

VITAL NATIONAL CROSS-COUNTRY LEAGUE & CHAMPIONSHIPS 2025

In 2025, Mauritius celebrates a golden milestone - 50 years of Cross-Country league. More than a sport, cross country is a legacy of resilience, passion, unity, and identity. From the lush sugarcane trails to the sandy coastal paths, this discipline has shaped generations of Mauritian runners, coaches, and volunteers.

This historic anniversary honours our past champions, empowers the present generation, and inspires the future through a national celebration of movement, values, and togetherness.

1. Dates & Venues

The VITAL NATIONAL CROSS-COUNTRY LEAGUE & CHAMPIONSHIPS 2025 will be held as follows:

Leg 1	Saturday 23 rd August 2025	Sodnac Wellness Park, Candos
Leg 2	Sunday 31 st August 2025	MFA Trianon, Quatre Bornes
Leg 3	Saturday 6 th September 2025	Anjalay Coopen Stadium, Mapou
Leg 4	Saturday 20 th September 2025	St Felix Public Beach, Savanne
Leg 5/Championships	Sunday 28 th September 2025	Mon Choisy Public Beach, Pamplemousses

- The first race of each leg will start at around 08 H 30.

"The venue or date may change at short notice if needed, depending on the weather, the condition or availability of the track/course, or any unexpected situation."

2. Competition Rules

- **Age Groups:** The Categories & Age Groups for both genders are:

CATEGORIES	AGE (years)	BIRTH YEAR
U 10	7 – 8 - 9	2018 - 2017 - 2016
U 12	10 – 11	2015 - 2014
U 14	12 – 13	2013 - 2002
U 16	14 – 15	2011 - 2010
U 18	16 – 17	2009 - 2008
U 20	18 – 19	2007 - 2006
Senior	20 & Above	2005 & before
Master	35	(at the competition date)

- All Athletes are strictly confined to participation in events of their own category / age group as evidenced by their valid MAA License 2025.

3. Participation & MAA License 2025

- This Event is opened to MAA Licensed 2025 Athletes only.
- Participation of Masters athletes in the cross-country event is subject to the submission of a recent medical certificate, issued by a registered Medical Officer (from either the public or private sector), confirming good health and fitness for competitive sports.

4. Implementation and Interpretation of Rules

- All events will be carried out as per the World Athletics Competition & Technical Rules. Protests concerning the result or conduct of the event must be made within 30 minutes of the official result announcement—initially orally to the Technical Delegate, followed by a written appeal to the Jury of Appeal (**if needed**), accompanied by a USD 100 deposit or the equivalent in local currency, and the decision of the Jury shall be final.
- The preparation, implementation, and subsequent interpretation of the participation & technical rules of this competition rests solely on the MAA or any of its delegated body/person.
- Any decision taken accordingly, as per, and in line with, established procedure (including protest & appeal), will have to be considered as final and accepted, respected & abided by all those concerned.

5. Distances

- So as to ensure incremental progression, the MAA is recommending the following distances:
 - Categories / Distances

<i>WOMEN</i>	<i>MEN</i>	<i>Leg 1</i>	<i>Leg 2</i>	<i>Leg 3</i>	<i>Leg 4</i>	<i>Leg 5</i>
U 10	U 10	800m	800m	800m	1km	1km
U 12	U 12	1km	1km	1km 200	1km 200	1km 500
U 14		1km 500	1km 500	1km 800	2km	2km
U 16	U 14	2km	2km 500	2km 500	3km	3km
U 18/Master	U 16	4km	4km	5km	5km	5km
U 20	U 18	4km	4km	5km	5km	5km
	U 20 & Master	5km	5km	5km	6km	6km
Senior		5km	5km	7km	8km	8km
	Senior	8km	8km	9km	10km	10km

- These distances may be adjusted, at the discretion of the organisers, taking into consideration climatic conditions, state of the track/course or any other unexpected afflicting occurrence.

6. Regional Cross Country

- In order to create awareness and interest of Cross-Country throughout the island, it is recommended that each Region organises its own Regional Cross-Country events in different local sites in the U10 to Masters categories for both genders.

7. Inter Clubs Challenge

- Clubs may enter Teams in all categories. There is no limit to the number of Teams a Club may decide to enter in each category & in any gender.
- Clubs will need to declare the composition of their Teams.
- Club Team Composition
 - Minimum Five (5) and Maximum Six (6) Licensed Athletes
 - The top Five (5) athletes in each gender category will contribute to the club's ranking in their respective category.
- Once an athlete is entered in one Club Team, there cannot be any change during the whole League – *for example if an athlete is entered in Team 'A', he/she will remain in Team 'A' throughout the league.*

10. 'Challenge VITAL' – Rewards

MEDALS - LEG WINNERS	The first three athletes of each individual category.
MEDALS - LEAGUE WINNERS	The first three athletes of each individual category.
MEDALS - CHAMPIONSHIP WINNERS	The first three athletes of each individual category.
TROPHIES/SHIELDS	The Best Team of the League in each category. The Best Athlete of the League in each category.
PRIZES	The first three athletes of each individual category. The 3 Best Teams of each category.
CASH PRIZES	The first three Senior Men and Women athletes

11. League Points Allocation

- Points allocation for each leg for all categories will be as follows:

RANK	1 st	2 nd	3 rd	4 th	5 th	
POINTS	1	2	3	4	5	Etc.

- The best four (4) out of five (5) legs points will be used to determine the League ranking.
- Participation in the Leg 5 - Championship is compulsory for the League determination.
- If two or more Athletes or Clubs tie for any place in the League, it will be ranking of the Championship that will decide the tie.
- If two or more Clubs tie for any place in the individual legs of the **League**, it will be ranking of the last finishing runner that will decide the tie.