



**Australian Cross Country Championships**  
**Saturday 31<sup>st</sup> 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.