

# ASWD CROSS COUNTRY

## Road to SA Cross Country Championships - 17 September 2022

### INFORMATION

<b>DATE:</b>	07 May	Saturday	ASWD League 1	Olympia
	21 May	Saturday	ASWD League 2	Mossel Bay
	11 June	Saturday	ASWD League 3	Olympia
	11 July	Monday	ASWD League 4	Knysna
	23 July	Saturday	ASWD & Eden Champs	Riversdale
	20 Aug	Saturday	Inter -Provincial	Port Elizabeth
	16&17 Sept	Friday & Saturday	ASA CC Champs	Rustenburg
	<b>TIME:</b>	Program will start at: 10:00 – 14:00. Registration from 9:00		
<b>CONTACT:</b>	Joe Arendse 079 501 3916 ASWD Office 044-8730023			
<b>ENTRY FEE:</b>	R20.00			
<b>LEAGUE PROGRAM:</b>	1	Boys and Girls 8 yrs Boys and Girls 9 yrs (2013)		1km 2km
	2	Boys and Girls 10 yrs (2012) Boys and Girls 11 yrs (2011)		2km 3km
	3	Boys 16 & 17 yrs (2006 & 2005) Junior Women (2004 & 2003) Senior Women 20 -34 yrs (2002 - 1988) Junior Men (2004 & 2003) Men 60 + yrs (1962 & 1961 .....		6km 6km 4km 8km 6km
	4	Girls 16 & 17 yrs (2006 & 2005) Senior (Open) Men 20-3 (2002 - 1988) Senior (Open) Women (2002 - 1988) Men 35 - 49 yrs (1987-1973)		4km 10km / 4km 8km 8km
	5	Girls & Boys 12 yrs (2010) Girls 13 yrs (2009)		3km
	6	Boys 13 & 14 yrs (2009 & 2008) Girls 14 yrs (2008)		4km
	7	Girls & Boys 15 yrs (2007)		4km
	<b>CRITERIA:</b>	<p>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.</p> <p>1.2 Athletes will qualify for selection, provided that they have completed in the relevant ASWD Cross Country Championships and 3 of nominated leagues.</p> <p>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.</p>		

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

\*\*\* Clubs exceeding 15 entries must please submit athletes' detail by Wednesday preceding the relevant ASWD League.\*\*\*

