



ATHLETICS GAUTENG NORTH



AGN Cross Country Starting Times 2022

RACE	START	DIST	AGE CATEGORIES
1	11:00	1 KM	Girls 8 yrs (Born 2014 or after), Boys 8 yrs (Born 2014 or after)
2	11:10	2 KM	Girls 9 yrs (Born in 2013), Girls 10 yrs (Born in 2012)
3	11:20	2 KM	Boys 9 yrs (Born in 2013), Boys 10 yrs (Born in 2012)
4	11:30	3 KM	Boys 11 yrs (Born in 2011), Boys 12 yrs (Born in 2010)
5	11:50	3 KM	Girls 11 yrs (Born in 2011), Girls 12 yrs (Born in 2010), Girls 13 yrs (Born in 2009)
6	12:05	4 KM	Men 23 (Born in 2000 and after), Senior Men
7	12:25	4 KM	Boys 13 yrs (Born in 2009), Boys 14 yrs (Born in 2008), Boys 15 yrs (Born in 2007)
8	12:45	4 KM	Girls 14 yrs (Born in 2008), Girls 15 yrs (Born in 2007), Girls 16 yrs (Born in 2006), Girls 17 yrs (Born in 2005)
9	13:05	4 KM	Women 23yrs (Born in 1997 or after), Senior Women, Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70+ yrs ... , Men 75 yrs, Men 80+ yrs.....
10	13:20	6 KM	Boys 16 yrs (Born in 2006), Boys 17 yrs (Born in 2005), Junior Women (Born in 2003 to 2004), Men 60 yrs, Men 65 yrs, Men 70 yrs
11	13:50	8 KM	Junior Men (Born in 2003 to 2004), Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
12	14:30	10 KM	Senior Men, Senior Women