



**ATHLETICS CENTRAL NORH WEST CROSS-COUNTRY INTERPROVINCIAL AT NW UNIVERSITY JOOL PLAAS ON THE  
10 JULY 2010**

<b>TIME</b>	<b>ITEM</b>	<b>GROUP</b>	<b>DISTANCE</b>
09:00	1	Boys / Girls 8 years(2002 & younger	1km (1x1km)
09:05	2	Girls 10 years (2000)(2001)	2km (1x2km)
09:15	3	Boys 10 years (2000)(2001)	2km (1x2km)
09:25	4	Girls 17 years (1993)(1994) Women (30-34)(35-39)(40-44)(45-49)(50-55)(56-60)(60+)	4km (2x2km)
09:35	5	Boys 15 years (1995-1996)	4km (2x2km)
09:45	6	Girls 15 years (1995-1996)	4km (2x2km)
09:55	7	Boys 13 years (1997)	4km (2x2km)
10:05	8	Senior Women + u/21 Senior Men + u/21	4km (2x2km)
10:40	9	Junior Men (1991-1992) Men (35-39)(40-44)(45-49)(50-54)(55-59) Senior Women	8km(4x2km)
11:00	10	Junior Women (1991-1992)	6km (3x2km)
11:20	11	Girls 12 years (1998-1999)	3km(1x1km+1x2km)
11:30	12	Boys 17 years (1993-1994) Men (60-64)(65-69)(70+)	6km(3x2km)
11:45	13	Girls 13 years (1997)	3km(1x1km)+1x2km
11:55	14	Boys 12 years (1998-1999)	3km (1x1km)+1x2km)
12:05	15	Senior Men	12km (6x2km)

**PLEASE TAKE NOTE THAT FEES ARE FOLLOWS:**

**ENTRANCE FEE: SPECTATORS: R10.00**

**ATHLETES: R10.00**

**MEETING WILL BE HELD UNDER THE RULES OF ACNW/ASA**

**FOR MORE INFORMATION: Contact: ACNW OFFICE @ 018-297 8860**