



CROSS COUNTRY 2024



Cross Country Calendar for 2024

Cross Country Relay: 28 April 2024 –TB Langa – Killarney Raceway (Sun)

League 1: 4 May 2024 – Velocity – Silverstroomstrand (Sat)

League 2: 19 May 2024 – Midas Spartans – Youngsfield (Sun)

League 3: 2 June 2024 – Mitchells Plain Titans – Rocklands (Sun)

League 4: 15 June 2024 – Durbanville – Fairmont High, Durbanville (Sat)

League 5: 29 June 2024 – Easterns Kraaifontein – Jan Kriel School (Sat)

League 6: 21 July 2024 – Lwandle – Broadlands Farm (Sun)

***Super League: 27 July 2024 — Commission (Sat) – TBC**

***Cross Country Event: 4 August 2024 – Details TBC**

***WPA CC Championships: 10 August 2024 — TBC**

ASA National CC Championships: 7 September 2024

****Details will be updated once finalised!***

WPA CC Championships will follow a different programme

EVENT NO	TIME	CATEGORY	DISTANCE
1	11:00	Boys & Girls 8 (Beginners) Minimum age: 6 (2016, 2017, 2018)	1 Km
2	11:10	Boys & Girls 9/10 (2014, 2015)	2 Km
*3	11:30	Boys 11/12 (2012, 2013)	3 Km
*4	11:30	Girls 11/12/13 (2011, 2012, 2013)	3 Km
5	11:50	Boys 13 & Girls U/16 (B 2011, G 2009, 2010)	4 Km
6	12:10	Boys U/16 & Girls U/18 (B 2009, 2010, G 2007, 2008)	4 Km
7	12:30	MOB RACE (Any)	4 Km
8	13:00	Senior Men and Women 10km (OPEN)	10 Km
9	14:00	Boys U/18 & Junior Girls U/20 & Grandmaster Men (60+) (B 2007, 2008, G 2005, 2006)	6 Km
10	14:35	Master Men (35-59) and Junior Men U/20 (B 2005, 2006)	8 Km
11	15:15	Master Women -All categories	4 Km
12	15:45	Senior Men and Women 4km (OPEN)	4 Km

*Events 3 & 4 may start 5min apart depending on the numbers at the start
The final event (12) will have a time limit of 35min

Entry fees: All kids 8 - U/13: R10

U/14 – U/20: R20

Seniors & Masters: R30 (2 – 3 Events: R50)

MOB RACE: R30

Temporary Licences: R50 for Seniors and R20 for Juniors

