



## 2019 CROSS COUNTRY EVENTS CALENDAR 30-04-2019

Date	Event	Venue	Start	Distance	Organiser/Host	Contact Person	EEmail
Sat 13 April 2019	Trial 1	Voorberg Correctional Centre, Porterville	10:00	Time Table	Hopefield Athletics Club West Coast Schools	Joggie Maarman 071 438 6699 Jerome Abrahams 084 247 7926	maaranjoggie@gmail.com recreational@voorberg.co.za
Sat 4 May 2019	Trial 2	Drakenstein Correctional Services Centre, Paarl	10:00	Time Table	Wellington AC Boland Central Schools	Jennifer Daniels 078 367 0839 Willem Jansen 073 219 5306	Online2397498@telkomsa.net
Sat. 18 May 2019	Trial 3	Ceres	10:00	See Time Table	Ceres AC Witzenberg Schools	Roy Abrahams 072 709 7003 Desiree Pharo 072 583 1216	jonrod2174@gmail.com
Sat 20 July 2019	Trial 4	Riebeeck Valley School of Skills, Riebeeck West	10:00	Time Table	Swartland AC West Coast Schools	Piet Smit 082 323 0414 Verity Barnes 082 440 3233	corpuschristi@cybersmart.co.za veritycherbert@gmail.com
Sat 27 July 2019	Trial 5 BA XC Inter-District	Callie De Wet Stadium Robertson	10:00	Time Table	Robertson Athletics Club Boland North Schools	Edward Salies 084 815 9651 Houman Josephs 083 497 1141	edwardsalies@gmail.com
Sat 03 Aug 2019	Trial 6	Drostdy Technical High School, Worcester	10:00	Time Table	Worcester Athletics Club Boland North Schools	Russel Cupido 082 532 0826 Rico Hunter 073 724 3983	worcester.athletics@gmail.com
Sat 17 Aug 2019	Boland Athletics XC Championships	Dal Josaphat Stadium, Paarl	10:00	Time Table	BA Cross Country Commission Boland Central Schools	Etheresia Thomas 082 475 6070 Gerald P. Ricketts 082 563 4926	thomasetheresia@gmail.com gric02@telkomsa.net
Sat 31 Aug 2019	Western Cape XC Championships	TBC	9:00	NA	Western Cape Schools XC	Franklin September 082 350 2406	admin@bdv.wcape.school.za
Sat 7 Sept 2019	ASA X-Country Championships	Athletics Gauteng North	NA	NA	Athletics South Africa	Mehlo Hlabangane 082 990 9470	mehloh@athleticssa.co.za
13-14 Sept 2019	USSA X-Country Championships	North West University Mafikeng	NA	NA	University Sports South Africa	Jazz Mnyengeza 072 262 9752	mnyengezambb@tut.ac.za
20-21 Sept 2019	SASA X-Country Championships	TBC	NA	NA	SA Schools Athletics	Peppi Olevano 082 550 7032	peppi@gcs.co.za

### EVENT TIME TABLE

TIME	CATEGORY	DIST.	TIME	CATEGORY	DIST.	TIME	CATEGORY	DIST.	TIME	CATEGORY	DIST.
10:00	Senior Men	10 km	11:10	Boys 11 (Born 2008)	3 km.	13:10	Boys 14 (Born 2005)	4 km	14:15	Master Woman	4 km
10:05	Senior Women	10km	11:30	Girls 12 (Born 2007)	3 km	13:30	Girls 14 (Born 2005)	4 km	14:35	Boys 16 (Born 2003)	6 km
10:10	Girls 9 (Born 2010)	2 km.	11:45	Boys 12 (Born 2007)	3 km.	13:30	Girls 15 (Born 2004)	4 km	14:35	Boys 17 (Born 2002)	6 km
10:20	Boys 9 (Born 2010)	2 km.	12:00	Girls 13 (Born 2006)	3 km	13:45	Boys 15 (Born 2004)	4 km	14:35	Junior Women 19	6 km
10:35	Girls 10 (Born 2009)	2 km.	12:15	Boys 13 (Born 2006)	4 km	14:15	Girls 16 (Born 2003)	4 km	14:35	Grand Master Men	6 km
10:45	Boys 10 (Born 2009)	2 km.	12:35	Junior Men 19	8 km	14:15	Girls 17 (Born 2002)	4 km	14:55	Senior Men	4 km
11:00	Girls 11 (Born 2008)	3 km.	12:35	Master Men	8 km	14:15	Senior Women	4 km			