



CAA AFRICAN CROSS COUNTRY CHAMPIONSHIPS

DATE: Sunday 6 March 2011

VENUE: Western Province Cricket Club

PROGRAMME OF EVENTS

| | |
|-------|--------------------------|
| 09h00 | Opening Ceremony |
| 10h00 | Junior Women 6km |
| 10h30 | Junior Men 8km |
| 11h05 | Victory Ceremony Juniors |
| 11h25 | Senior Women 8km |
| 12h00 | Senior Men 12km |
| 12h45 | Fun Run 4km |
| 13h10 | Victory Ceremony Seniors |