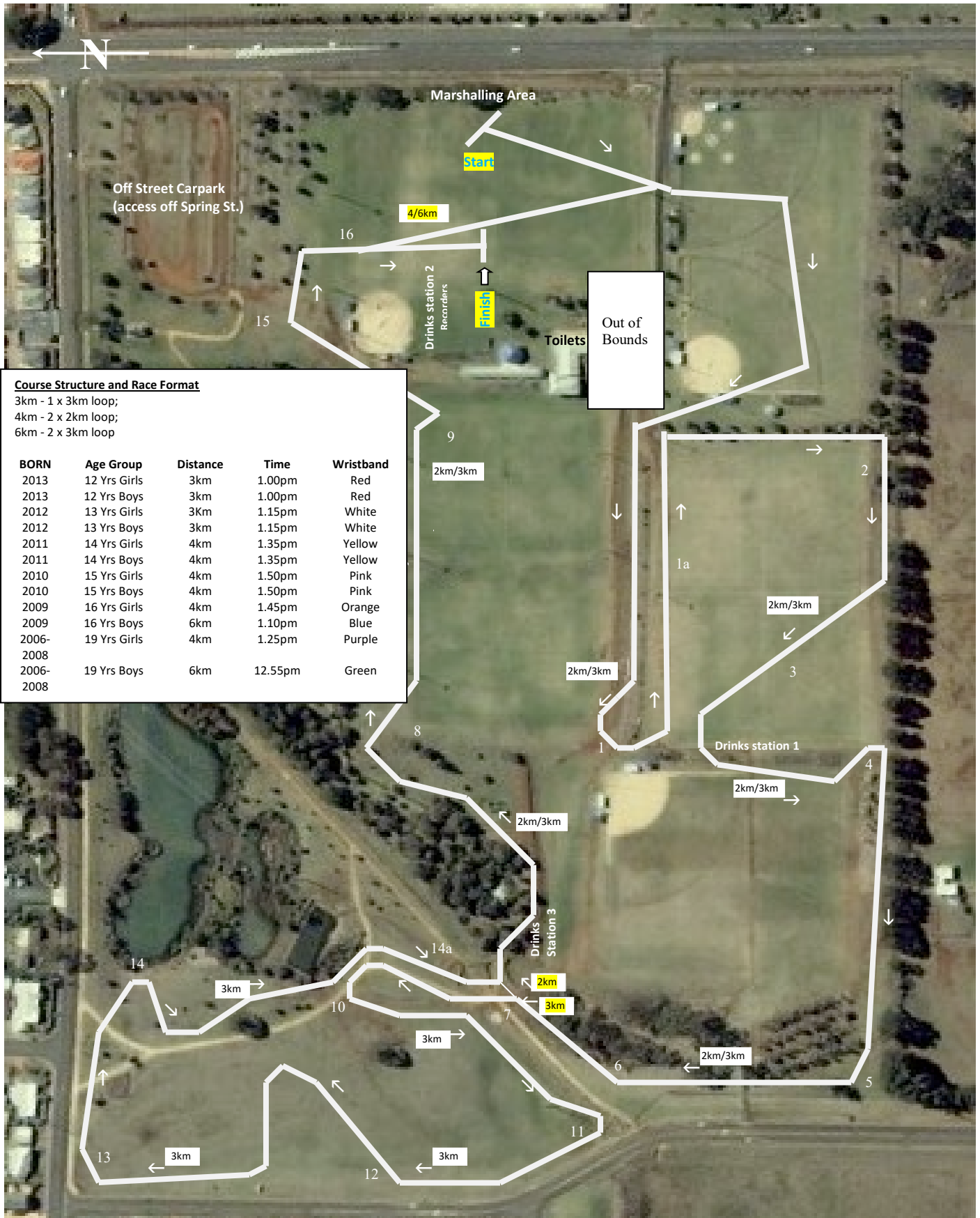


# Harristown State High School Cross Country Course – Kearneys Spring, Ruthven Street, Toowoomba



### Course Structure and Race Format

3km - 1 x 3km loop;  
4km - 2 x 2km loop;  
6km - 2 x 3km loop

| BORN      | Age Group    | Distance | Time    | Wristband |
|-----------|--------------|----------|---------|-----------|
| 2013      | 12 Yrs Girls | 3km      | 1.00pm  | Red       |
| 2013      | 12 Yrs Boys  | 3km      | 1.00pm  | Red       |
| 2012      | 13 Yrs Girls | 3km      | 1.15pm  | White     |
| 2012      | 13 Yrs Boys  | 3km      | 1.15pm  | White     |
| 2011      | 14 Yrs Girls | 4km      | 1.35pm  | Yellow    |
| 2011      | 14 Yrs Boys  | 4km      | 1.35pm  | Yellow    |
| 2010      | 15 Yrs Girls | 4km      | 1.50pm  | Pink      |
| 2010      | 15 Yrs Boys  | 4km      | 1.50pm  | Pink      |
| 2009      | 16 Yrs Girls | 4km      | 1.45pm  | Orange    |
| 2009      | 16 Yrs Boys  | 6km      | 1.10pm  | Blue      |
| 2006-2008 | 19 Yrs Girls | 4km      | 1.25pm  | Purple    |
| 2006-2008 | 19 Yrs Boys  | 6km      | 12.55pm | Green     |

### General Information

- 1) Station 7 is the junction of the 2 courses where the 2km course continues NE whilst the 3km course turns to the N completes the loop in the NW corner of the park then returns to Station 7 where it proceeds E up to the finish area.
- 2) The course will be flagged with markers on both sides. Competitors are to run between the markers.
- 3) An official will be stationed at each of the numbered locations as seen on the map.
- 4) Water stations will be placed on the course at the loop for 2/3 km and the finish line and near Station 7.