**CGA Kicks off the 2019 Cross Country Season**

Central Gauteng Athletics commence the MTN Foundation Cross Country Season which will be taking place with the first league at Sam Ntuli Stadium, Thokoza. The first event of the 2019 Cross Country Session kicks off on the 4th of May 2019 at 11:20 starting with the Sub Juniors running 1km.

The Cross Country Season is compiled with 8 leagues that is taking place in different falling under CGA demarcation namely; City of Ekurhuleni, Johannesburg, and the West Rand. All the leagues caters a variety of age groups, youngsters as from as 8 to the oldest athlete being over 75. The qualifying athletes will be representing the province at the championships which will be held at Kagiso Sports Complex on 17 August 2019.

An Athlete is required to run any 4 out of 8 league events plus the CGA Championships to be considered for selection to represent CGA at the SA Championships.

**EVENT INFORMATION:**

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| **Date:** | Saturday 04 May 2019  |
| **Venue:** | Sam Ntuli Stadium |
|  **Time:** | * Opening sessions will start at 11:20 Sub Juniors.
* Closing session will start at 14:50 Seniors.
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| **Entry Fee:** |  **R**15.00 |
| **Tickets** | **Available at the Event** |
| **Events:** | Sub Juniors, Boys & Girls under 11,12,16,17, & 19; Veterans, Masters. |