

# ASWD CROSS COUNTRY

## Road to SA Cross Country Championships - 07 September 2024

### INFORMATION

<b>DATE:</b>	04 May	Saturday	ASWD League 1	Olympia - Pacaltsdorp
	18 May	Saturday	ASWD League 2	Correctional Services Mossel Bay
	08 June	Saturday	ASWD League 3	Langenhoven Gim. Oudt.
	24 June	Monday	ASWD League 4 (KOF)	Loerie Park, Knysna
	06 July	Saturday	ASWD League 5	B/ West OR Prince Albert
	20 July	Saturday	ASWD League 6	Riversdale
	03 Aug	Saturday	ASWD Cross Country Champs	Langenhoven Gim .Oudt.
	17 Aug	Saturday	ASWD Cross Country Training Camp	Olympia -Pacaltsdorp
	07 Sept	Saturday	ASA National Cross Country Championships	Vaal Triangle
<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 (8-14 yrs) and R25.00 (15 – 65 + yrs)			
<b>LEAGUE PROGRAM:</b>	1	Boys and Girls 8 yrs	(2016)	1km
	2	Boys and Girls 9yrs Boys and Girls 10 yrs	(2015) (2014)	2km 2km
	3	Boys and Girls 11yrs Boys 16 & 17 yrs Junior Women 19yrs Senior Women 20 -34 yrs Junior Men 19yrs Men 50- 60 + yrs Women50-60 +yrs	(2013) (2008 & 2007) (2006 & 2005) (2004 – 1990) (2006 & 2005) (1974 & 1964 .....) (1974 &1964.....)	3km 6km 6km 4km 8km 6km 4km
	4	Girls 16 & 17 yrs Senior (Open) Men 20-34 Senior (Open) Women 20-34 Women 35-49yrs Men 35 – 49 yrs	(2008 & 2007) (2004 - 1990) (2004 – 1990) (1989 &1975) (1989-1975)	4km 10km / 4km 8km 4km 8km
	5	Boys and Girls 12 yrs Gir 13 yrs	(2012) (2011)	3km
	6	Boys 13 & 14 yrs Girls 14 yrs	(2011 & 2010) (2010)	4km
	7	Girls & Boys 15 yrs	(2009)	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,</p> <p>1.2.1 - qualifying times and</p> <p>1.2.2 provided that they have completed in the relevant ASWD Cross Country Championships and 4 of nominated leagues.</p> <p>1.3 All athletes, who wish to be selected must take part at ASWD Cross Country Championships.</p> <p>1.4 Sick notes and injured athletes must request to be considered by the selection committee, provided a medical certificate is submitted to ASWD Office during or before the relevant ASWD Championships.</p>
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**\*\* 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.\*\*\***

