

CROSS COUNTRY CHAMPIONSHIP 7 SEPTEMBER 2019 PROGRAM

Item	Start Time	Age Categories	Abbreviations	Distance
1	07:30 – M M 35+	Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59	M35/8-55/8	8 km
2 (a)	08:10 – M W 35+	Women 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+	W35/4-90/4	4 km
2 (b)	08:10 – M M 75+	Men 75-79; Men 80-84; Men 85-89; Men 90+	M75/4-90/4	4 km
3	08:40 – M M 60+	Men 60-64; Men 65-69; Men 70-74;	M60/6 or M65-70/6	6 km
4	09:10 – G 8	Girls 8 years (2011/2012/2013)	G8/1	1 km
5	09:20 – B 8	Boys 8 years (2011/2012/2013)	B8/1	1 km
6	09:30 – G 9	Girls 9 years (2010)	G9/2	2 km
	09:25 ±	Items 4 & 5 (Directly after the start of Item 6) – Victory Ceremony		
	09:30	Items 1; 2 & 3 – Victory Ceremony		
7	09:40 – B 9	Boys 9 years (2010)	B9/2	2 km
	**	Items 6 & 7 – Victory Ceremony		
8	09:50 – J W	Junior Women (2000/2001) (Select Event)	JW/6	6 km
9	10:20 – J M	Junior Men (2000/2001) (Select Event)	JM/8	8 km
	**	Items 8 & 9 – Victory Ceremony		
10	10:55 – S W	Senior Women (Select Event)	SW/10	10 km
11	11:35 – S M	Senior Men (Select Event)	SM/10	10 km
	**	Items 10 & 11 – Victory Ceremony		
12	12:15 – G 16/17	Girls 16 years (2003); Girls 17 years (2002) (Select Event)	G16/4 or G17/4	4 km
13	12:40 – B 16/17	Boys 16 years (2003); Boys 17 years (2002) (Select Event)	B16/6 or B17/6	6 km
	**	Item 12 & 13 – Victory Ceremony		
14	13:10 – G 10	Girls 10 years (2009)	G10/2	2 km
15	13:20 – B 10	Boys 10 years (2009)	B10/2	2 km
	**	Item 14 & 15 – Victory Ceremony		
16	13:30 – G 11	Girls 11 years (2008)	G11/3	3 km
17	13:45 – B 11	Boys 11 years (2008)	B11/3	3 km
	**	Item 16 & 17 – Victory Ceremony		
18	14:00 – G 12	Girls 12 years (2007)	G12/3	3 km
19	14:15 – B 12	Boys 12 years (2007)	B12/3	3 km
	**	Item 18 & 19 – Victory Ceremony		
20	14:30 – G 13	Girls 13 years (2006)	G13/3	3 km
21	14:45 – B 13	Boys 13 years (2006)	B13/4	4 km
	**	Item 20 & 21 – Victory Ceremony		
22	15:10 – G 14	Girls 14 years (2005)	G14/4	4 km
23	15:35 – B 14	Boys 14 years (2005)	B14/4	4 km
	**	Item 22 & 23 – Victory Ceremony		
24	16:00 – G 15	Girls 15 years (2004)	G15/4	4 km
25	16:25 – B 15	Boys 15 years (2004)	B15/4	4 km
	**	Item 24 & 25 – Victory Ceremony		
26	16:50 – SW 23	Senior Women; Women U/23 (2001/2000/1999/1998/1997 and Seniors)	SW/4, W23/4	4 km
27	17:05 – SM 23	Senior Men; Men U/23 (2001/2000/1999/1998/1997 and Seniors)	SM/4, M23/4	4 km
	**	Item 26 & 27 – Victory Ceremony		
28	17:25 – S W & 23	Senior Women (1999 and earlier), Junior (2001/2000) & Youth Women (2003/2002)	SW/2, J/2 & Y/2	2 km
29	17:35 – S M & 23	Senior Men (1999 and earlier), Junior (2001/2000) & Youth Men (2003/2002)	SM/2, J/2 & Y/2	2 km
	**	Item 28 & 29 – Victory Ceremony		
	**	Final details regarding Victory Ceremonies will be communicated at Technical meeting		