



ATHLETICS GAUTENG NORTH



Cross Country Starting Times 2017

RACE	START	DIST	AGE CATEGORIES
1	12:30	1 KM	Girls 8 yrs (Born 2009 or after), Boys 8 yrs (Born 2009 or after)
2	12:40	2 KM	Girls 9 yrs (Born in 2008), Girls 10 yrs (Born in 2007)
3	12:50	2 KM	Boys 9 yrs (Born in 2008), Boys 10 yrs (Born in 2007)
4	13:00	3 KM	Boys 11 yrs (Born in 2006), Boys 12 yrs (Born in 2005)
5	13:15	3 KM	Girls 11 yrs (Born in 2006), Girls 12 yrs (Born in 2005), Girls 13 yrs (Born in 2004)
6	13:30	4 KM	Men 23 (Born in 1995 and after), Senior Men
7	13:50	4 KM	Boys 13 yrs (Born in 2004), Boys 14 yrs (Born in 2003), Boys 15 yrs (Born in 2002)
8	14:10	4 KM	Girls 14 yrs (Born in 2003), Girls 15 yrs (Born in 2002), Girls 16 yrs (Born in 2001), Girls 17 yrs (Born in 2000), Women 23yrs (Born in 1995 or after), Senior Women, Women 30, Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70+ yrs ...
9	14:30	8 KM	Junior Men (Born in 1999 & 1998), Senior Men, Senior Women, Men 30, Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
	14:35	6 KM	Boys 16 yrs (Born in 2001), Boys 17 yrs (Born in 2000), Junior Women (Born in 1999 & 1998), Men 60 yrs, Men 65 yrs, Men 70+ yrs ...

