

ASWD CROSS COUNTRY

Road to SA Cross Country Championships - 12 Sep 2015 - Middelburg (Mpu)

INFORMATION

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|------------------------|---|--|-----------------------|
| DATE: | 30 May – League 1 - Mossel Bay 6 June – League 2 - George 13 June – League 3 - Hartenbos 20 June – League 4 - Pacaltsdorp 6 July – League 5 - Knysna 25 July – League 6 - George 1 August – League 7 – Pacaltsdorp 15 August – ASWD & Decti Raising-the-bar Cross Country Championships (Mossel Bay) 29 August – Western Cape Cross Country Championships (Boland) 12 September – SA Cross Country Championships (Middelburg) | | |
| TIME: | Program will start at: 10:00 – 13:30 | | |
| CONTACT: | Joe Arendse 082 907 1296 / 079 501 3916 / 044-8780357 ASWD Office 044-8730023 | | |
| ENTRY FEE: | R5 | | |
| PRIZE GIVING: | Medals – First 3 positions (Gold / Silver / Bronze) in each category Prize Money – First 3 positions in each category (R50 / R30 / R20) | | |
| LEAGUE PROGRAM: | | | |
| | 1 | Boys and Girls 8 yrs Boys 9 and 10 yrs Girls 9 and 10 yrs | 1km 2km 2km |
| | 2 | Boys 16 and 17 yrs Girls 19 yrs & Ladies Boys 19 yrs and Men 60+ | 6km 6/4km 8/4km |
| | 3 | Girls 16 and 17 yrs Senior Men & Men 30 – 59 yrs | 4km 12/8/4km |
| | 4 | Girls 11 and 12 yrs Boys 11 and 12 yrs Girls 13 yrs | 3km |
| | 5 | Boys 13 yrs Girls 14 and 15 yrs Boys 14 and 15 yrs | 4km |
| CRITERIA: | 1.1 In selecting athletes to the SA Championships, priority will be given to the selection of athletes with the potential to win medals for ASWD. 1.2 Athletes will qualify for selection, provided that they have completed in the relevant ASWD Cross Country Championships and 4 of nominated leagues. 1.3 Athletes, who were sick or injured during the relevant ASWD Cross Country Championships and leagues will be considered for the relevant SA Cross Country Championship, provided a medical certificate is submitted to ASWD Office during or before the relevant ASWD Championships. | | |

*** All athlete report to the registration table at least 1 hour before the race. Program may change / be combined based on entries received ***

