



2024 BOLAND ATHLETICS CROSS COUNTRY EVENTS CALENDAR

1. Six Trial Events will be hosted in the 9 Boland Athletics Regions listed below.
2. The Dates for the Trial Events are listed in the Programme below, with the Provincial and National Events.
3. Regional Committees have been appointed by Boland Athletics Cross Country Commission together with Boland Primary Schools and Boland High Schools to manage the Cross Country Events in the various Regions.
4. Each Regional Committee will appoint a Contact Person for their Committee to liaise with the Boland Athletics Cross Country Commission regarding the 2024 Regional Leagues.
5. Regional Committees are responsible for the organisation and management of their Trial Events.
6. Registration and Entry Fees for the Trial Events must be kept at a minimal affordable amount.
7. School Athletes don't need an ASA Permanent Licence Number to compete in the League Events.
8. Club athletes must have a 2024 ASA Permanent Licence or a 2024 ASA Temporary Licence Number to compete in the Trial Events.
9. All Cross Country Routes must be certified by Boland Athletics Route Measurers before the 2024 season starts. The results of uncertified routes will not be considered for Selection of Athletes.
10. All Results of all the Trial Events must be submitted to the Boland Athletics Office within 5 days of each event. Results received after the due date will not be considered for Selection of Athletes.
11. Trial Events must comply with the Standard Distances on the event programme below.
12. Selection Criteria for Boland Schools and Boland Athletics Cross Teams will be communicated in due course.

Date	Event	Venue	Organiser/Host
Sat 20 April 2024	Trial 1	9 Regional Venues	Regional Committees
Sat 04 May 2024	Trial 2	9 Regional Venues	Regional Committees
Sat 11 May 2024	Trial 3	9 Regional Venues	Regional Committees
Sat 18 May 2024	Trial 4	9 Regional Venues	Regional Committees
Sat 25 May 2024	Inter-District Challenge	Worcester (Venue to be confirmed)	BA Cross Country Commission
Sat 22 July 2024	Trial 5	9 Regional Venues	Regional Committees
Sat 29 July 2024	Trial 6	9 Regional Venues	Regional Committees
Sat 10 August 2024	BA Championships	Dal Josaphat Stadium	BA X-Country Commission
Sat 24 August 2024	WC Schools Champs	To Be Confirmed	Western Cape Schools
Sat 07 September 2024	ASA Championships	Vaal Triangle (Venue to be confirmed)	Athletics South Africa

TIME	CATEGORY	DIST.	TIME	CATEGORY	DIST.
10:00	Senior Men	10km	11:10	Boys 11 (Born 2012)	3 km.
10:05	Senior Women	10km	11:30	Girls 12 (Born 2011)	3 km
10:10	Girls 9 (Born 2014)	2 km.	11:45	Boys 12 (Born 2011)	3 km.
10:20	Boys 9 (Born 2014)	2 km.	12:00	Girls 13 (Born 2010)	3 km
10:35	Girls 10 (Born 2013)	2 km.	12:15	Boys 13 (Born 2010)	4 km
10:45	Boys 10 (Born 2013)	2 km.	12:35	Junior Men 19	8 km
11:00	Girls 11 (Born 2012)	3 km.	12:35	Master Men	8 km
TIME	CATEGORY	DIST.	TIME	CATEGORY	DIST.
13:10	Boys 14 (Born 2009)	4 km	14:15	Master Woman	4 km
13:30	Girls 14 (Born 2009)	4 km	14:35	Boys 16 (Born 2007)	6 km
13:30	Girls 15 (Born 2008)	4 km	14:35	Boys 17 (Born 2008)	6 km
13:45	Boys 15 (Born 2008)	4 km	14:35	Junior Women 19	6 km
14:15	Girls 16 (Born 2007)	4 km	14:35	Grand Master Men	6 km
14:15	Girls 17 (Born 2006)	4 km	14:55	Senior Men	4 km
14:15	Senior Women	4 km			

REGIONAL CO-ORDINATORS

Christopher Rodgers	Lower West Coast	073 232 0046
Gerrie Cilliers	Upper West Coast	083 650 0642
Elmarie Marais	Swartland	084 517 4692
Isaac Alberts	Worcester	082 576 6996
Nico Jansen	Witzenberg	078 882 5299
Etheresia Thomas	Paarl/Wellington	078 392 3720
Ivan Reyneke	Overberg	082 710 4109
Franklin September	Stellenbosch	082 350 2406
Edward Salies	Langeberg	078 812 1069



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