



Australian Cross Country Championships
Saturday 31st August 2024
Symmonds Plains Raceway, Launceston, Tasmania

Time	Event	Distance	Course	Call Room Entry	Start Line deadline	Approx Medal time
0900	Under 13 Para Boys & Girls	2km	1 x 2km			
0920	Under 11 Boys	2km	1 x 2km			
0930	Under 11 Girls	2km	1 x 2km			
0940	Under 12 Boys	3km	1 x 3km			
0955	Under 12 Girls	3km	1 x 3km			
1010	Under 13 Boys	3km	1 x 3km			
1025	Under 13 Girls	3km	1 x 3km			
1040	Under 15, Under 17, Under 20 and Open Para Men	3km	1 x 3km			
1100	Masters Men and Women (30yrs+)	4km	2 x 2km			
1150	Under 14 Boys	3km	1 x 3km			
1205	Under 14 Girls	3km	1 x 3km			
1220	Under 15, Under 17, Under 20, Open Para Women	3km	1 x 3km			
1330	Open Men	10km	2 x 2km & 2 x 3km			
1410	Open Women	10km	2 x 2km & 2 x 3km			
1455	Under 15, Under 16 Men	4km	2 x 2km			
1515	Under 15, Under 16 Women	4km	2 x 2km			
1535	Under 17, Under 18 Women	4km	2 x 2km			
1555	Under 17, Under 18 Men	6km	2 x 3km			
1620	Under 20 Women	6km	2 x 3km			
1655	Under 20 Men	8km	1 x 2km & 2 x 3km			

Thursday, August 15, 2024 – all times, and laps, subject to change following the close of entries – Open Men may move forward slightly is required to finish ahead of sunset at 1739.