



WESTERN PROVINCE ATHLETICS

WPA CROSS COUNTRY SUPER LEAGUE

The Super League for 2024 is planned for **Saturday 27 July 2024**. Further details thereof will be updated in due course.

The aim of the Super League is to give the competitive runners a chance to hone their skills against each other in an Elite Event hosted just for them. There are **qualifying standards** for the Super League events, but we have also included a MOB-RACE to the event program, by popular demand. MOB-RACERS who go over the allocated 30min for the race are requested to give way to the Super League-ers who start at 12h00. Qualifying Standards for the respective events are added to the schedule:

Race Schedule:

- 11h30 - MOB-RACE (30min time allocation, please give way to faster runners)
- 12h00 - Women 10km (**50min**) & Girls 6km (**30min**)
Men 10km (**42min**), Boys 8km (**32min**), Boys 6km (**24min**)
- 13h00 - Boys U13-U16 - 4km (**16min**)
- 13h20 - Women & Girls U13-U18 - 4km (**20min**)
- 13h45 - Men 4km (**15min**) & Boys 2km – (Boys who have already competed in the races above and want to do an additional 2km)

All races will have a R20 entry fee.