



# CROSS COUNTRY 2023



## Cross Country Schedule for 2023

**League 1:** 7 May 2023 – **Velocity** – Silverstroomstrand (Sun)

**League 2:** 21 May 2023 – **Midas Spartans** – Christel House, Ottery (Sun)

**League 3:** 4 June 2023 – **Topform** – Elfindale (Sun)

**League 4:** 17 June 2023 – **MP Titans** – Rocklands Sport Grounds (Sat)

**\*Cross Country Relay: 2 July 2023 – (Sunday) Details TBC**

**League 5:** 8 July 2023 – **Easterns Kraaifontein** – Jan Kriel School (Sat)

**League 6:** 29 July 2023 – **Lwandle** – Broadlands Farm (Sat)

**\*Super League:** 6 August 2023 — Commission (Sun)

**\*WPA CC Championships: 19 August 2023 — Details TBC**

**\*Super League Final:** 27 August 2023 — Commission (Sun)

**ASA National CC Championships:** 16 September 2023

***\*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             | 1 Km     |
| 2        | 11:10 | Boys & Girls 9/10                                     | 2 Km     |
| *3       | 11:30 | Boys 11/12  | 3 Km     |
| *4       | 11:35 | Girls 11/12/13  | 3 Km     |
| 5        | 11:50 | Boys 13 & Girls U/16                                  | 4 Km     |
| 6        | 12:10 | Boys U/16 & Girls U/18                                | 4 Km     |
| 7        | 12:30 | MOB RACE  | 4 Km     |
| 8        | 13:00 | Senior Men and Women 10km                             | 10 Km    |
| 9        | 14:00 | Boys U/18 & Junior Girls U/20 & Grandmaster Men (60+) | 6 Km     |
| 10       | 14:35 | Master Men (35-59) and Junior Men under 20            | 8 Km     |
| 11       | 15:15 | Master Women -All categories                          | 4 Km     |
| 12       | 15:45 | Senior Men and Women 4km                              | 4 Km     |

\*Events 3 & 4 may start together 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: R20**

**Temporary Licences: R35 for Seniors and R15 for Juniors**

