ASWD CROSS COUNTRY

Road to ASA Cross Country Championships 5 September 2026

INFORMATION

DATE:	**09 May**	**Saturday**	**ASWD League 1**	**Olympia - Pacaltsdorp**	
	23 May	**Saturday**	**ASWD League 2**	**Correctional Services Mossel Bay**	
	13 June	**Saturday**	**ASWD League 3**	**Beaufort West**	
	20 June	**Saturday**	**ASWD League 4**	**Oudtshoorn TBA**	
	06 July	**Monday**	**ASWD League 5**	**Loerie Park Knysna**	
	25 July	**Saturday**	**ASWD League 6**	**Riversdale**	
	01 Aug	**Saturday**	**ASWD League 7**	**Olympia - Pacaltsdorp**	
	15 Aug	**Saturday**	**ASWD & Eden Schools Cross Country Championships**	**Olympia School of Skill Pacaltsdorp George**	
	05 Sept	**Saturday**	**ASA National Cross Country Championships**	**AGN PRETORIA**	

TIME:			Program will start at: 10:00 – 14:00. Registration from 8:00	
CONTACT:			Reggie Mitchell 084 919 9506 ASWD Office 044-8730023	
ENTRY FEE:			R20.00 (8-14 yrs) and R25.00 (15 –80+ yrs) BANKING DETAILS OF EFT PAYMENTS ACCOUNT NAME; Coastline Athletics Club Capitec – 209 834 6103 Reference: Athletes name & club/ school	
LEAGUE PROGRAM:	1	10H00	M-35-59 W-35-80+ M-75-80+ M-60-74	8KM 4KM 4KM 6KM
	2	10H45	JM (2008-2007) JW- (2008-2007) SM SW	8KM 6KM 10/4KM 10/4KM
	3	11H30	B&G 8 (2018-2019)	1KM
	4	11H40	B&G 9 (2017) B&G10 (2016)	2KM 2KM
	5	11H55	B&G 11 (2015) B&G 12 (2014) G13 (2013)	3KM 3KM 3KM
	6	12H15	B 13(2013) B&G 14 (2012)	4KM 4KM
	7	12H30	B16& 17 (2010+2009) G 16&17 (2010+2009)	6KM 4KM
	8	13H00	B&G 15 (2011)	4KM

ASWD

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COASTLINE ATHLETICS