

Collegians Harriers

Cross Country Programme 24 April 2021

Event	Time	Category	Distance	Entry fee	ASA Licence
1	11:50	Boys & Girls 7 & 8yrs	1km – 1 lap of 1km	Nil	N
2	12:00	Boys & Girls 9 & 10yrs	2km – 1 lap of 2km	Nil	N
3	12:20	Boys & Girls 11yrs and 12yrs Girls 13yrs	3km – 1 lap of 1km Plus 1 lap of 2km	R20 R20	Y Y
4	12:45	Boys 13, 14 & 15yrs Open Men & Women (20 - 34)	4km – 2 laps of 2km	R20 R20	Y Y
5	13:15	Girls 14 & 15yrs ; Youth Women (16 & 17) Master Women 35+ Grandmaster Men (75+)	4km – 2 laps of 2km	R20 R20 R20 R20	Y Y Y Y
6	13:50	Youth Men (16 & 17) ; Grandmaster Men (60 - 74) Women 18 & 19yrs	6km – 3 laps of 2km	R20 R20 R20	Y Y Y
7	14:30	Junior Men 18 & 19yrs Master Men 35-59	8km – 4 laps of 2km	R20 R20	Y Y
8	15:15	Open Men & women (20 - 34)	10km – 5 laps of 2km	R20	Y

Important Notes

Venue

- 1 Collegians Club, 381 Boshoff Street (take New England Road off ramp from N3, at the circle take right fork to the club)
- 2 The club is licensed to sell alcohol and therefore no alcohol is permitted to be brought onto the premises
- 3 Showering facilities are available at the main club (next to the squash courts)

ASA Licences

- 1 2020 ASA licences are valid until 30 April 2021
- 2 Temporary licences cost R35

Covid regulations

- 1 All persons must wear a mask. The only exception is that athletes may remove their mask whilst competing.
- 2 All persons must complete a Covid 19 questionnaire on arrival and record their temperature.
- 3 Hand sanitiser will be available at registration

Seconding table

- 1 There will be no seconding table and athletes are encouraged to bring the own water bottle.
- 2 There will be a designated tap for athletes to use to fill their water bottles.

Enquiries

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