



Nationals Cross Country Championships Program: Okahandja

Friday 31 January 2020

08:00 – Setting up of Tent

10:30 – Setting up of Coca Cola Materials at the Field

15:00 – Final Check up & Preparation for the Okahandja Horse Racing Turf Course

Saturday 01 February 2020 – OKAHANDAJ HORSE RACING TURF COURSE

07:00 – Late Registration

08:30 – Junior Women u/20 – 6km (2km loop x 3 = 6km)

09:15 – Junior Men u/20 – 8km (2km loop x 4 = 8km)

10:00 – Primary Girls Race – 2km (2km loop x 1 = 2km)

10:30 – Primary Boys Race – 2km (2km loop x 1 = 2km)

11:00 – Youth Women Race u/18 – 4km (2km loop x 2 = 4km)

11:30 – Youth Men Race u/18 – 6km (2km loop x 3 = 6km)

12:00 – Senior Women Race – 10km (2km loop x 5 = 10km)

13:00 – Senior Men Race – 10km (2km loop x 5 = 10km)

13:45 – Mix Relay Race – 8km (2km loop x 4 = 8km / 2 men & 2 women)

15:00 - Welcoming remarks by the Mayor of Okahandja

15:20 – Message from the President of the National Federation

15:45 – Prize Giving Ceremony

16:45 – Vote of Thanks by the Race Director