



UNIVERSITY SPORT SOUTH AFRICA

USSA ATHLETICS

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ATTENTION: Heads of Sport and Sports Managers/Administrators

CIRCULAR CC 01/2024

USSA CROSS COUNTRY CHAMPIONSHIPS 2024

An invitation is hereby extended to all institutions affiliated to USSA and to USSA Athletics to submit entries for the 2024 USSA Cross Country Championships.

DATES: 12-14 September 2024

VENUE & HOST: Nelson Mandela University
Gqeberha

ACCOMMODATION: Each institution will be responsible for the booking of their team's accommodation.

DUE DATES: USSA 1 – 2 August 2024
USSA 2 – 19 August 2024
USSA 3 – 1 September 2024
Entry Form (Excel Spreadsheet) – 1 September 2024
Letter of Credence – 22 August 2024
Motions – 22 August 2024

MEETINGS:

- 1) Registration & Accreditation –
Thursday, 12 September 2024, 14h00 – 16h30
- 2) Technical Meeting –
Thursday, 12 September 2024, 17h00

LEVY: Approved levy will be circulated as soon as possible.

FINAL DINNER FEE: R240.42 per person (VAT excluded).
Venue to be confirmed – Saturday, 14 September 2024 @ 19h00.

INVOICES: To be requested from Ms Melissa Awu, USSA Athletics Treasurer –
melissa.awu@uct.ac.za.
Please make sure on the number of entries and final dinner as no amendments will be made to invoices.
Invoices paid to USSA.

TEAMS:

Institutions may enter as many athletes as they wish in any of the races. However, an athlete may not be entered for both events on the same day.

Classification system:

- **Both men's and women's team classification will be the first THREE (3)** athletes of an institution to finish will count for the A-Team, the next three for the B-Team, etc.
- **Relay running order: W, M, W, M.**
- Institution Challenge classification: The aggregation of the times of the 2 relay races and of the first 2 women and the first 2 men finishers for both the short and the long races of each delegation.
- Team classification shall be carried out as follows:
 - Each race shall be scored separately. The team results shall be decided by the aggregate of places recorded by the scoring athletes of each team.
 - The team with the lowest aggregate of points will be judged the winner. If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.
 - In assessing the aggregate, no adjustment to the scoring of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.
 - In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer to first place.

RELAY COMPETITION – DAY 1 (13 September 2024 – 14h00)

- The start and reporting procedure for the **relay** will be the same as for the cross country.

Short MIXED relay: 2 men/2women

- 4 laps to the **cross country** course (1 lap each of 2km)

Long MIXED relay: 2 men/2women

- 10 laps to the **cross country** course (The first 2 athletes of each team run 3 laps each and the last two run 2 laps each)

INDIVIDUAL COMPETITION – DAY 2 (14 September 2024 – 14h00)

Short race Women	4km
Short race Men	4km
Long race Women	10km
Long race Men	10km

- For both races a maximum of 4 athletes per gender.
- Athletes competing in the relay events can also take part in the individual competition. However, once the General Technical Meeting finishes, no changes in the athletes' designation for the races can be done.

CROSS COUNTRY ROUTE

- The cross country event will be run on a 2km lap course.
- Route information will be communicated soon.

Kind regards,



Hanlie Murray

USSA Athletics: General Secretary