

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

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	2k	1 x 2 km
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	3km	1 x 1 km + 1 x 2 km
10:35am	<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
10:50am	<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
11:10am	<ul style="list-style-type: none"> • Under 14 Men and Women • IPC (all ages) 	3km	1 x 1 km + 1 x 2 km
11:15am	<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