



**ATHLETICS MPUMALANGA**  
*Cross Country*  
**PROGRAM FOR MORNING LEAGUES – 2018**

<b>Race</b>	<b>Start</b>	<b>AGE CATEGORIES</b>	<b>DISTANCE</b>
1	8:30	Girls and Boys 8 Years (Born 2010 or after)	1
2	8:40	Girls and Boys 9 Years (2009) & Girls and Boys 10 Years (2008)	2
3	8:55	Boys and Girls 11 Years (2007); Boys and Girls 12 Years (2006); Girls 13 Years (2005)	3
4	9:15	Men 23 (1995, 1997, 1998); Men 21; Senior Men	4
5	9:40	Boys 13 years(2005); Boys 14 Years (2004); Boys 15 Years (2003)	4
6	10:05	Girls 14 Years (2004); Girls 15 Years (2003); Girls 16 Years (2002); Girls 17 Years (2001); Women 23 Years (1995, 1996, 1997, 1998); Senior Women; Women 30; Women 35 years; Women 40 years; Women 45 years; Women 50 years; Women 55 Years; Women 60 Years; Women 65 Years; Women 70 years +	4
7	10:30	Junior Men (Born in 2000 & 1999); Senior Men; Senior Women; Men 30; Men 35 years; Men 40 Years; Men 45 Years; Men 50 Years; Men 55 Years.	8
8	11:10	Boys 16 Years (2002); Boys 17 Years (2001); Junior Women (2000 & 1999); Men 60 Years; Men 65 Years; Men 70 Years +	6