



Dear Cross-Country Parents and Athletes,

I hope this message finds you well. After careful consideration and due to the current weather conditions and the limited time we have for trials, we have decided that it would be best to use the **course practice day held on the 3rd of May 2025**, as our official trials for the school cross country team. If your child won't be able to attend the 3rd of May, they must attend the **1st league held on the 10th of May 2025**.

All the leagues are held at **Koedoeslaagte, Trail Park & Venue**, located just outside Parys. This will give your child the opportunity to run the exact track they will be competing on, for all the league events. It is a great chance for everyone to familiarize themselves with the course.

There will be **limited bus transport available** to and from the event for all athletes. Please see the attached program for further details regarding the leagues.

Once we receive the results from the league trial, we will announce the school cross country team. To ensure your child is entered for each league event, I kindly ask that you send me their **full name, surname, and full ID number** via **WhatsApp** before the **25th of May 2025**. Please indicate in this WhatsApp which trial date your child will attend (3rd or 10th of May).

Once your child is selected for the team, we will distribute the ASA number application forms that must be completed and returned to me. Payments for the ASA number will be processed through the **Karri-App** following the announcement of the team.

(u/7-12: R 95.00, u/13: R 175.00)

For all league events including the course practice day, athletes are required to wear the **school athletic shirt** or **PT shirt**, **navy ski pants** or **PT pants**, **socks**, and **running shoes**.

We are looking forward to an exciting and successful cross-country season ahead!

If you have any questions, please feel free to reach out to me at **083 589 3566**.

Best regards,

Ma'am Gustelle Martins



2025

AFS FEZILE DABI OPEN CROSS COUNTRY DISTRICT CHAMPIONSHIP LEAGUE

PROGRAMME

www.fezdxc.co.za info@fezdxc.co.za

PROGRAMME FOR LEAGUE 1 - LEAGUE 5

LEAGUE 1: SAT 10 MAY 2025
LEAGUE 4: SAT 14 JUN 2025

LEAGUE 2: SAT 31 MAY 2025
LEAGUE 5: SAT 21 JUN 2025

LEAGUE 3: SAT 07 JUN 2025
LEAGUE 6: SAT 26 JUL 2025

This is the **event programme for League 1 - League 5** of the 2025 AFS Fezile Dabi Open Cross Country Running League presented by Parys Multisport Club at Koedoeslaagte Trail Park. Athletes must **check in 30 minutes before start** to collect their race numbers. **ASA licenses are required** and must be displayed on the **front and back of the athletes running vest** at all times during a race. Medals for this series will only be presented at league 6 (district championship). Results will be published on www.fezdxc.co.za within 48 hours after completion of each league. This event is presented according to the rules and regulations of WA, ASA and AFS. Additional regulations as determined by the AFS Cross Country Running Commission may apply. Please visit www.fezdxc.co.za for the **rules, regulations, and qualification standards** that apply to this event.

SCHOOLS / CLUBS AFFILIATION

Clubs / schools are required to affiliate with this district league in order for their athletes to be eligible for team selection.

ATHLETE ENTRIES

Athletes must pre-register for this event. No entries will be accepted at the venue on race days. Pre-register online and pay on arrival.

Club affiliation and athlete entries can be completed online at www.fezdxc.co.za

AGE CATEGORIES

B8 / G8 (U/8): 2017-2019	B12 / G12 (U/12): 2013	B16 / G16 (U/16): 2009	SM / SW: 1991-2002
B9 / G9 (U/9): 2016	B13 / G13 (U/13): 2012	B17 / G17 (U/17): 2008	SM2 / SW2: 1991-2005
B10 / G10 (U/10): 2015	B14 / G14 (U/14): 2011	JM / JW (U/20): 2006-2007	YB2 / YG2: 2008-2009
B11 / G11 (U/11): 2014	B15 / G15 (U/15): 2010	M23 / W23 (U/23): 2003-2005	MASTERS: 35 years +

TIME	EVENT / CATEGORY / ACTIVITY
08h00	► Athletes can walk the course until 09h40. Officials and marshals briefing starts at 08h00.
09h00	► 2km / 4km FUN RUN - All ages (ASA license NOT required). R20 / participant. Enter and pay on arrival.
09h40	► SM-4/10km SW-4/10km M23-4km W23-4km JM-8km JW-6km B16-6km B17-6km M35+ W35+
11h00	► B8 -1km G8-1km
11h20	► 2km SPRINT (16 years and older) YB-2km YG-2km JM-2km JW-2km SM-2km SW-2km
11h40	► B9-2km G9-2km B10-2km G10-2km
12h00	► B11-3km G11-3km B12-3km G12-3km G13-3km
12h30	► B13-4km B14-4km B15-4km
13h00	► G14-4km G15-4km G16-4km G17-4km

No athlete will be allowed to start or run with an age group other than that entered for.

Programme is subject to change without prior notice. Please refer to the www.fezdxc.co.za for the latest updates and information.