



2025

AFS FEZILE DABI OPEN CROSS COUNTRY DISTRICT CHAMPIONSHIP LEAGUE

# PROGRAM

**AFS FEZILE DABI DISTRICT CHAMPIONSHIP (LEAGUE 6)**

**SATURDAY 26 JULY 2025 - KOEDOESLAAGTE**

This is the **event program for the 2025 AFS Fezile Dabi Cross Country Running District Championship (League 6)** presented by Prays Multisport Club at Koedoeslaagte Trail Park.

**Arrive at least 30 minutes before the start** to collect race numbers. Report to the **call room 15 minutes before their race starts**. No athlete will be allowed to start late or run in an age group / category other than that entered for.

**ASA licenses are required** and must be displayed on the **front and back of the athletes running vest** at all times during a race. Temporary licenses will be available at R70 per license (only athletes with a valid permanent 2025 ASA license will be eligible for district team selection) - **no license, no run**.

**Age tags are required** for athletes who compete in the masters (35+ years) age categories. Age tags must be displayed on the front and back of the running vest. Not wearing age tags will result in disqualification.

**Medals will be presented at this event.** Only athletes with a valid 2025 ASA license (not temporary licenses) will be recognised for podium medals. Athletes will be required to display their ASA licenses and appear on the podium in approved club / school colours (running vest or track suit).

Only athletes affiliated with Athletics Free State and in possession of a valid 2025 ASA license will be eligible for the AFS Fezile Dabi District Cross Country Running Team. **Obtaining a podium position in this event does NOT constitute district team selection to compete at the AFS provincial championship.** Visit [www.fezdxc.co.za](http://www.fezdxc.co.za) for the **qualification standards** that apply.

TIME	EVENT / CATEGORY / ACTIVITY
07h30	Athletes can walk the course until 08h45. Officials and marshals briefing starts at 08h15.
08h45	B16-6km, B17-6km, JW-6km
08h48	M23-4km, W23-4km, SM-4km, SW-4km, G14-4km, G15-4km, G16-4km, G17-4km
09h35	Podium Ceremony (G14, G15, G16, G17, JW6, W23, SW4, B16, B17, M23, SM4)
09h50	JM-8km, SM-10km, SW-10km, Masters men and women 35+
10h40	Podium Ceremony (JM8, SM10, SW10, M35+, W35+)
11h00	B8-1km, G8-1km
11h15	B11-3km, B12-3km, G11-3km ▶ G12-3km, G13-3km
11h40	B9-2km, B10-2km
11h50	G9-2km, G10-2km
12h05	Podium Ceremony (B8, G8, B9, G9, B10, G10, B11, G11, B12, G12, G13)
12h20	2km SPRINT (YB2, YG2, JM2, JW2, SM2, SW2)
12h25	B13-4km, B14-4km, B15-4km
13h00	Podium Ceremony (YB2, YG2, JM2, JW2, SM2, SW2, B13, B14, B15)