

Saturday 18 August 2018

Cape Peninsula University of Technology

Symphony Way (off Robert Sobukwe Road)

Bellville

33.9324° S, 18.6406° E

Hosted By

Western Province Athletics

Pre-Entries close 12 August 2018



WESTERN PROVINCE ATHLETICS

Cross Country Championships 18 August 2018 CPUT Bellville Campus

Time	Event	Distance
08:30	Boys & Girls 8 years (2010+)	1km
08:40	Boys 9 years (2009), Girls 9 years (2009), Boys 10 years (2008), Girls 10 years (2008)	2km
09:00	Boys 11 years (2007), Girls 11 years (2007)	3km
09:20	Boys 12 years (2006), Girls 12 years (2006), Girls 13 years (2005)	3km
09:40	Boys 14 years (2004), Girls 14 years (2004), Boys 15 years (2003), Girls 15 years (2003)	4km
10:10	Boys 13 years (2005), Girls 16 years (2002), Girls 17 years (2001)	4km
10:40	Boys 16 years (2002), Boys 17 years (2001), Girls U20 (2000/1999)	6km
11:10	Boys U20 (2000/1999)	8km
12:00	Senior (Open) Men	4km
12:40	Senior (Open) Women	4km
13:15	Master Women 35+ years	4km
14:15	Senior (Open) Men	10km
	Senior (Open) Women	10km
	Master Men 35-59 years	8km
	Master Men 60+ years	6km