



ATHLETICS GAUTENG NORTH



GAUTENG NORTH CROSS COUNTRY CHAMPIONSHIPS

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Saturday, 17 August 2024

RACE	DIST	CALL ROOM TIMES	START	AGE CATEGORIES
1	8 Km	07:00	07:30	Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs.
2	4 Km	07:40	08:10	Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70yrs, Women 75 yrs, Women 80 yrs, Women 85 yrs+ Men 75 yrs, Men 80 yrs, Men 85 yrs+
3	6 Km	08:10	08:40	Men 60 yrs, Men 65 yrs, Men 70yrs
			08:45	Victory Ceremony - Items 1 & 2
4	1 Km	08:40	09:10	Girls 8 yrs (2016, 2017, 2018)
			09:15	Victory Ceremony - Item 3
5	1 Km	08:50	09:20	Boys 8 yrs (2016, 2017, 2018)
6	2 Km	09:00	09:30	Girls 9 yrs (2015)
			09:35	Victory Ceremony - Items 4 & 5
7	2 Km	09:10	09:40	Boys 9 yrs (2015)
8	6 Km	09:20	09:50	Women 20 (2005 & 2006)
			10:00	Victory Ceremony - Items 6 & 7
9	8 Km	09:50	10:20	Men 20 (2005 & 2006),
10	10 Km	10:25	10:55	Senior Women (1990 to 2004)
			11:05	Victory Ceremony - Items 8 & 9
11	10 Km	11:05	11:35	Senior Men (1990 to 2004)
12	4 Km	11:45	12:15	Girls 16 yrs (2008), Girls 17 yrs (2007)
			12:30	Victory Ceremony - Items 10 & 11
13	6 Km	12:10	12:40	Boys 16 yrs (2008), Boys 17 yrs (2007)
14	2 Km	12:40	13:10	Girls 10 yrs (2014)
			13:35	Victory Ceremony - Items 12 & 13
15	2 Km	12:50	13:20	Boys 10 yrs (2014)
16	3 Km	13:00	13:30	Girls 11 yrs (2013)
			13:45	Victory Ceremony - Items 14 & 15
17	3 Km	13:15	13:45	Boys 11 yrs (2013)
18	3 Km	13:30	14:00	Girls 12 yrs (2012)
			14:25	Victory Ceremony - Items 16 & 17
19	3 Km	13:45	14:15	Boys 12 yrs (2012)
20	3 Km	14:00	14:30	Girls 13 yrs (2011)
			14:40	Victory Ceremony - Items 18 & 19
21	4 Km	14:15	14:45	Boys 13 yrs (2011)
22	4 Km	14:35	15:05	Girls 14 yrs (2010)
			15:30	Victory Ceremony - Items 20 & 21
23	4 Km	14:55	15:25	Boys 14 yrs (2010)
24	4 Km	14:15	15:45	Girls 15 yrs (2009)
25	4 Km	15:30	16:05	Boys 15 yrs (2009)
26	4 Km	15:55	16:25	Women 23 yrs (2002 to 2006), Senior Women (1990 to 2004)
			16:35	Victory Ceremony - Items 22, 23, 24 & 25
27	4 Km	16:15	16:45	Men 23 (2002 to 2006), Senior Men (1990 to 2004)
28	2 Km	16:35	17:05	Senior(1990-2004), Junior(2005-2006) & Youth(2007-2008) Women Dash
			17:15	Victory Ceremony - Items 26 & 27
29	2 Km	16:45	17:15	Senior(1990-2004), Junior(2005-2006) & Youth(2007-2008) Men Dash
			17:30	Victory Ceremony - Items 28 & 29

- Provincial medals to first 3 in each age category

- Medals to all finishers

Athlete Entry Fee R40-00

Spectator Fee R20-00

For more detail please contact the Athletics Gauteng North Office at 012 327 4932 or

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