

DATE	MEETING NAME	COMPETITION	VENUE	CLUB
07 - 10 January 2020	QSB Athletics Training Camp	Track & Field	Windhoek	QSB
11 January 2020	Warthog Breakfast Run	Road Race	Windhoek	Harriers
25 January 2020	AN Grand Prix Leg 1	Track & Field	Grootfontein	AN
FEBRUARY				
01 February 2020	National Cross Country Champs	Cross Country	Omaruru	Omaruru
08 February 2020	Rossing National Marathon Champs	Marathon	Swakopmund	Striders
22 February 2020	AN Grand Prix Leg 2	Track & Field	Otjiwarongo	AN
23 February 2020	Captain's 30 km & 15 km	Road Race	Windhoek	Harriers
29 February 2020	Track & Field	Track & Field	Swakopmund	Striders
MARCH				
01 March 2020	CAA Cross Country Champs	Cross Country	Lome, Togo	CAA
07 March 2020	Joseph & Snyman	Road Race	Windhoek	Harriers
07 March 2020	AN Grand Prix Leg 3	Track & Field	Swakopmund	AN
13 March 2020	IAAF World Indoor Championships	Track & Field	Nanjing, CHINA	IAAF
28 March 2020	AN Grand Prix Leg 4	Track & Field	Windhoek	AN
29 March 2020	IAAF World Half Marathon Champs	Half Marathon	Gdynia, POLAND	IAAF
APRIL				
03 & 04 April 2020	AN Senior Nationals Championships	Track & Field	Windhoek	AN
17 & 18 April 2020	NSSU Junior National Champs	Track & Field	Windhoek	NSSU
MAY				
17 May 2020	Dr Sam Nujoma Half Marathon Champs	Marathon	Windhoek	AN
JUNE				
06 June 2020	Eros Girls Race 10 km / 5 km	Road Race	Windhoek	Harriers
20 June 2020	Erongo Region & Open Cross Country	Cross Country	Omaruru	Omaruru
27 June 2020	Rubbish Run 21 km / 10 km	Road Race	Windhoek	Harriers

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07 July 2020	IAAF World u/20 Championships	Track & Field	Nairobi, KENYA	IAAF
19 July 2020	Windhoek City Marathon	Marathon	Windhoek	Harriers
31 July 2020	Olympic Games	Olympic Games	Tokyo, JAPAN	
AUGUST				
08 August 2020	Husab Marathon	Marathon		Omaruru
29 August 2020	Spar National 10 km Championships	Road Running	Oshakati	Omaruru
SEPTEMBER				
01 September 2020	Nite Race Leg 1	Road Race	Windhoek	Harriers
08 September 2020	Nite Race Leg 2	Road Race	Windhoek	Harriers
12 September 2020	Trail Run 9 km / 4,5 km	Road Race	Windhoek	Harriers
19 September 2020	Navachab Half Marathon	Half Marathon	Karibib	Omaruru
21 - 25 September 2020	Marathon Sugar Coaching Camp	Track & Field	TBC	QSB
OCTOBER				
03 October 2020	Hangana Hake Run	Marathon	Walvis Bay	Striders
10 October 2020	AN Grand Prix Leg 1 (2021 season)	Track & Field	Keetmanshoop	AN
10 October 2020	Pick & Pay Classic Run	Road Race	Windhoek	QSB
17 October 2020	Powersave Street Mile	Marathon	Omaruru	Omaruru
24 October 2020	Erongo Regional Track & Field Champs	Track & Field	Swakopmund	Striders
24 October 2020	Walk for Bibles 10 km / 5 km	Road Race	Windhoek	Harriers
NOVEMBER				
14 November 2020	Breakfast Run 21 km /10 km	Road Race	Windhoek	Harriers