

## **SEAA MAIN CROSS COUNTRY CHAMPIONSHIPS**

**25<sup>TH</sup> January 2025**

### **TIMETABLE & AGE CATEGORIES**

<b>11:00am</b>	<b>Under 15 Boys</b> <i>Aged 13 or 14 on 31<sup>st</sup> August 2024</i>	<b>4500m</b>
<b>11:20am</b>	<b>Under 13 Girls</b> <i>Aged 11 on the day of competition or 12 on 31<sup>st</sup> August 2024</i>	<b>3000m</b>
<b>11:35am</b>	<b>Under 13 Boys</b> <i>Aged 11 on the day of competition or 12 on 31<sup>st</sup> August 2024</i>	<b>3000m</b>
<b>11:50am</b>	<b>Under 15 Girls</b> <i>Aged 13 or 14 on 31<sup>st</sup> August 2024</i>	<b>4500m</b>
<b>12:10pm</b>	<b>Under 17 Men</b> <i>Aged 15 or 16 on 31<sup>st</sup> August 2024</i>	<b>6000m</b>
<b>12:40pm</b>	<b>Under 20 Women</b> <i>Aged 17, 18 or 19 on 31<sup>st</sup> August 2024</i>	<b>6000m</b>
<b>13:05pm</b>	<b>Under 17 Women</b> <i>Aged 15 or 16 on 31<sup>st</sup> August 2024</i>	<b>6000m</b>
<b>13:30pm</b>	<b>Senior Women</b> <i>Aged 17, 18 or 19 on 31<sup>st</sup> August 2024</i>	<b>8000m</b>
<b>14:10pm</b>	<b>Under 20 Men</b> <i>Aged 17, 18 or 19 on 31<sup>st</sup> August 2024</i>	<b>8000m</b>
<b>14:35pm</b>	<b>Senior Men</b> <i>Aged at least 20 on 31<sup>st</sup> August 2024</i>	<b>15000m</b>

**Athletes may only compete in their own age group**