



NPC. Reg No
2006/034767/08
Founded 1992



CONTACT DETAILS

t: +27 (0) 11 880 5800
f: (+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

BOARD MEMBERS

PRES: Mr. Aleck Skhosana
VICE-PRES: Dr Harold Adams
T+F: Mr. Pieter Lourens
RR: Mr. James Molo
CC: Mr. Jakes Jacobs
Ath : Ms. Dorah Mngwevu
ADD: Ms. Motlatsi Keikabile
Ms. Shireen Noble
Ms. Esther Malema
Ms. Ntathu Gwadiiso
E.O. Mr. Jazz Mnyengeza
Mr. William Mokatsanyane

HONORARY MEMBERS

Mervyn KING
Mluleki GEORGE

PARTNERS

World Athletics
CAA
SASCOC
SRSA
NLC
ASA Provinces
ASA Associates
3Sixty Life
Sizwe Medical Fund
SABC
PUMA
SA Sports Trust

To	ASA Members
From	ASA Office
Date	11 December 2020
Subject	2021 ASA Cross Country Trials
No pages	3

ELECTRONIC TRANSMISSION

**CIRCULAR 63 OF ASA 2020
INFORMATION RELATED TO 2021 ASA CROSS COUNTRY TRIALS**

Dear Members

ASA will be hosting the ASA Cross Country Trials on the **23 January 2020** at the **High Performance Institute, Potchefstroom.**

Due to the Covid-19 pandemic that has affected athletics competitions during the 2020 season, kindly see the criteria below for the ASA Cross Country Trials:

- Athletes including substitutes / reserves, who were listed in the 2020 6th CAA Africa Cross Country team to Lome (TOGO), automatically qualify to participate at the 2021 ASA Cross country trials.
- 10km seniors athletes who finished in top 10 at the 2019 ASA Cross Country Championships automatically qualify to participate at the 2021 ASA Cross country trials
- Senior athletes ranked in the top 10 during 2020 season (RR: 8 April 2020 vision, T&F: 30 Nov 2020 vision) at the following events: 21.1km, 10km / 10000m, 5000m, 3000mSC can appeal to participate.
- Any athlete born between 2002 – 2005 and achieved top 10 positions at the 2019 ASA Cross Country Championships are welcome to appeal and request participation at the trials.
- Athletes turning 16 year old (born in 2005) will be the minimum age for athletes to participate at the trials.
- ASA Provinces are allowed to set their own selection criteria and appeal to ASA for recommendation. A maximum number of 6 athletes per age category can be considered or will be allowed to participate.

PLEASE NOTE: ASA HAS THE RIGHT TO ACCEPT OR DECLINE APPLICATIONS.

N.B. Athletes who meet the above mentioned criteria should kindly complete the attached appeal form and send it to Mr. Hezekiel Sepeng, Hezekiel@athleticssa.co.za latest **6 January 2021**.

2020 ASA Cross Country Trials Programme:

Category	Distance	Time	Qualifying Time
Junior Girls	6km	07:00	21:55
Junior Boys	8km	07:25	25:50
Senior Women	10km	07:55	36:05
Senior Men	10km	08:30	30:50