

2018 ACT Cross Country Championships Stromlo Forest Park-Saturday 29 June, 2019

Event Schedule Draft 1

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|----------------|---|-------|--|
| 9:15am | Under 6 Boys | 500m | From 500m mark on 1k loop to the finish line on the 1k lap |
| 9:20am | Under 6 Girls | 500m | From 500m mark on 1k loop to the finish line on the 1k lap |
| 9:25am | Under 7 Boys and Girls | 1km | 1 x 1 km |
| 9:30am | Under 8 Years Boys and Girls | 1km | 1 x 1 km |
| 9:35am | Under 9 Years Boys and Girls | 1500m | 1 x 1500m |
| 9:40am | Under 10 Years Boys and Girls | 1500m | 1 x 1500m |
| 9:45am | Open Men and Women | 10km | 4 x 2.5 km |
| 10:15am | Under 12 Years Boys and Girls | 3km | 1 x 1 km + 1 x 2 km |
| 10:25am | Under 11 Years Boys and Girls | 2km | 1 x 2 km |
| 10:30am | <ul style="list-style-type: none"> • Under 20 Men • Masters Men and Women (less than 70) | 8km | 1 x 1 km + 1 x 2 km + 2 x 2.5 km |
| 10:50am | <ul style="list-style-type: none"> • Under 18 Men • Under 20 Women • Masters 70+ Men & Women | 6km | 1 x 1 km + 2 x 2.5 km |
| 11:00am | <ul style="list-style-type: none"> • Under 14 Men and Women • IPC (all ages) | 3km | 1 x 1 km + 1 x 2 km |
| 11:05am | <ul style="list-style-type: none"> • Under 16 Men and Women • Under 18 Women | 4km | 1 x 1.5 km + 1 x 2.5 km |