

2026 CROSS COUNTRY **GENERAL** INFORMATION

Here are some of the information of Cross Country. The **Cross Country season** starts at the beginning of **May month** each year. The **dates**, as well as a **program of the leagues** on a Friday afternoon, and **age per date of birth** is **available on the Bloemfontein Cross Country Website** (www.bfnxcountry.co.za). The program indicates the age group and year of birth in brackets, as well as the distances for each age group. The colour behind the item is for admin purpose. We create a participation ticket for each athlete that enters, and the colour is the indication of the ticket colour they participate with. It helps especially if they run more than one age group together. You need not worry about the colour.

Each athlete must be a registered athlete and therefore must be **in possession** of an official **2026 ASA license number**. (A new license number **MUST** be obtained EACH YEAR). This number can be ordered from Athletics Free State. I will give instructions on how to obtain the number in the next Letter. The **affiliation of the school as a Junior club** is described in the next letter. The affiliation as a Junior Club is a process by Athletics Free State to register the school and enable the school to purchase license numbers. We fall under ASA (Athletics South Africa) which is under WA (World Athletics) and they request it that way. The Schools system does things differently, but we abide what ASA expects from us.

Except the registration to Athletics Free State and the purchasing of the numbers, there is also an annual **affiliation fee to Bloemfontein Cross country to the amount of R200 per year per school**. *Individual* affiliation is *R30 per athlete per year*. (That is if you are a home school athlete, only one from your school etc.) I usually send out invoices to the schools in April if the school should require it. Please indicate via email to admin@bfnxcountry.co.za if your school needs an invoice for the Cross Country affiliation. (NB: Cross Country **affiliation must be paid in account**: Bloemfontein Cross Country; FNB Cheque account: Number 63089239800; Branch code: 250051; REFERENCE: (School name) BCC Aff)

Athletes must attach their ASA number (one in front and one at the back) at each league they participate in. They get their participation tickets from me at the entry table when they arrive at the track. I try to create this ticket beforehand, from the list I receive. **Athletes pay R10 per league for participation.** At the end of each race, the participation tickets are being taken in, to be used for the results and at the next league again.

The FS Championship's entry fee is different, but it will be communicated later. **Spectators at league meetings enter for free.** All meetings take place at the **UFS cross country track** on the UFS sportsgrounds with entry at the gate in Furstenburg way. (From Mandela Drive, where the army tank is at the corner)

Please ask if there is any uncertainty or if there is something else you want to know, send an email to admin@bfncountry.co.za.

Regards

Bloemfontein Cross Country Executive