

# KZN LEAGUE 11 CROSS COUNTRY

**HOST BY: FAST RUNNERS  
ATHLETICS CLUB**

**Date: 20/05/2023**

**Venue: Bulwer SAPPI**

## PROGRAM

EVENT	TIME	AGE CATEGORY	DISTANCE	2023 ASA LI- CENCE
1	11h50	Boys 8 years & younger Girls 8 years and younger	1KM	NO
2	12h00	Boys 9 & 10 years Girls 9 & 10 years	2KM	NO
3	12h20	Boys 11 & 12 years Girls 11 / 12 & 13 years	3KM	No
4	12h45	Boys 13, 14, & 15 years Open men (20 -34) + U23 Open women (20 -34) + U23 Grand master men (75+years)	4KM	YES
5	13h15	Girls 14 & 15 years Youth women(16 & 17 years) Master women (35+ years)	4KM	YES
6	13h50	Youth men (16 &17 years) Grand master men (60-74 years) Junior women (18 & 19 years)	6KM	YES
7	14h00	Junior men (18 & 19 years) Master men (35-59 years)	8KM	YES
8	15h15	Open men (20-34 years)	10KM	YES

REGISTRATION TIME: 08h30-  
11h30

Temporal licence: (14-19) R30  
(Seniors & Masters) R50

ENTRY FEE: R20 ( 9 - 19 YEARS)

R30 ( Seniors & Masters)

NB: ( Juniors (9- 13 no temporal licence  
requires)

CONTACT DETAIL

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KWAZULU NATAL ATHLETICS



