

# CROSS COUNTRY – LEAGUE #4

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

## VENUE

KWABHUKUDA (SOLOMS) - 27,544269,30.719190  
 PAULPIETERSBURG (EDUMBE) - 27,544269,30.71863434

## CO-ORDINATES

## REGISTRATION START AT

**08H30**

## REGISTRATIONS WILL BE ON THE SAME DATE OF THE EVENT:

**20 APRIL 2024 (SATURDAY)**

## CONTACT:

**SNENHLANHLA @ 076 873 8990**  
 Or **076 161 6732**  
**VINCENT @ 076 022 0436**

## ENTRY FEE:

**R20.00** 09 – 19 Years  
**R30.00** Seniors – Masters  
**R70.00** Temp licence 14 years to 70+  
 13 Years & younger no Temp Licence  
 8 Years & younger - free entry



**This event is run under the rules of  
 KZNA, ASA & WA**