

SSACT Secondary Combined Region Cross Country Carnival Program

Age groups are based on the age students are turning in in this school year of competition.

All starting times are approximate, and students and Team Managers should listen to calls for each race.

Start times to be adjusted for when Carnival starts.

E.g. 1st race = 10.30am then 8th race starts at 12.20pm

9.15am Volunteer Officials meet with Chief Marshal (AACT)						
9.30am Course set up finalised						
9.40am Course walk in age groups commence						
10.10am Course walks finish						
Race Number	Start time	Age Group	Gender	Distance	Laps Used	Estimated finish time for bulk of the field
1	10.30	12	Boys	3 km	2 x 1500m	10:40-10:44
2	10.40	12	Girls	3 km	2 x 1500m	10:50-10:54
3	10.55	13 (Inc. all 14, 15, 16, 17, 18 Competitive MC athletes)	Boys	3 km	2 x 1500m	11:05-11:09
4	11.05	13 (Inc. all 14, 15, 16, 17, 18 Competitive MC athletes)	Girls	3 km	2 x 1500m	11:15-11:19
5	11.20	14	Boys	4 km	1 x 1500 + 1 x 2.5km	11:33-11:37
6	11.30	14	Girls	4 km	1 x 1500 + 1 x 2.5km	11:45-11:50
7	11.45	15	Boys	4 km	1 x 1500 + 1 x 2.5km	11:59-12:04
8	11.55	15	Girls	4 km	1 x 1500 + 1 x 2.5km	12:09-12:14
9	12.10	16, 16+	Boys	6 km	1 x 1km + 2 x 2.5km	12:30-12:35
10	12.20	16, 16+	Girls	4 km	1 x 1500 + 1 x 2.5km	12:35-12:40