



CROSS COUNTRY LEAGUE 2

SUNDAY 19 MAY

YOUNGSFIELD MILITARY BASE (WETTON)



11:00 am – first race
9:30am – registration



6 – 12yrs – R10
13 – 19 yrs – R20
Seniors and masters – R30
2+ events – R50
Mob race – R30
Temp Licences – R50 Senior
R20 – Junior

On sale:
Boerewors rolls
Coffee
Doughnuts



WESTERN PROVINCE ATHLETICS

CROSS COUNTRY LEAGUE



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EVENT PROGRAM

EVENT NO	TIME	CATEGORY	DISTANCE
1	11:00	Boys and Girls 8 (beginners) Minimum age 6 (2016 -2018)	1km
2	11:10	Boys and Girls 9/10 (2014, 2013)	2km
3*	11:30	Boys 11/12 (2011,2012)	3km
4*	11:30	Girls 11/12/13 (2011,2012,2013)	3km
5	11:50	Boys 13 (2011) and Girls U/16 (2009, 2010)	4km
6	12:10	Boys U/16 (2009,2010) and Girls U/18 (2007, 2008)	4km
7	12:30	MOB RACE	4km
8	13:00	Senior Men and Women 10Km (OPEN)	10 km
9	14:00	Boys U/18 (2007,2008) and Junior Girls U/20 (2005, 2006) and Grandmaster Men (60+)	6km
10	14:35	Master Men (35-59) and Junior Men U/20	8km
11	15:15	Master Women - all categories	4km
12	15:45	Senior Men and Women - 4km (OPEN)	4km

*Events 3 & 4 may start separately depending on the number at the start
The final event (12) will have a time limit of 35min

