

## CAPE METRO SCHOOLS & WPA CROSS COUNTRY CHAMPIONSHIP PROGRAMME

TIME	EVENTS	DISTANCE
08h00	Master Men 35 - 49	8km
08h45	Master Women (All Categories)	4km
09h20	Girls 18/19 & LSEN (2005/2006) & Grandmaster Men 60+	6km
10h00	Boys 8 & Girls 8 (2016) Minimum age of 6 years	1km
10h10	Boys 11 & Girls 11 (2013)	3km
10h30	Boys 12 & Girls 12 (2012) & Girls 13 (2011)	3km
10h50	Boys 18/19 & LSEN (2005/2006)	8km
11h30	Boys 9 & Girls 9 (2015)	2km
11h50	Boys 10 & Girls 10 (2014)	2km
12h10	Boys 13 (2011)	4km
12h30	Senior Men & Senior Women 10	10km
13h20	Boys 14 & Girls 14 & LSEN (2010)	4km
13h50	Boys 15 & Girls 15 & LSEN (2009)	4km
14h10	Girls 16 & LSEN (2006) & Girls 17 & LSEN (2007)	4km
14h40	Boys 16 & LSEN (2006)	6km
15h10	Boys 17 & LSEN (2007)	6km
15h40	Senior Men & Senior Women 4 (Including U/23)	4km

