

CROSS COUNTRY – LEAGUE #7

EVENT	TIME	AGE CATEGORY	DISTANCE
1	10h50	Boys 8 years – Younger Girls 8 years – Younger	1 km
2	11h00	Boys 9 – 10 Years Girls 9 – 10 Years	2 km
3	11h20	Boys 11 – 12 Years Girls 11, 12 – 13 Years	3 km
4	11h45	Boys 13, 14 – 15 Years Open Men (20-34 Years) + U23 Open Women (20-34 Years) + U23 Grand Master Women (75+ Years)	4 km
5	12h15	Girls 14-15 Years Youth Women (16 – 17) Master Women (35+ Years)	4 km
6	12h50	Youth Men (16 – 17 Years) Grand Master Men (60 – 74 Years) Junior Women (18 – 19 Years)	6 km
7	13h30	Junior Men (18 – 19 Years) Master Men (35 – 59 Years)	8 km
8	14h15	Open Men (20 – 34 Years) Open Women (20 – 34 Years)	10 km

VENUE UELZEN PRIMARY SCHOOL

REGISTRATION START AT : 08H30

REGISTRATIONS WILL BE ON THE SAME DATE OF THE EVENT:

24 June 2023

CONTACT:

SIYABONGA @ 083 377 8959

THOBEKA @ 079 442 9318

Or PAT SIBISI @ 082 435 2178

ENTRY FEE:

R20.00 9 – 19 Years

R30.00 Seniors – Masters

R50.00 Temp licence

8 Years & younger - free entry

This event is run under the rules of

KZNA, ASA & WA

