

**CONTACT DETAILS**

t: +27 (0) 11 880 5800
t: (+27) 11 442 3091
@: ceo@athleticssa.net
www.athletics.org.za

POSTAL ADDRESS

P O Box 2712
Houghton Estate
2041

STREET ADDRESS

Athletics House
No. 3, 11th Avenue
Houghton Estate
Johannesburg 2198

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To	ASA Members
From	ASA Office
Date	10 January 2020
Subject	ASA Cross Country Trials 18 January 2020
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ELECTRONIC TRANSMISSION**ASA CIRCULAR 5 OF 2020
FINAL NOTICE OF ASA CROSS COUNTRY TRIALS**

Dear Members

ASA Circular 107 of 2019 has bearing.

1. ASA will be hosting the ASA Cross Country Trials as follows:

Event: 2020 ASA Cross Country Trials
Venue: High Performance Institute, Potchefstroom
Date: 18 January 2020

2. The programme for the 2020 ASA Cross Country Trials are as follows:

07:00 - Junior Girls
07:25 - Junior Boys
07:55 - Senior Women
08:30 - Senior Men

3. The qualification distance and times are as follow:

Category	Distance	Qualifying time
Junior Women	6km (3 x 2km laps)	21:55
Junior Men	8km (4 x 2km laps)	25:50
Senior Women	10km (5 x 2km laps)	36:05
Senior men	10km (5 x 2km laps)	30:50

4. Travel and accommodation for the invited athletes are for the cost of the provinces and is as follows:

Dennepark Accommodation (Adele Els 018 299 2449 dennepark@nwu.ac.za)
Reference – ASA Cross Country Trials
Single Rooms R 230 – 00
Double Rooms R 360 – 00
Meals can be booked in advance at a reduced rate

5. The final entries for the 2020 ASA Cross Country Trials are listed below. Please note the 2020 ASA Cross Country Trials is by invitation only. No entries on the day of the competition will be allowed.

Athletics greetings

Richard Stander
ASA ACEO
Not signed due to electronic sending

Disclaimer

From the ASA Office e-mail: ceo@athleticssa.net. For more information: ASA website www.athletics.org.za
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