

LEAGUE 7 – EMPANGENI AC

EVENT	TIME	AGE CAT	DISTANCE
1	11H50	Boys 8 & Younger Girls 8 & Younger	1km
2	12H00	Boys 9 & 10 Years Girls 9 & 10 Years	2km
3	12H20	Boys 11 & 12 Years Girls 11, 12 & 13 Years	3km
4	12H45	Boys 13, 14 & 15 Years Open Men (20 - 34 years) +U23 Open Women (20 -34 years) +U23 Open Master Men (75+)	4km
5	13H15	Girls 14 & 15 Years Youth Women 16 & 17 Years Master Women (35+)	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

Entry Fee:

8 Years & under – FREE
9 – 19 Years – R20
20 Years & Older – R30

Temp Licenses:

Under 13 – No license needed
14 – 19 Years – R30
20 Years & Older – R50

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EMPANGENI RUGBY CLUB

Cross COUNTRY

20 APRIL 24'

