

KZN CROSS COUNTRY LEAGUE 18 HOSTING BY UTRECHT AC

Incorporating Utrecht Schools Cross Country on 01 July 2023 at Ebuhleni Primary School

EVENT	TIME	AGE GROUP	DISTANCE	DISCRIPTION	FEE	LICENCE
Race 0 (i)	09h00	Walking of Cross Country Route	2 km	1 x 2 km	Free	No
Race 0 (ii)	09h25	Walking of Cross Country Route	1 km	1 x 1 km	Free	No
Race 1 (a)	09h45	Girls 8 years and younger	1 km	1 x 1 km	R20-00	No
Race 1 (b)	10h00	Boys 8 years and younger	1 km	1 x 1 km	R20-00	No
Race 2 (a)	10h15	Girls 11	3 km	(1 x 1 km) + (1 x 2 km)	R20-00	Yes
Race 2 (b)	10h30	Boys 11	3 km	(1 x 1 km) + (1 x 2 km)	R20-00	Yes
Race 2 (c)	10h45	Girls 12	3 km	(1 x 1 km) + (1 x 2 km)	R20-00	Yes
Race 2 (d)	11h00	Boys 12	3 km	(1 x 1 km) + (1 x 2 km)	R20-00	Yes
Race 2 (e)	11h15	Girls 13	3 km	(1 x 1 km) + (1 x 2 km)	R20-00	Yes
Race 3 (a)	11h30	Senior Women /Junior Women/ Youth Women	2 km	2 x 1 km	R20-00	Yes
Race 3 (b)	11h40	Senior Men /Junior Men/ Youth Men	2km	2 x 1 km	R20-00	Yes
Race 3 (c)	11h50	Girls 9 & 10 Years	2 km	2 x 1 km	R20-00	No
Race 3 (d)	12h00	Boys 9 & 10 Years	2 km	2 x 1 km	R20-00	No
Race 4 (a)	12h10	Boys 14 & 15	4 km	2 x 2 km	R20-00	Yes
Race 4 (b)	12h40	Boys 13	4 km	2 x 2 km	R20-00	Yes
Race 4 (b)	12h40	Open Men (20 - 34 Years) + U23	4 km	2 x 2 km	R20-00	Yes
Race 4 (b)	12h40	Open Women (20 - 34 Years) + U23	4 km	2 x 2 km	R20-00	Yes
Race 4 (b)	12h40	Grand Master Man (74+ Years)	4 km	2 x 2 km	R20-00	Yes
Race 5	13h10	Master Women (35+ Years)	4 km	2 x 2 km	R20-00	Yes
Race 5	13h10	Youth Women (16 & 17 Years)	4 km	2 x 2 km	R20-00	Yes
Race 5	13h10	Girls 14 & 15	4 km	2 x 2 km	R20-00	Yes
Race 6	13h40	Youth Men (16 & 17 Years)	6 km	2 x 2 km	R20-00	Yes
Race 6	13h40	Grand Master Man (60 - 74)	6 km	2 x 2 km	R20-00	Yes
Race 6	13h40	Junior Women (Boys 18 & 19)	6 km	2 x 3 km	R20-00	Yes
Race 7	14h20	Junior Men (Boys 18 & 19)	8 km	4 x 2 km	R20-00	Yes
Race 7	14h20	Masters Men (35 - 59)	8 km	4 x 2 km	R20-00	Yes
Race 8	15h00	Open Women (20 - 34 Years)	10 km	5 x 2 km	R30-00	Yes
Race 8	15h00	Open Men (20 - 34 Years)	10 km	5 x 2 km	R30-00	Yes

INCENTIVES

- 1) All finishers will receive Participation Certificates
- 2) All Clubs with more than 30 participants will receive an A3 Framed Certificate
- 3) Top three (individual) winners in each age Category will receive Medals as follows:-
 Position 1 **Gold**
 Position 2 **Silver**
 Position 3 **Bronze**
- 4) Top three winning Club Team Prize in each Category will receive Team Madals as follows:-
 Position 1 **Gold**
 Position 2 **Silver**
 Position 3 **Bronze**
- 5) A **Club** with the highest number Participating Athletes will receive a **Flothing Trophy**
- 6) A **Coach** with the most winning Athletes will receive a **Frothing Trophy**
- 7) Technical Officials with Full **Dress Code** ie **White Top & Black Bottom** will receive an **Apprecian A4 Certificate**

4) ENQUIRIES

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