

# ASWD CROSS COUNTRY LEAGUE 1

## Road to SA Cross Country Championships 2014 - Pacaltsdorp

### INFORMATION

<b>DATE:</b>	31 May 2014	<b>PROGRAM</b>		
<b>TIME:</b>	10:00	10:00	Boys and Girls 8 yrs	1km
<b>VENUE:</b>	Correctional Services – Mossel Bay	10:10	Boys 9 and 10 yrs	2km
<b>CONTACT:</b>	Joe Arendse 082 907 1296 Jacob Karelse 073 081 7484 ASWD Office 044-8730023(Tel) / 044-8730024(Fax)	10:20	Girls 9 and 10 yrs	2km
<b>ENTRY FEE:</b>	R5	10:30	Boys 16 and 17 yrs	6km
<b>PRIZE GIVING:</b>	<b>Medals</b> – First 3 positions (Gold / Silver / Bronze) in each category <b>Prize Money</b> – First 3 positions in each category <b>Club Incentives</b> – R500 each for clubs with more than 25 participants <b>Transport Incentives</b> – R500 each for schools with more than 25 participants	10:50	Girls 19 yrs & Ladies	6km
		11:30	Boys 19 yrs and Men 60+	6/8km
		12:05	Girls 16 and 17 yrs	4km
		12:30	Senior Men & Men 30 – 59 yrs	12/8km
		13:20	Girls 11 and 12 yrs	3km
		13:35	Boys 11 and 12 yrs	3km
		13:55	Girls 13 yrs	3km
		14:15	Boys 13 yrs	4km
		14:35	Girls 14 and 15 yrs	4km
		15:00	Boys 14 and 15 yrs	4km

7 Jun – League 2 – Beaufort West  
 14 Jun – League 3 – Brandwag, Mossel Bay  
 21 Jun – League 4 – Oudtshoorn  
 7 Jul – League 5 – Knysna  
 26 Jul – League 6 – Sedgefield  
 2 Aug – League 7 – Pacaltsdorp  
 16 Aug – ASWD Championships – Pacaltsdorp  
 30 Aug – Western Cape Championships – Oudtshoorn  
 13 Sep – SA Championships - Pacaltsdorp

