

## AMPU CROSS COUNTRY INTERPROVINCIAL PROGRAM 2024

Event	Start	Age Categories	Year	Colour sticker	Distance	Laps
1	09:00	U/20 Junior Men	2006/2005	No Sticker	8 km	4 X 2km
		Men 35-39	1989/1985	Red		
		Men 40-44	1984/1980	Black		
		Men 45-49	1979/1975	Blue		
		Men 50-54	1974/1970	Yellow		
		Men 55-59	1969/1965	Dark Blue		
2	09:50	Men 75-79	1949/1945	No Sticker	4km	2 X 2km
		Men 80-84	1944/1940	Orange & Orange		
		Men 85-89	1939/1935	Yellow & Yellow		
		Women 35-39	1989/1985	Red		
		Women 40-44	1984/1980	Black		
		Women 45-49	1979/1975	Blue		
		Women 50-54	1974/1970	Yellow		
		Women 55-59	1969/1965	Dark Blue		
		Women 60-64	1964/1960	Orange		
		Women 65-69	1959/1955	Red & Red		
		Women 70-74	1954/1950	Black & Black		
Women 75-79	1949/1945	Dark Blue & Dark Blue				
3	10:15	Senior Men	2004/1990	Green	10 km	5 X 2km
		Senior Women	2004/1990	No Sticker		
4	11:10	U/20 Junior Women	2006/2005	No Sticker	6 km	3 X 2km
		Men 60-64	1964/1960	Yellow		
		Men 65-69	1959/1955	Red		
		Men 70-74	1954/1950	Black		
5	11:45	Boys 16	2008	Green	6km	3 X 2km
		Boys 17	2007	No Sticker		
6	12:20	Boys 8 and younger	2018/2017/2016	No Sticker	1 km	1 X 1km
7	12:25	Girls 8 and younger	2018/2017/2016	No Sticker	1 km	1 X 1km
8	12:35	Girls 9	2015	Green	2 km	1 X 2km
		Girls 10	2014	No Sticker		
9	12:50	Boys 9	2015	Blue	2 km	1 X 2km
		Boys 10	2014	No Sticker		
10	13:05	Girls 11	2013	Green	3 km	1 X 1km & 1 X 2km
		Girls 12	2012	No Sticker		
11	13:25	Boys 11	2013	Blue	3 km	1 X 1km & 1 X 2km
		Boys 12	2012	No Sticker		
12	13:50	Girls 13	2011	No Sticker	3 km	1 X 1km & 1 X 2km
13	14:15	Boys 13	2011	No Sticker	4km	2 X 2km
14	14:40	Girls 14	2010	Green	4 km	2 X 2km
		Girls 15	2009	No Sticker		
15	15:05	Boys 14	2010	Blue	4 km	2 X 2km
		Boys 15	2009	No Sticker		
16	15:30	Girls 16	2008	Green	4 km	2 X 2km
		Girls 17	2007	No Sticker		
17	15:55	Senior Women	2004/1990	Blue	4 km	2 X 2km
		Senior Men		No Sticker		
18	16:20	U/23 Women	2006/2005/2004/ 2003/2002	Green	4 km	2 X 2km
		U/23 Men		No Sticker		