the "2km Sprint" event.
- b. The youngest age that will be allowed in this event is 16 years born in 2010. The oldest age allowed to participate in this event will be 34 years old born in 1992.
- c. Youth, Junior, and Senior categories will start and run together in the 2km event, but their results will be displayed as separate races according to age and gender.
- d. Athletes who enter for this event in addition to another distance event will receive a different race number for each event.
- e. Team managers should ensure that athletes who participate in more than one event are entered separately for each event.

- f. Athletes who compete in both the 2km event and their main category event will receive two race numbers, one for each race they compete in. Please make sure to collect both race numbers and to wear the correct race number for the applicable race.
- g. 2km Age categories:
 - a. 2km Youth boys and girls: Born 2009-2010. No age tags required.
 - b. 2km Junior men and women: Born 2007-2008. No age tags required
 - c. 2km Senior men and women: Born 1992-2006. No age tags required.

12. TEAM ARRIVAL AND RACE NUMBER COLLECTION

- a. Each regional team will appoint a team manager who will be responsible for collecting and distributing race numbers.
- b. Regional team managers must arrange to be at the venue and collect their athlete's race numbers at least 30 minutes before the start of the first race. Please arrive early to avoid a stressful situation.
- c. The appointed team manager will first report to registration to collect the team credential cards and athlete race numbers.
- d. It will be the responsibility of each region to make arrangements and ensure that there is a designated person(s) for this task.
- e. Athletes will receive their race numbers from their respective team managers only.
- f. No team manager, parent, or coach will be allowed to communicate with, or interfere with the time keepers, callers, catchers, scorers, or any personnel working at the finish area when there is a race in progress.

13. TECHNICAL INFORMATION CENTRE (TIC)

- a. The TIC will be located in the main hall next to the toilet area and will open on Saturday 27 June 2026 at 07h30am.
- b. Only team personnel with credential cards will be attended to in the TIC.
- c. No late entries or substitutions will be processed at TIC on race day. Corrections only.
- d. Please remain calm and composed at all times. The majority of personnel are volunteers and are doing their best to assist.

14. WALKING THE COURSE

- a. We encourage and recommend all athletes to walk and familiarise themselves with the course prior to racing.
- b. The course will be open for inspection at the following times:
 - i. Friday 26 June: 14h00pm-16h00pm. The gate at Bethlehem Cross Country Course will be open to visitors during this time.
 - ii. Saturday 27 June: 07h30am-09h00am. The gate at Bethlehem Cross Country Course will open at 07h00am.
 - iii. Athletes will not be allowed to walk the course once the first race on the event program has started.

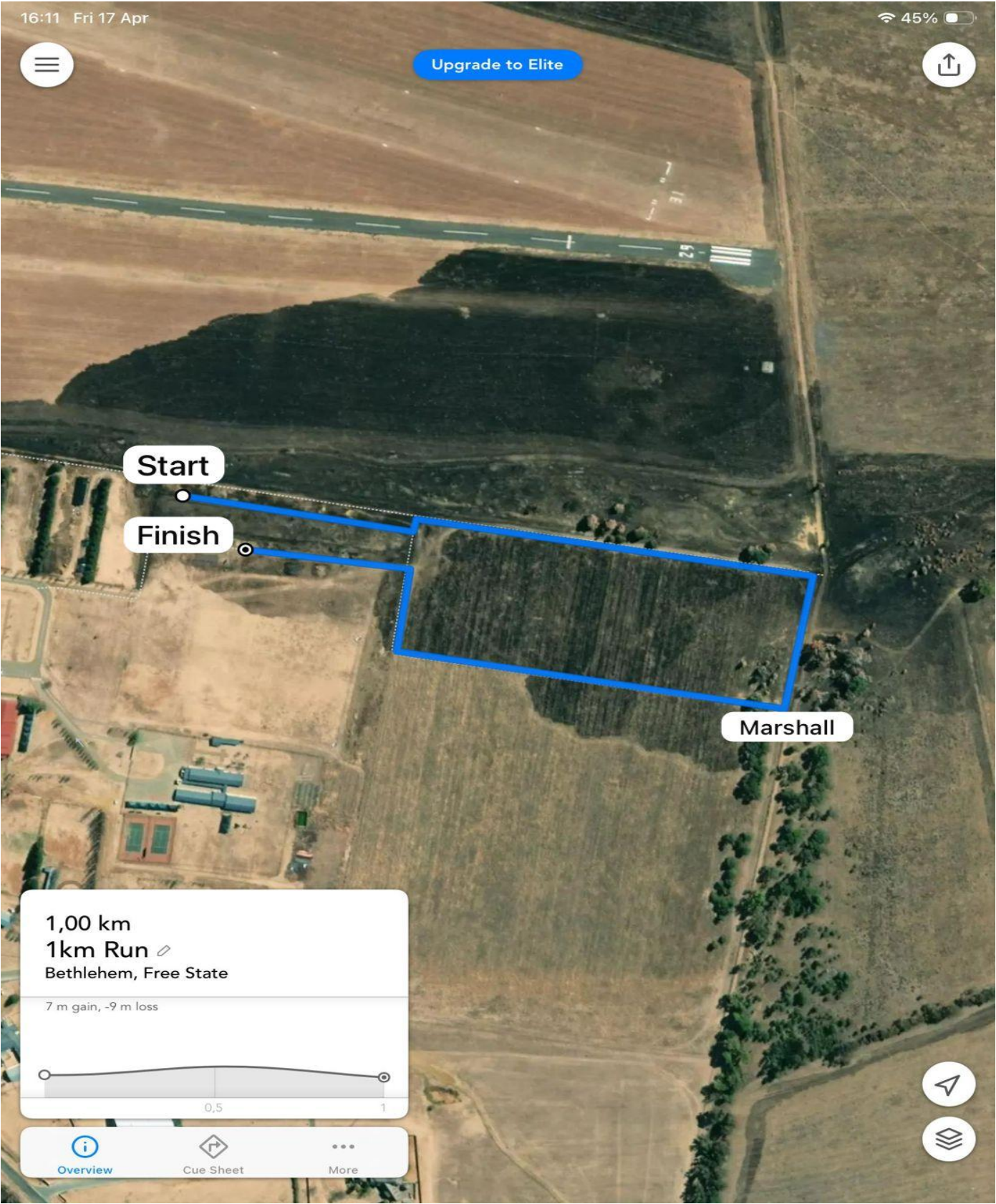
15. TERRAIN AND SURFACE

- a. This course is a truly authentic and natural cross country course that contains no hard surfaces like concrete or tarmac.
- b. The route is suitable for barefoot running.
- c. The route will be run mainly on rough grass. The minority of the grass surface varies between hard sand, loose sand, and tiny stones.



16. ROUTE MAPS AND PROFILES

1km Route Map and profile



2km Route map and profile



17. ATHLETE ATTIRE

- a. Athletes will compete in their respective school / club sportswear. No athlete will be allowed to participate in provincial colours.
- b. Athletes must please make use of the facilities to change. Do not change or expose yourself in public.
- c. Athletes who do not own club / school sportswear will be allowed to run in a white vest and black shorts / trousers with no print.
- d. Athletes are expected to be familiar and compliant with domestic and international rules and regulations on sportswear.

18. ASA LICENSES

- a. Team managers must ensure that all athletes entered for this event are affiliated and in possession of a valid 2026 ASA license.
- b. Athletes that do not have ASA licenses due to a supply shortage from the athletics federation, must be able to show proof of order for licences that are pending delivery.
- c. ASA license numbers will be displayed on the front and back of the running vest and it will be visible at all times during the race.
- d. Athletes must provide their own safety pins to securely attach their license numbers to their running vests.

19. RACE NUMBERS AND AGE TAGS

- a. Race numbers:
 - i. Race tickets will be assigned to athletes as part of the entry process. Race numbers will be published on the start list.
 - ii. Athlete list with race numbers, as well as credential cards for team members will be provided to each team manager and will be collected from registration at the event venue.
 - iii. Each race number will consist of a race ticket that displays the race number, athlete's name, race category, and race distance. This race ticket together with a safety pin to attach the race number on the athlete's vest will be provided.
 - iv. The race ticket should remain attached on the back, top position of the vest. Please do not attach the race ticket in an invasive or awkward position.
- b. Age tags:
 - i. "No J" Tags are required for athletes 18-19 years (U/20) competing in the Junior Men (8km) and Junior Women (6km) events.
 - ii. Athletes competing in the Senior category, and categories from U/8 to U/17 years, will not wear age tags.
 - iii. Masters 35 years and older will wear age tags according to SAMA regulations (5 year age groupings).
 - iv. Athletes who wear age tags must ensure that they are wearing two age tags (back and front of the running vest).
 - v. No age tags will be available for sale at the race venue.

20. ASSISTANCE TO ATHLETES

- a. There will be a water station located near the start (new lap) and at the finish line.
- b. Only athletes who compete in distances of 6km, 8km and 10km will be allowed to receive water at the water aid station.
- c. Team managers must ensure that there is a designated team member who can assist athletes at the water aid station.
- d. No seconding will be allowed by any person except for authorised officials and appointed medical personnel.

21. CALL ROOM

- a. The call room will be situated in the demarcated area between the finish area and warm-up area.
- b. Athletes must report to the call room 20 minutes before the start of their event. Please refer to the event program.
- c. Only reporting athletes, authorised officials, and managers with credential cards will be allowed in the call room.
- d. Team managers are responsible for the clothing and personal belongings of their athletes.
- e. One team manager per region will be required to assist only with the primary school age groups (U/8 to U/13 years).
- f. Team managers must ensure that athletes are wearing their race numbers, licenses, and age tags prior to entering the call room.
- g. If an athlete is checked in at the call room and then exits the call room area it will be interpreted as a withdrawal from the race.

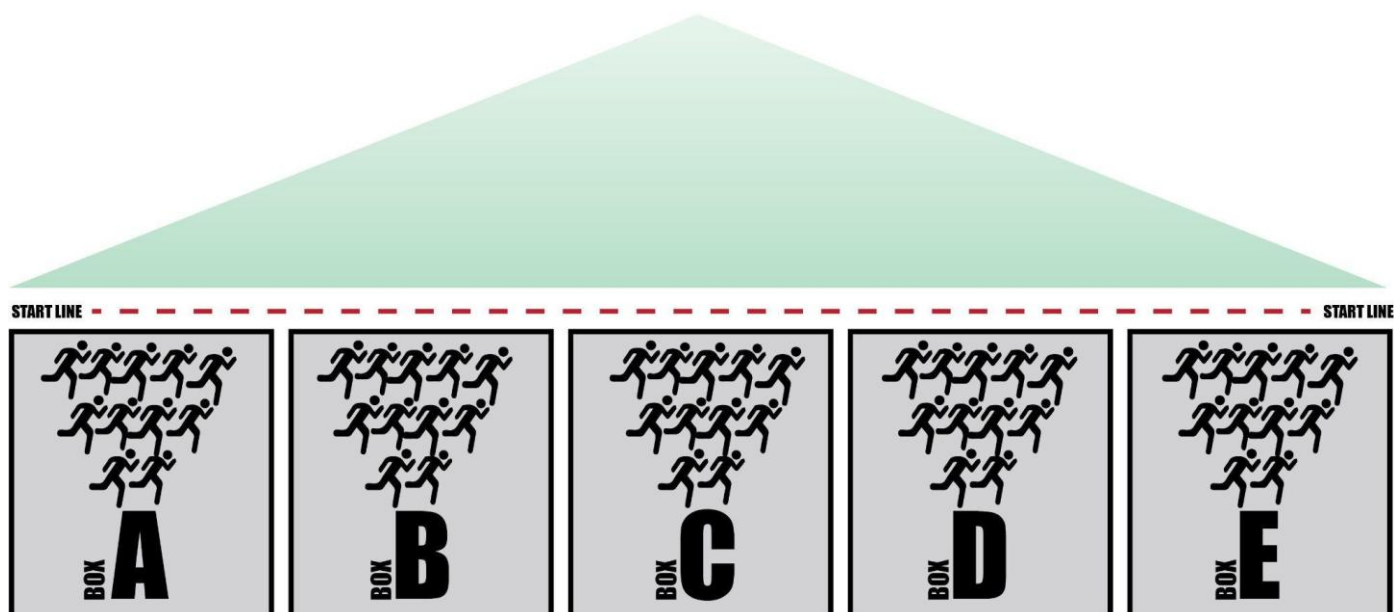
22. PRELIMINARY EVENT PROGRAM

Please refer to the preliminary program below. The program is subject to change depending on the final amount of entries received, as well as safety and circumstances on the day of the event. Changes to the program will be communicated to team managers.

EVENT PROGRAM SAT 27 JUNE 2026 : TOP-20 AFS INTER-REGION CROSS COUNTRY RUNNING MEET				
Event #	Time	Event / Activity	Dist	Call Room
.	07h30	Walk the course. TIC open		
	08h00	Technical officials, Race officials briefing (In the call room area)		
1.	09h00	Beginner Boys U/8 (B8)	1km	08h40
2.	09h05	Beginner Girls U/8 (G8)	1km	08h45
3.	09h15	Boys U/11 (B11)	3km	08h55
4.	09h17	Girls U/11 (G11)	3km	08h57
5.	09h40	Boys U/12 (B12)	3km	09h20
6.	09h42	Girls U/12 (G12)	3km	09h22
7.	10h50	Girls U/13 (G13)	3km	10h30
	11h15	Podium ceremony: B8, G8, B11, G11		
8.	11h15	2km Sprint: Youth-Boys (YB2) - U/16 - U/17 years, Junior Men (JM2) - U/20 years, Senior Men (SM2) - 20-34 years.	2km	10h55
9.	11h17	2km Sprint: Youth-Girls (YG2) - U/16 - U/17 years, Junior Women (JM2) - U/20 years, Senior Women (SM2) - 20-34 years.	2km	10h57
	11h25	Podium ceremony: B12, G12, G13		
10.	11h25	Boys U/9 (B9)	2km	11h05
11.	11h27	Girls U/9 (G10)	2km	11h07
12.	11h35	Boys U/10 (B10)	2km	11h15
13.	11h37	Girls U/10 (G10)	2km	11h17
14.	12h00	Boys U/13 (B13)	4km	11h40
15.	12h02	Boys U /14 (B14)	4km	11h42
	12h15	Podium ceremony: B9, G9, B10, G10		
16.	12h35	Boys U/15 (B15)	4km	12h15
17.	12h37	Girls U/15 (G15)	4km	12h17
18.	13h05	Girls U/16 (G16)	4km	12h45
19.	13h07	Girls U/17 (G17)	4km	12h47
	13h35	Podium ceremony: B13, B14, G14, B15, G15, G16, G17		
20.	13h35	Senior Men (SM10), Senior Women (SM10)	10km	13h15
21.	13h37	Men U/23 (M23), Senior Men (SM4).	4km	13h17
22.	13h39	Women U/23 (W23), Senior Women (SM4)	4km	13h19
23.	14h40	Boys U/16 (B16), Masters Men M60, M65	6km	14h20
24.	14h42	Boys U/17 (B17)	6km	14h22
	15h20	Podium ceremony: M23, W23, SM4, SW4, SM10, SW10, M60, M65, B16, B17		
25.	15h20	Junior Men (JM)	8km	15h00
26.	15h22	Junior Women (JW)	6km	15h02
27.	15h24	Masters Men (M35, M40, M45, M50, M55)	8km	15h04
28.	15h24	Masters Women (W35, W40, W45, W50, W55, W60, W65), Masters Men 4km (M70, M75, M80, M85, M90, M95, M100+)	4km	15h04
	16h00	Podium ceremony: JM, JW, Masters W35, W40, W45, W50, W55, W60, W65, M/W 70+		
	16h15	Podium ceremony: Masters Men M35, M40, M45, M50, M55.		

23. ALLOCATION OF START BOXES PER REGION

- a. Each region will be assigned to a different starting box at the start line of each race.
- b. Technical officials will assist athletes to be placed in their assigned starting boxes, marked ("A", "B", "C", "D", "E").
- c. Assignment of start boxes will be rotated evenly between various regions throughout the event.
- d. It is expected that participants remain inside their assigned start boxes until the start signal is given to start a race.
- e. There will be no seeding or allotment of starting positions for athletes within the region's starting box.
- f. The start official retains the right to move athletes, even between boxes, on the start line to ensure a safe start.
- g. If an event has only a few participants, the start official will announce whether the start box assignment can be ignored.



24. INDIVIDUAL AND TEAM SCORING

- a. Individual scoring
 - i. Athletes will be scored individually in their respective age-gender categories based on position (time will be provided)..
 - ii. The score allocated to an athlete will be equal to the position that the athlete finished in their age-gender category.
 - iii. The athlete with the lowest position score wins.
- b. Team scoring
 - i. All athletes entered by their region, according to age-gender groups, will constitute a team.
 - ii. The position of the best four athletes in each region are totaled and the team having the lowest aggregate score wins.
 - iii. In the event of a tie, it shall be resolved in favour of the team with the lowest score for their fourth position team member.
 - iv. For short teams (less than four), the missing racers will be included in the team total as if they had finished last in the race.

25. PODIUM AND AWARDS

- a. Podium ceremonies will be presented according to the event program at various intervals during the course of the event.
- b. Certificates will be awarded to the first three individual podium positions per age-gender category.
- c. Teams will be scored, but no team podium ceremonies or awards will be presented.
- d. Athletes must appear on the podium in their respective club colours (running vest / tracksuit).
- e. Athletes receiving awards must be present during the podium ceremony.
- f. An athlete who is absent during the podium ceremony will forfeit his / her award. The only exceptions to this rule will be:
 - i. When an athlete is incapacitated due to injury or illness.
 - ii. When the athlete received permission from the race director to miss the award ceremony.
- g. Athletes may be required to provide proof of age.
- h. No awards will be released if random drug testing was done on any race on the day of the event, up to such time ASA receives the results from the South African Institution for Drug Free Sport (SAIDS).

26. PROTESTS AND APPEALS

- a. Protests shall be made in accordance with WA Rule TR8. During an event, an athlete or his team official may lodge a verbal protest to the appropriate Referee.
- b. If the problem is not satisfactorily solved, an appeal must be lodged in writing on the prescribed appeal form, which can be obtained from the Technical Information Centre (TIC) and must be signed by a team manager.
- c. An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the Referee, in writing, signed by the athlete or regional team manager, and shall be accompanied by a deposit of R500, which will be forfeited if the appeal is not upheld.
- d. Regional team managers will be given 7 days to raise an appeal pertaining to results in writing to the organiser, whereafter the published results shall be deemed final, notwithstanding any inaccuracies that may be identified at a later date.

27. TIMING AND RESULTS

- a. Participants will be timed by manual electronic timing.
- b. Unofficial results will be available during the course of the event.
- c. Official results will only be published 24-48 hours after the meeting.

28. ANTI-DOPING CONTROL

- a. Anti-Doping Control will be conducted in accordance with the AIU and WA Procedural Guidelines for Anti-Doping Control under the supervision of an ASA Anti-Doping Control Delegate and the SA Institute for Drug Free Sport (SAIDS).
- b. On receiving a written notification for a test, the athlete must report to the Anti-Doping Control station within 60 minutes and will permanently be accompanied by an Anti-Doping Control chaperone.
- c. Athletes are entitled to be accompanied to the Anti-Doping Control Centre by one person of their choice. Personal identification must be presented.
- d. Sample collection will be conducted in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and let them sign a consent form, will carry out the test.

29. MEDICAL SERVICES

- a. Certified medical services with resuscitation capabilities will be provided.
- b. Medical personnel will be based inside the “Bethlehem Cross Country Course” near the finish line.
- c. Medics will have two-way radio communication with the race director and sweep-rider in order to respond to emergencies.
- d. Ambulance evacuation will be on stand-by.

30. TRAVEL AND ACCOMMODATION

- a. Regional teams and athletes are responsible for their own travel and accommodation arrangements.

31. FOOD AND BEVERAGES

- a. Regional teams and athletes are responsible for their own food and beverages.
- b. The tuck-shop at Bethlehem Cross Country Course” will be open during the event

32. INDEMNITY AND WAIVER

Any person, participant, or athlete entering, participating in, or competing on any level at the 2026 AFS Top-20 Inter-Region Cross Country Running Meet indemnify the national, provincial, and regional governing bodies, sponsors, shareholders, and organiser against all and any legal action or claim of any nature which may directly or indirectly arise out of, prior to, during, or after attending, participating or competing in this event. Participants agree that it is their responsibility to be medically fit to compete in any event or activity. Participants also agree that the organiser may utilise any image taken of any person during the event to record and or promote the event or any similar event, excluding the use for commercial purposes or in association with any brand or trade name other than of the event itself, without express consent. Sponsors listed for this event will by no means be interpreted as an entitlement or right of any athlete or participant to insist on free, discounted, or preferential treatment pertaining to the products and services offered by the sponsors.