



2026 CROSS COUNTRY LEAGUE PROGRAMME

EVENT NO	TIME	CATEGORY	DISTANCE
1	11:00	Boys & Girls 8 (Beginners) Minimum age: 6 (2018, 2019, 2020)	1 Km
2	11:10	Boys & Girls 9/10 (2016, 2017)	2 Km
3	11:30	Master Women -All categories	4 Km
*4	12:00	Boys 11/12 (2014, 2015)	3 Km
*5	12:00	Girls 11/12/13 (2013, 2014, 2015)	3 Km
6	12:20	Boys 16/17 & Junior Girls 18/19 & Grandmaster Men (60+) (B 2009, 2010, G 2007, 2008)	6 Km
7	12:55	Boys 13 & Girls 14/15 (B 2013, G 2011, 2012)	4 Km
8	13:15	Senior Men and Women 10km (OPEN)	10 Km
9	14:15	MOB RACE (Any)	4 Km
10	14:45	Boys 14/15 & Girls 16/17 (B 2011, 2012, G 2009, 2010)	4 Km
11	15:05	Master Men (35-59) and Junior Men 18/19 (B 2007, 2008)	8 Km
**12	15:45	Senior Men and Women 4km (OPEN)	4 Km

*Events 3 & 4 may start 5 min apart depending on the number of athletes at start

**Event 12 has a 35min time limit