



### **AK CROSS COUNTRY SERIES 2021-2022.**

This is to notify you that after the cancellation of the dates for the 1<sup>st</sup> and 2<sup>nd</sup> Cross Country Weekend meets at Machakos and Iten respectively, the cross-country dates have been re-organized and will be as follows:

- 1<sup>st</sup> Weekend Cross Country meet on 6<sup>th</sup> November in Machakos
- 2<sup>nd</sup> Weekend Cross Country meet on 12<sup>th</sup> November in Iten
- 3<sup>rd</sup> Weekend Cross Country meet on 20<sup>th</sup> November in Olkalau
- 4<sup>th</sup> Weekend Cross Country meet on 27<sup>th</sup> November in Kapsokwony
- 5<sup>th</sup> Weekend Cross Country meet on 4<sup>th</sup> December in Sotik

The other series will be:-

1. County Cross-country Championships on 18<sup>th</sup> December 2021
2. Regional Cross-country Championships on 8<sup>th</sup> January 2022
3. National Cross-country Championships on 22<sup>nd</sup> January at Kapseret Lobo Village
4. World Athletics Cross-country Tour on 12<sup>th</sup> February at Kapseret Lobo Village

The official events in every category shown above will be: -

- 10 KM SENIOR MEN AND WOMEN
- 8KM U20 MEN
- 6KM U20 WOMEN
- MIXED RELAY

Please note that:

1. After the national cross-country competition there will be no formation of teams because there will be no international cross-country competitions for the year 2022.
2. More details of the order and nature of the World Athletics Cross Country Tour competitions will be given at a later date.

Thank you.

**PAUL M MUTWII**

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