

VICTORIA PARK HIGH SCHOOL



Dear Parent/Guardian,

07 June 2024

RE: CROSS-COUNTRY LEAGUE RACES

This letter serves as notification of important information regarding the upcoming cross-country leagues our athletes will be participating in this season.

The final interschools league will take place on 17 July 2024 at Pearson High School.

In addition, the *Nelson Mandela Bay Municipality Legacy Cross Country Series* will consist of four League Meetings, Eastern Province Athletics (EPA) Championships, and National Championships taking place on the following dates:

League	Date	Time	Venue
1	08-Jun-24	09:00	Strelitzia Park; Uitenhage
2	15-Jun-24	09:00	Stedin College; 1 Victoria Dr; Walmer
3	22-Jun-24	09:00	Varsvlei; 1 Baubina Rd; Sanctor
4	13-Jul-24	09:00	St Albans Correctional Services
EP Champs	03-Aug-24	08:00	EPA CC Championships (NMU B-Soccer Field)
SA Champs	07-Sep-24	07:00	ASA CC Championships (Vanderbijlpark; Vt)

Age categories, event distances and numbers include:

Age Group		Boys		Girls	
Age	Birth Year	Distance (km)	Event Number	Distance (km)	Event Number
13	2011	4	4	3	2
14	2010	4	4	4	4
15	2009	4	4	4	4
16	2008	6	5	4	4
17	2007	6	5	4	4
Junior	2005/6	8	5	6	5

Athletes are required to pay an entry fee of R10.00 (per league) to the bursar's office by the Tuesday (of race week) with reference: Crosscountry_NAMESURNAME.

Ms. Engelbrecht will communicate with EPA and relay entry information to athletes accordingly.

Please take note of the following competition regulations:

- Athletes to compete in their VPHS kit.
- Athletes to arrive at the venue an hour before their event.
- 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 officials).
- Entered athletes will receive a race number – no race number, no participation.

Starting times include:

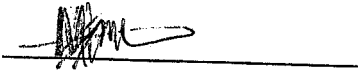
Event Number	Starting Time (Arrive 1 hour before)	Distance (km)	Age Groups Competing
2	09:10	3	Girls 13 yrs. (Born in 2011)
4	09:45	4	Boys 13 yrs. (Born in 2011) Boys 14 yrs. (Born in 2010) Boys 15 yrs. (Born in 2009) Girls 14 yrs. (Born in 2010) Girls 15 yrs. (Born in 2009) Girls 16 yrs. (Born in 2008) Girls 17 yrs. (Born in 2007)
5	10:15	6	Boys 16 yrs. (Born in 2008) Boys 17 yrs. (Born in 2007)
		8	Junior Women (Born 2005-2006) Junior Men (Born 2005-2006)

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

- Participate in at least 2 league events (2 EPA League Events, or Alternatively 1 EPA League and 1 Out of Metropole League Event or Alternatively 2 Out of Town Leagues).
- Compete at the EPA Cross Country Championships on 03 August 2024 or provide a valid reason for not being able to participate - this rule will be strictly applied.
- Obtained qualifying times, which does not ascertain you of a place in the EP team.

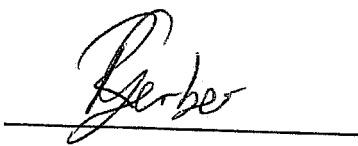
We look forward to a competitive season.

Yours Sincerely



Ms M. Engelbrecht

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Mr R. Gerber (Head of Sport)

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