

2024 ASA NATIONAL CROSS COUNTRY CHAMPIONSHIPS PROGRAM

Item	Start Time	Age Categories	Abbreviations	Distance
1	07:30 – M M 35+	Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59	M35/8-55/8	8 km
2 (a)	08:10 – M W 35+	Women 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+	W35/4-90/4	4 km
2 (b)	08:10 – M M 75+	Men 75-79; Men 80-84; Men 85-89; Men 90+	M75/4-90/4	4 km
3	08:40 – M M 60+	Men 60-64; Men 65-69; Men 70-74;	M60/6 or M65-70/6	6 km
4	09:10 – G 8	Girls 8 years (2016/2017/2018)	G8/1	1 km
5	09:20 – B 8	Boys 8 years (2016/2017/2018)	B8/1	1 km
6	09:30 – G 9	Girls 9 years (2015)	G9/2	2 km
	09:25 ±	Items 4 & 5 (Directly after the start of Item 6) – Victory Ceremony 09:35 & 09:40		
	09:30	Items 1; 2 & 3 – Victory Ceremony 08:30 09:45 08:55 09:15		
7	09:40 – B 9	Boys 9 years (2015)	B9/2	2 km
	**	Items 6 & 7 – Victory Ceremony 10:		
8	09:50 – J W	Women U/20 18 years (2006); Women U/20 19 years (2005) (Eligible for Trials)	JW/6	6 km
9	10:20 – J M	Men U/20 18 years (2006); Men U20 19 years (2005) (Eligible for Trials)	JM/8	8 km
	**	Items 8 & 9 – Victory Ceremony		
10	10:55 – S W	Senior Women (Eligible for Trials)	SW/10	10 km
11	11:35 – S M	Senior Men (Eligible for Trials)	SM/10	10 km
	**	Items 10 & 11 – Victory Ceremony		
12	12:15 – G 16/17	Girls 16 years (2008); Girls 17 years (2007) (Eligible for Trials)	G16/4 or G17/4	4 km
13	12:40 – B 16/17	Boys 16 years (2008); Boys 17 years (2007) (Eligible for Trials)	B16/6 or B17/6	6 km
	**	Item 12 & 13 – Victory Ceremony		
14	13:10 – G 10	Girls 10 years (2014)	G10/2	2 km
15	13:20 – B 10	Boys 10 years (2014)	B10/2	2 km
	**	Item 14 & 15 – Victory Ceremony		
16	13:30 – G 11	Girls 11 years (2013)	G11/3	3 km
17	13:45 – B 11	Boys 11 years (2013)	B11/3	3 km
	**	Item 16 & 17 – Victory Ceremony		
18	14:00 – G 12	Girls 12 years (2012)	G12/3	3 km
19	14:15 – B 12	Boys 12 years (2012)	B12/3	3 km
	**	Item 18 & 19 – Victory Ceremony		
20	14:30 – G 13	Girls 13 years (2011)	G13/3	3 km
21	14:45 – B 13	Boys 13 years (2011)	B13/4	4 km
	**	Item 20 & 21 – Victory Ceremony		
22	15:05 – G 14	Girls 14 years (2010)	G14/4	4 km
23	15:25 – B 14	Boys 14 years (2010)	B14/4	4 km
	**	Item 22 & 23 – Victory Ceremony		
24	15:45 – G 15	Girls 15 years (2009) (Eligible for Trials)	G15/4	4 km
25	16:05 – B 15	Boys 15 years (2009) (Eligible for Trials)	B15/4	4 km
	**	Item 24 & 25 – Victory Ceremony		
26	16:25 – SW/u23	Senior Women 20 to 34 years (2004 to 1990) Women U/23 18 to 22 years (2006/2005/2004/2003/2002)	SW/4 W23/4	4 km
27	16:45 – SM/u23	Senior Men 20 to 34 years (2004 to 1990) Men U/23 18 to 22 years (2006/2005/2004/2003/2002)	SM/4 M23/4	4 km
	**	Item 26 & 27 – Victory Ceremony		
28	17:05 – SW/J/Y	Senior Women 20 to 34 years (2004 to 1990) (Eligible for Trials) Junior Women 18 to 19 years (2006/2005) (Eligible for Trials) Youth Women 16 to 17 years (2008/2007) (Eligible for Trials)	SW/2 JW/2 YW/2	2 km
29	17:15 – SM/J/Y	Senior Men 20 to 34 years (2004 to 1990) (Eligible for Trials) Junior Men 18 to 19 years (2006/2005) (Eligible for Trials) Youth Men 16 to 17 years (2008/2007) (Eligible for Trials)	SM/2 JM/2 YM/2	2 km
	**	Item 28 & 29 – Victory Ceremony		
	**	Final details regarding Victory Ceremonies will be communicated at technical meeting		

COURSE LAYOUT

