



ATHLETICS GAUTENG NORTH



Cross Country Starting Times 2021

RACE	START	DIST	AGE CATEGORIES
1	09:00	1 KM	Girls 8 yrs (Born 2013 or after)
2	09:10	1 KM	Boys 8 yrs (Born 2013 or after)
3	09:20	2 KM	Girls 9 yrs (Born in 2012)
4	09:30	2 KM	Boys 9 yrs (Born in 2012)
5	09:40	2 KM	Girls 10 yrs (Born in 2011)
6	09:50	2 KM	Boys 10 yrs (Born in 2011)
7	10:00	3 KM	Girls 11 yrs (Born in 2010), Girls 12 yrs (Born in 2009), Girls 13 yrs (Born in 2008)
8	10:20	3 KM	Boys 11 yrs (Born in 2010), Boys 12 yrs (Born in 2009)
9	10:40	4 KM	Boys 13 yrs (Born in 2008)
10	11:00	4 KM	Men 75yrs, Men 80 yrs, Men 85 yrs
11	11:30	4 KM	Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70 yrs, Women 75 yrs, Women 80 yrs, Women 85 yrs, Women 90+ yrs
12	12:00	4 KM	Men 23 (Born in 1999 and after), Senior Men
13	12:20	4 KM	Women 23yrs (Born in 1999 or after), Senior Women,
14	12:40	4 KM	Boys 14 yrs (Born in 2007), Boys 15 yrs (Born in 2006)
15	13:00	4 KM	Girls 14 yrs (Born in 2007), Girls 15 yrs (Born in 2006)
16	13:20	4 KM	Girls 16 yrs (Born in 2005), Girls 17 yrs (Born in 2004)
17	13:40	6 KM	Boys 16 yrs (Born in 2004), Girls 17 yrs (Born in 2003)
18	14:10	6 KM	Junior Women (Born in 2002 to 2004), Men 60 yrs, Men 65 yrs, Men 70 yrs
19	14:40	8 KM	Junior Men (Born in 2002 to 2004), Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
20	16:00	10 KM	Senior Men, Senior Women