

AGN Cross Country League DAY-Event Programme 2026

RACE	START	DIST	AGE CATEGORIES	AGE CRITERIA
1	11:00	4 KM	Men U/23	Born 2004, 2005, 2006, 2007, 2008
			Senior Men	Born 1992 to 2006
2	11:20	4 KM	Women U/23	Born 2004, 2005, 2006, 2007, 2008
			Senior Women	Born 1992 to 2006
			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+ ... , Men 75 yrs, Men 80 yrs, Men 85+ yrs.....	Category in Season determined by Age on 05 September 2026 (ASA Champs)
3	11:40	8 KM	Men U/20 (Junior Men)	Born 2007 & 2008
			Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs	Category in Season determined by Age on 05 September 2026 (ASA Champs)
		6 KM	Men 60 yrs, Men 65 yrs, Men 70 yrs	
4	12:30	1 KM	Girls 8 yrs	Born 2018, 2019, 2020
5	12:40	1 KM	Boys 8 yrs	Born 2018, 2019, 2020
6	12:50	2 KM	Girls 9 yrs	Born in 2017
			Girls 10 yrs	Born in 2016
7	13:05	2 KM	Boys 9 yrs	Born in 2017
			Boys 10 yrs	Born in 2016
8	13:20	3 KM	Girls 11 yrs	Born in 2015
			Girls 12 yrs	Born in 2014
			Girls 13 yrs	Born in 2013
9	13:40	3 KM	Boys 11 yrs	Born in 2015
			Boys 12 yrs	Born in 2014
10	14:00	4 KM	Girls 14 yrs	Born in 2012
			Girls 15 yrs	Born in 2011
11	14:20	4 KM	Boys 13 yrs	Born in 2013
			Boys 14 yrs	Born in 2012
			Boys 15 yrs	Born in 2011
12	14:40	4 KM	Girls 16 yrs	Born in 2010
			Girls 17 yrs	Born in 2009
13	15:00	6 KM	Boys 16 yrs	Born in 2010
			Boys 17 yrs	Born in 2009
			Women U/20 (Junior Women)	Born 2007 & 2008
14	15:30	10 KM	Senior Men	Born 1992 to 2006
			Senior Women	Born 1992 to 2006