

Cross Country Venues 2019						
Date	League	Commission	Venue	Organised by	Contact	Contact Nr
18/05/2019	League 1	EPA CC Commission	Varsvlei	Gelvan AC	EPA	041-3742818
01/06/2019	League 2	EPA CC Commission	Strelitzia Dam	Despatch AC	EPA	041-3742818
08/06/2019	League 3	EPA CC Commission	St. Albans	R4C AC	EPA	041-3742818
06/07/2019	League 4	EPA CC Commission	NMU	Elite	EPA	041-3742818
13/07/2019	Development Meeting	EPA CC Commission	Jansenville	Commission	EPA	041-374 2918
20/07/2019	League 5	EPA CC Commission	NMU	Nedbank AC	EPA	041-3742818
10/08/2019	Inter Provincial Cross Country Champs	EPA	St. Albans CS	St. Albans CS AC	EPA	041-3742818
08/09/2019	SA Cross Country Champs	ASA/NGA	TUKS; PRETORIA	NGA	EPA	041-3742818



Cross Country Starting Times 2019

RACE	START	DIST	AGE CATEGORIES
1	09:00	10KM	Senior Men, Senior Women,
2	09:50	8KM	Junior Men (Born in 2000 - 2001), Men 35-59
		6KM	Boys 16 yrs (Born in 2003), Boys 17 yrs (Born in 2002), Junior Women (Born in 2000 - 2001) 60 - 69, Men 70+
		4KM	All age Category Women (30 -70+), Men 75+
3	10:30	1 & 3 KM	Boys/Girls 8yrs (Born after 2011), Boys 11 yrs (Born in 2008), Boys 12 yrs (Born in 2007) Girls 11 yrs (Born in 2008), Girls 12 yrs (Born in 2007), Girls 13 yrs (Born in 2006)
4	10:50	2 KM	Girls 8 yrs (Born 2011 or after), Girls 9 yrs (Born in 2010), Girls 10 yrs (Born in 2009) Boys 8 yrs (Born 2011 or after), Boys 9 yrs (Born in 2010), Boys 10 yrs (Born in 2009)
5	11:10	4 KM	Senior Men / Women, Boys 13 yrs (Born in 2006), Boys 14 yrs (Born in 2005), Boys 15 yrs (Born in 2004) Girls 14 yrs (Born in 2005), Girls 15 yrs (Born in 2004), Girls 16 yrs (Born in 2003), Girls 17 yrs (Born in 2002), Women 23yrs (Born in 1996 or after)

Eligibility:

To be eligible for selection for the EP Team for the SA Cross Country Championships athletes must:

- 1) Compete in the Eastern Province Athletics Cross Country Championships on 10 August 2019 in the event in which they wish to qualify (exemptions noted below).
- 2) Participate in at least 3 (out of metropole athletes x 2 events) of the 5 EPA Cross Country League events.
- 3) Be a current licensed member of EPA.
- 4) Should an athlete not be able to compete at the EPA Championships, only an injury/sickness with a valid doctors letter will be accepted.

Note – Unregistered athletes, or athletes not registered with a club may be selected for the team but must register as an ASA licenced member before their selection is confirmed.