

# **SACSSA National Cross Country - 1 August 2026 [Updated 13/04/26]**

## **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]

| <b>FEMALE</b>    |                  | <b>Girls<br/>Dist</b> | <b>Selection<br/>Guidelines - 2024</b> | <b>Colour Standard<br/>Q/S - 2025</b> |  |
|------------------|------------------|-----------------------|--|---------------------------------------|--|
| <b>Age Group</b> | <b>Year Born</b> |                       |  |                                       |  |
| 9                | 2017             | 2km                   | <b>15:30,00</b>                        | <b>10:00,00</b>                       |  |
| 10               | 2016             | 2km                   | <b>15:00,00</b>                        | <b>09:30,00</b>                       |  |
| 11               | 2015             | 3km                   | <b>21:00,00</b>                        | <b>15:30,00</b>                       |  |
| 12               | 2014             | 3km                   | <b>20:30,00</b>                        | <b>15:30,00</b>                       |  |
| 13               | 2013             | 3km                   | <b>20:15,00</b>                        | <b>14:45,00</b>                       |  |
| 14               | 2012             | 4km                   | <b>30:00,00</b>                        | <b>22:00,00</b>                       |  |
| 15 [U/16]        | 2011             | 4km                   | <b>27:00,00</b>                        | <b>22:00,00</b>                       |  |
| 17 [U/18]        | 2009/10          | 4km                   | <b>27:00,00</b>                        | <b>22:00,00</b>                       |  |
| 19 [U/20]        | 2007/08          | 4km                   | <b>27:00,00</b>                        | <b>22:00,00</b>                       |  |

| <b>MALE</b>      |                  | <b>Boys<br/>Dist</b> | <b>Selection<br/>Guidelines - 2024</b> | <b>Colour Standard<br/>Q/S - 2025</b> |  |
|------------------|------------------|----------------------|--|---------------------------------------|--|
| <b>Age Group</b> | <b>Year Born</b> |                      |  |                                       |  |
| 9                | 2017             | 2km                  | <b>13:40,00</b>                        | <b>09:00,00</b>                       |  |
| 10               | 2016             | 2km                  | <b>13:30,00</b>                        | <b>08:30,00</b>                       |  |
| 11               | 2015             | 3km                  | <b>19:00,00</b>                        | <b>13:50,00</b>                       |  |
| 12               | 2014             | 3km                  | <b>18:30,00</b>                        | <b>13:15,00</b>                       |  |
| 13               | 2013             | 4km                  | <b>23:30,00</b>                        | <b>18:00,00</b>                       |  |
| 14               | 2012             | 4km                  | <b>23:30,00</b>                        | <b>17:10,00</b>                       |  |
| 15 [U/16]        | 2011             | 4km                  | <b>23:00,00</b>                        | <b>17:10,00</b>                       |  |
| 17 [U/18]        | 2009/10          | 6km                  | <b>34:00,00</b>                        | <b>25:00,00</b>                       |  |
| 19 [U/20]        | 2007/08          | 6km                  | <b>34:00,00</b>                        | <b>25:00,00</b>                       |  |