

SACSSA National Cross Country - 2 August 2025 [Updated 21/02/25]

Selection Guidelines and Qualifying Standards for National Colours

NOTE: The **Selection Guidelines** are the times that Regions should use as a **guideline** to select their teams

As soon as the **Selection Guideline Time**, is reached during a specific race, during the SACSSA Nationals, the stopwatches will be cleared and the athletes still on the track will be asked to vacate the track, so that the next race can start

The **Colour Standard**, is the time that an athlete must achieve at the National Championships, to qualify for SACSSA National Colours, and he/she **must finish in the top 3**

Age Group 15, becomes u/16. Age Group 17, becomes u/18. Age Group 19, becomes u/20]

FEMALE		Girls Dist	Selection Guidelines - 2024	Colour Standard Q/S - 2025	
Age Group	Year Born				
9	2016	2km	15:30,00	10:00,00	
10	2015	2km	15:00,00	09:30,00	
11	2014	3km	21:00,00	15:30,00	
12	2013	3km	20:30,00	15:30,00	
13	2012	3km	20:15,00	14:45,00	
14	2011	4km	30:00,00	22:00,00	
15 [U/16]	2010	4km	27:00,00	22:00,00	
17 [U/18]	2008/09	4km	27:00,00	22:00,00	
19 [U/20]	2006/07	4km	27:00,00	22:00,00	

MALE		Boys Dist	Selection Guidelines - 2024	Colour Standard Q/S - 2025	
Age Group	Year Born				
9	2016	2km	13:40,00	09:00,00	
10	2015	2km	13:30,00	08:30,00	
11	2014	3km	19:00,00	13:50,00	
12	2013	3km	18:30,00	13:15,00	
13	2012	4km	23:30,00	18:00,00	
14	2011	4km	23:30,00	17:10,00	
15 [U/16]	2010	4km	23:00,00	17:10,00	
17 [U/18]	2008/09	6km	34:00,00	25:00,00	
19 [U/20]	2006/07	6km	34:00,00	25:00,00	