



Good afternoon, everyone

As you know, we had our first cross-country trials this past weekend. Our second and final trial will take place this coming weekend, **Saturday, 10 May**. This will be the **last opportunity to qualify** for the school cross-country team.

I'm aware that there is **mini netball on Saturday** as well. If your child is unable to attend either of the cross-country trial dates, please make arrangements with me **by tomorrow (Tuesday) at 13:00**. I will then make alternative arrangements during this week's cross-country practices to record their time.

Additionally, this weekend marks the **first official Fezile Dabi Cross-Country League** event. If your child will be participating in this league, please let me know **before tomorrow (Tuesday) at 13:00**. I will create a poll in the School's Cross-Country WhatsApp group for this purpose, as I need to register all participating learners for each league event. Every league will take place at **Koedoeslaagte Trail Park**, near Parys. The program will be the same for every league.

If you are not yet part of the WhatsApp group, please send me a message and I will add you.

Please note that there is a **R25.00 fee** for each league event. This payment must be made via the **Karri-App**, which will open on **Wednesday**.


I will handout school **athletic shirts** throughout the week. If your child **makes the team** only, then you will have to **pay the R 50.00 hire fee** on the Karri-app. The Karri-app will open for this payment on the **12th of May**. If they do not make the team they must please bring the shirts back before the 14th of May.

The official school cross-country team will be announced on **12 May**, and I will then share more details regarding the **ASA running numbers**.

If you have any questions, feel free to contact me via WhatsApp.

Kind regards,

Ma'am Gustelle Martins

 083 589 3566



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.