

SSA Individual Cross Country 2017 Championships Start times

Time	Age Group	Distance	Course
0930	11 years Boys	3km	1 x 3km
0945	11 years Girls	3km	1 x 3km
1000	10-12 years Para Boys and Girls	2km	1 x 2km
1020	10 years Boys	2km	1 x 2km
1030	10 years Girls	2km	1 x 2km
1040	13-19 years Para Boys and Girls	3km	1 x 3km
1105	12 years Boys	3km	1 x 3km
1120	12 years Girls	3km	1 x 3km
1145	Athletics South Event	3km or 6km	1 x 3km, or 2 x 3km
1230	13 Years Boys	3km	1 x 3km
1245	13 Years Girls	3km	1 x 3km
1300	16/17 Years Boys	6km	2 x 3km
1330	16/17 Years Girls	4km	2 x 2km
1350	14/15 Years Boys	4km	2 x 2km
1410	14/15 Years Girls	4km	2 x 2km
1430	18/19 Years	8km	1 x 2km 2 x 3km
1510	18/19 Years	6km	2 x 3km