

## 2019 CROSS COUNTRY CHAMPIONSHIPS

Saturday 17 August 2019 – Garvey Park, Ascot

### SCHEDULE OF EVENTS

TIME	AGE GROUP	DISTANCE
11:30am	COURSES OPEN FOR INSPECTION	
12:00pm	Under 7 Girls	1000m
12:10pm	Under 7 Boys	1000m
12:20pm	Under 8 Girls	1000m
12:30pm	Under 8 Boys	1000m
12:45pm	MEDAL PRESENTATIONS	
	COURSE OPEN FOR INSPECTION	
1:05pm	Under 11 Girls	2000m
1:15pm	Under 11 Boys	2000m
1:25pm	Under 12 Girls	2000m
1:35pm	Under 12 Boys	2000m
1:50pm	MEDAL PRESENTATIONS	
	COURSE OPEN FOR INSPECTION	
2:20pm	Under 15 - Under 17 Girls	3000m
2:35pm	Under 15 - Under 17 Boys	3000m
2:50pm	Under 13 - Under 14 Girls	3000m
3:05pm	Under 13 - Under 14 Boys	3000m
3:25pm	MEDAL PRESENTATIONS	
	COURSE OPEN FOR INSPECTION	
3:45pm	Under 9 Girls	1500m
3:55pm	Under 9 Boys	1500m
4:05pm	Under 10 Girls	1500m
4:15pm	Under 10 Boys	1500m
4:30pm	MEDAL PRESENTATIONS	

**\*Athletes are to check in for their event at least 25 minutes before the scheduled start time\***






## 2019 ROAD WALKING CHAMPIONSHIPS

Saturday 24 August 2019 – Adventure World Car Park, Bibra Lake

### SCHEDULE OF EVENTS

TIME	AGE GROUP	DISTANCE
12:00pm	COURSE OPEN FOR INSPECTION	
12:15pm	Under 12 - Under 14 Girls	2000m
12:30pm	Under 12 - Under 14 Boys	2000m
12:45pm	Under 15 - Under 17 Girls	2000m
1:00pm	Under 15 - Under 17 Boys	2000m
1:15pm	MEDAL PRESENTATIONS	
	COURSE OPEN FOR INSPECTION	
1:45pm	Under 9 Girls	1000m
2:00pm	Under 9 Boys	1000m
2:15pm	MEDAL PRESENTATIONS	
2:30pm	Under 10 - Under 11 Girls	1500m
2:45pm	Under 10 - Under 11 Boys	1500m
3:00pm	MEDAL PRESENTATIONS	

**\*Athletes are to check in for their event at least 25 minutes before the scheduled start time\***

