

Australian Cross Country Championships

Saturday 26th August 2023

Stromlo Forest, Canberra, ACT

Time	School Sport Age Group	Athletics Australia Age Groups	Distance	Course	Call Room Entry	Start Line deadline	Approx Medal time
0900	10-12 years Multiclass Boys and Girls		2km	1 x 2km	0840	0855	1030
0915	10 years Boys		2km	1 x 2km	0855	0910	1030
0925	10 years Girls		2km	1 x 2km	0905	0920	1030
0935	11 years Boys		3km	1 x 1km + 1 x 2km	0915	0930	1100
0950	11 years Girls		3km	1 x 1km + 1 x 2km	0930	0945	1100
1005	13/14, 15/16, 17-19 years Multiclass Men	U15, U17, U20, Open Multiclass Men	3km	1 x 1km + 1 x 2km	0945	1000	1130
1025	12 years Boys		3km	1 x 1km + 1 x 2km	1005	1020	1130
1040	12 years Girls		3km	1 x 1km + 1 x 2km	1020	1035	1130
1055	13 Years Boys	U14 Men	3km	1 x 1km + 1 x 2km	1035	1050	1200
1110	13 Years Girls	U14 Women	3km	1 x 1km + 1 x 2km	1050	1105	1200
1125	13/14, 15/16, 17-19 years Multiclass Women	U15, U17, U20, Open Multiclass Women	3km	1 x 1km + 1 x 2km	1105	1120	1230
1150	Community Run (Hand Timed)		2.5km	1 x 2.5km	N/A	1145	N/A
1200	Lunch Break for Officials and Volunteers						
1240	Open Men		10km	4 x 2.5km	1220	1235	1340
1320	Open Women		10km	4 x 2.5km	1300	1315	1420
1405	14/15 Years Boys	U15, U16 Men	4km	1 x 1.5km + 1 x 2.5km	1345	1400	1500
1425	14/15 Years Girls	U15, U16 Women	4km	1 x 1.5km + 1 x 2.5km	1405	1420	1530
1445	16/17 Years Girls	U17, U18 Women	4km	1 x 1.5km + 1 x 2.5km	1425	1440	1600
1505	16/17 Years Boys	U17, U18 Men	6km	1 x 1km + 2 x 2.5km	1445	1500	1600
1535	18/19 Years Girls	U20 Women	6km	1 x 1km + 2 x 2.5km	1515	1530	1630
1605	18/19 Years Boys	U20 Men	8km	1 x 1km + 1 x 2km + 2 x 2.5km	1545	1600	1700