

2026 CROSS COUNTRY FREE STATE CHAMPIONSHIPS

WHO MAY RUN AT THE CHAMPIONSHIPS

1. Only athletes that ran 60% of the leagues in their region may participate at the Free State Championships. (At least 4 leagues)
2. Only athletes that are in possession of a VALID 2026 license number. This number MUST be worn both in front and at the back on the day of the championships. NO license – NO participation.
3. All athletes MUST be pre-entered. For the regions, their committee will send their names through NOT LATER THAN 3 AUGUST 2026, for the championships. ONLY THE NAMES SEND BY COMMITTEES OF REGIONS WILL BE ENTERED.
4. All athletes entered must be entered with their FULL ID number. Not just a date of birth. No FULL ID number – NO participation.

HOW THE FREE STATE TEAM WILL BE SELECTED

- 1. You HAVE TO run the Free State Championships on 15 August 2026 to be considered for the Free State Cross Country team that will participate at the SA Championships on 5 September 2026.***
- 2. You MUST RUN in your race according to your age group on the program to be able to be considered for selection. Should you run in a different race than your own, you will NOT be considered. Make sure of your running time. Make sure of the date of birth for the race you enter athletes.***
3. For senior athletes, you must run in the race you want to be selected in. You cannot run in a senior 4 km race and want to be included in the senior 10 km race.
4. Masters athletes must run in their respective age group and MUST wear their age tags (one in front and one at the back) to be considered for the medals or team selection. (Masters men will NOT be considered for any team if they run the 4km Men race at the championships)
5. For the team selection for the Senior Men 4 km AND Senior Men 10 km team, ONLY athletes from ages 23 to 34 will be considered for that team. This is a ruling directly from Athletics South Africa.

6. **NO MEDICAL CERTIFICATES** will be considered for any athlete to be included in the team. You have to physically run.
7. **NO letter stating participation in other sporting codes** (even at the same level) will be considered for inclusion in the team.
8. **NO participation at a school inter** with another school, will be considered for inclusion in the Free State team.
9. **NO national** hockey, netball, rugby etc. **derby** will be considered for inclusion in the team.
10. In the case of participation on a national or international level in another sporting code, the selectors will consider inclusion on the grounds of statistics during the 2026 season. Such athletes will NOT be automatically included in the team – only on merit! When participating in a National or International event on the day of the FS Championships, an official letter for your inclusion must be handed in **BEFORE** the FS Championships.
11. Athletics South Africa (ASA) allows a certain number of athletes per age group per province to compete at the SA Championships. This number will only be available close to the FS Championships.
12. The number ASA allows is the maximum athletes a province may enter per age group. It is the prerogative of the province to keep to that number or select less per age group. The selectors will however, also look at performances on the day of the championships. *If an athlete lies within the maximum number, but had a poor performance, the athlete will not be included in the team.*
13. If an athlete obtains a **position** in his/her race **within the maximum number ASA allows** per age group, the athlete is **NOT AUTOMATICALLY** in the team. Athletes that adhere to points 10 and 21 will be firstly considered and **each case will be dealt with ON MERIT.**
14. In the **boys/girls beginner group**, ONLY athletes that will be 8 years on 31 December 2026 will be considered for the FS Team. This is **athletes born in 2018**, for this age group. (Younger may run, but will not be included in the team)
15. ASA allows **ONLY RSA** citizens to be included in the FS Team to participate at the SA Championships. Athletes from other countries (that does not have an SA ID number) that ran regularly at their leagues may participate in the FS Championships, but may not be included in the team.

16.NO LICENSE number – NO PARTICIPATION at the championships – NO INCLUSION in the team.

17.NO FULL ID NUMBER on entry – no participation – NO inclusion in the team.

18.ASA also included, since 2024, a 2 km race for U/18 (16 and 17 years), U/20 (18 and 19 years) and Senior (age 20 to 34) athletes at the SA Cross Country Championships. Athletes can now be selected for this race at the FS Champs, but still needs to adhere to the 60% participation rule before they may participate at FS Champs or be considered for the 2 km team.

19.Athletes that want to run in the 2 km race **MUST PRE-ENTER before 3 August 2026 for the 2 km race.** Athletes running in their age group **as well as** the 2 km race, will have 2 DIFFERENT entry tickets.

20.Medals for all 3 categories (Youth, Junior and Senior) in races 17 and 18, for the men and women 2 km, will be awarded.

21.Should an athlete fall ill during his/her race at the FS Champs, the team manager of this athlete should inform the selection committee of this situation **immediately after it happened**, by handing in the athlete's participation ticket at the results room, to obtain a DNF (did not finish) **with an explanation.** **NO** matter will be looked into, if such a situation is only brought up after the Championships has finished. This **DOES NOT MEAN** THE ATHLETE WILL BE INCLUDED IN THE TEAM. The selectors will handle such a situation with merit and the statistics of the athlete.

22.NO ATHLETE, IN ANY CATEGORY, WILL BE SELECTED IF THE ATHLETE DOES NOT STRICTLY ADHERE TO ALL THE PRE-REQUISITES!!!

ENTRIES AT THE CHAMPIONSHIPS

1. The Free State Cross Country Championships is on **Saturday 15 August 2026.** Athletes need to **make sure to be on time** and must **run in their correct race.**
2. **Athletes pay R40** participation fee for the Free State Cross Country Championships. **Spectators (Parents, Coaches, Team managers, friends) pay R40** entrance fee for the Free State Championships.
3. All payments can be made in **cash OR with card at the gate** (Card machines will be available). Each will **receive a stamp on the wrist** after paying.
4. Athletes without a stamp at the start, will not be allowed to run.

5. OR Should a school want to pay for their athletes via EFT, it can be done in the following bank account:

BLOEMFONTEIN CROSS COUNTRY

First National Bank (FNB)

Account number: 63089239800

Branch Code: 250051

Swift Code: FIRNZAJJ

REFERENCE: School Name OR Athlete Name and age

6. If payments are made via EFT, each athlete need to get a copy of the proof of payment to hand in at the gate. This is only to help with control at the gate, as it can get VERY BUSY to enter.

ENTRY AT UFS GROUNDS

1. Entry to the UFS sports grounds will be via Furstenburg Road, from Nelson Mandela Road. (Where the Army tank is displayed)
2. The attached permit needs to be shown. One per vehicle.
3. Make sure to plan your time, so that you make provision for a possible delay and make sure to be on time!!! The Starter will wait for no-one!!

BLOEMFONTEIN CROSS COUNTRY
ENTRANCE TICKET TO UFS SPORTS
GROUNDS FOR MEETINGS: 2026

ENTRY TO UFS: FURSTENBURG ROAD

FREE STATE CROSS COUNTRY
CHAMPIONSHIPS
SATURDAY 15 AUGUST
2026

