

FREE STATE CROSS COUNTRY CHAMPS
15 AUGUST 2026
UNIVERSITY OF FREE STATE SPORT GROUNDS

PROGRAM			
1.	09:00	Junior Men (2007, 2008) Masters Men (35-39)(40-44)(45-49) Masters Men (50 – 54)(55 –59)	8 km 8 km 8 km
2.	09:45	Girls 8 (2018,2019,2020) <i>Only athletes born in 2018 will be considered in FS u/8 team</i>	1 km
3.	09:55	Boys 8 (2018,2019,2020) <i>Only athletes born in 2018 will be considered in FS u/8 team</i>	1 km
4.	10:05	Girls 9 (2017) Boys 9 (2017)	2 km
5.	10:15	Boys 13 (2013) Master Men (75+)	4 km 4 km
6.	10:35	Girls 11 (2015) Boys 11 (2015)	3 km
7.	10:50	Girls 10 (2016) Boys 10 (2016)	2 km
8.	11:00	Boys 16 (2010) Boys 17 (2009) Junior Women (2007, 2008) Masters Men (60-64)(65-69)(70-74)	6 km 6 km 6 km
9.	11:30	Senior Women Women 22 (2004 - 2008)	4 km 4 km
10.	11:50	Senior Men Men 22 (2004 - 2008)	4 km 4 km
11.	12:10	Senior Men (20 – 34 years) Senior Women (20 – 34 years)	10 km 10 km
12.	13:00	Girls 16 (2010) Girls 17 (2009) Masters Women (35-39) (40-44)(45-49)(50-54)(55-59) Masters Women (60-64)(65-69)(70+)	4 km 4 km 4 km 4 km
13.	13:20	Girls 12 (2014) Boys 12 (2014)	3 km
14.	13:35	Girls 13 (2013)	3 km
15.	13:50	Boys 14 (2012) Boys 15 (2011)	4 km
16.	14:10	Girls 14 (2012) Girls 15 (2011)	4 km
17.	14:30	Women (1992-2008) Categories: 16/17; 18/19; Sen	2 km
18.	14:40	Men (1992-2008) Categories: 16/17; 18/19; Sen	2 km
PRIZE GIVING WILL BE THROUGHOUT THE DAY AS SOON AS THE RESULTS OF A RACE IS AVAILABLE FIRST 3 ATHLETES PER AGE GROUP TO REPORT AT PODIUM ASAP.			

1. ENTRY FEE: **R40** PER ATHLETE AND **R40** PER SPECTATOR, COACH, TEAM MANAGER, PARENT, FRIEND ETC.
2. COMPULSORY FOR ALL ATHLETES TO RUN WITH 2026 PERMANENT LICENCE NUMBERS. **(NO ATHLETE WITHOUT PERMANENT LICENSE NUMBER AND FULL ID, WILL BE SELECTED FOR THE FREE STATE TEAM)**