



**CROSS COUNTRY LEAGUE 6**  
**20 APRIL 2024**



<b>EVEN T</b>	<b>TIME</b>	<b>AGE CATEGORY</b>	<b>DISTANC E</b>
1	11h50	Boys 8 & Younger Girls 8 & Younger	1KM
2	12h00	Boys 9 & 10years Girls 9 & 10years	2KM
3	12h20	Boys 11 & 12years Girls 11,12 & 13years	3KM
4	12h45	Boys 13,14 & 15years Open Men (20-34years) +U23 Open Women (20 -34years) +U23 Grand Master Men (75+years)	4KM
5	13h15	Girls 14 & 15 years Youth Women (16 & 17 years) Masters Women (35+ years)	4KM
6	13h50	Youth Men (16 & 17 years) Grand Master Men (60-74 years) Junior Women (18 & 19 years)	6KM
7	14h30	Junior Men (18 & 19 years) Master Men (34-59 years)	8KM
8	15h15	Open Men (20-34 years ) Open Women (20 34 years)	10KM

**Venue: Howick West Sport Complex**

**Contact Details: Ntokozo 0734923882/0649939463**

**Entry fee: under 8 years Free**

**9-19 years =R20**

**20 and over = R30**

**Under 13 no Licence**

**14-19 = R30 Temp.Licence**

**20 and Above R50 Temp Licence**