

CROSS - COUNTRY 2010- EKURHULENI NORTH - High Schools

(Venues and Dates)

* Participation must be in club colours with black pants

CENTRAL GAUTENG CLUB LEAGUE

May	League 1	8*	Kagiso Sport Complex
May	League 2	15*	Franani Sport Complex(Opposite Tasakane Stadium)
May	League 3	22	Delta Park
June	League 4	5	SAPG- Arther Block Park
June	League 5	19*	Orange Farm - Chris Hani Stadium
June	League 6	26	Boksburg staduim
July	League 7	3*	Elkah Stadium - Soweto
July	League 8	17	Alberton dam
August	CGA	14	CGA Championships - Westonaria Sport Complex Start at 9:00
August	CGA	29	Team announcement CGA - During Honoursmeeeting - Braamfontein
Sept	ASA	11	ASA Championships - Tshwane

Moet 3 van 4 Ligas hardloop in Townships soos *deur * voorgestel

Moet 5 van 8 Ligas Algeheel Hardloop + Finaal

ID documents must be handed in before August

(Maak seker hulle teken vir ontvangs met naam van persoon)

GENERAL (High Schools)

August	Monday	16	Noordvaal Central - Gauteng Championships High& Primary Schools Teams - HS Noordheuwel (High Schools 0/15 - 6 , 0/19 - 6 Boys or Girls) - HS Noordheuwel (14h30) 0/14 -0/15 Girs and Boys (4km), 0/16 - 0/19 Girls (4km) and 0/16 - 0/19 Boys(6km) - 6 per team (Best 4 counts) (Primary Schools 0/11 - 4 , 0/13 - 4 Boys and Girls) Contact : J.J. Smith 0/8 - 11 (3km) Boys and Girls 0/12 - 13 (Girls 3km) 0/12 - 13 Boys (4km) - 4 Per Team (Best 3 count)
September	Saturday	18	Noordelike Provinsies Finaal - UJ (University of Johannesburg)

D17 League (High Schools)

(Must run 4 out of 5 leagues and final (No Exceptions)

July	Friday	16	Kempies /Impala Relay 4 x 2km Primary and High Schools : JJ Smith 083 6380 474 Erora opposite Esselen Park (Kempton Park)
July	Monday	19	League - HS Brandwag (Benoni) - 011 849 8911
July	Monday	26	League 2 - (Benoni High)
August	Monday	2	League 3(HS Birchleigh) 011 - 391 3090
August	Friday	6	HS Vorentoe - Relay - Hans Seastadt /HS Vorentoe Entries at 011 - 726 3869 (High Schools)
August	Monday	10	League 4 - HS Goudrif (Germiston) 011 - 822 3405
August	Monday	16	Noordvaal CGA Team Competition - HS Noordheuwel
August	Wednesday	18	League 5
August	Wednesday	25	Pretoria Relay - (Alet Kisher 012 -998 6096) (Greater Kempton Park and Greater Benoni League rund together for High Schools)

GREATER TOWNS MEETINGS (High Schools and Primary Schools)

August	Monday	23	No Greater Town Championships because of League combination at High School level Greater Kempton Park Primary Schools - (20 Athletes per age group) -HS Jeugland (Kempton park Town, Tembisa, Edenvale, Bedford view.....) Greater Benoni Primary Schools - (20 Athletes per age group) (Benoni Towns, Daveyton, Farm Schools, Germiston.....) (If you do not participate at Greater Towns leagues you will not be allowed to participate further)
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DISTRICT CHAMPIONHIPS

August	Monday	23	D17 Championships High Schools (Greater Benoni / Greater Kempton park) - 6 per age group
August	Monday	30	Honors Function - D17 - Laerskool Kruinsig (Kempton Park) 14H15 - 14h30

PROVINCIAL CHAMPIONHIPS

August	Saturday	15	CGA Championships (Weston Area Sport Complex)
September	Saturday	5	GISSA Championships

NATIONAL CHAMPIONHIPS

September	Saturday	11	ASA National Championships - Tshwane/Pretoria
September	Saturday	25	USSASA SA's Championships - North West