## <u>Harristown State High School Cross Country Course</u> <u>– Kearneys Spring, Ruthven Street, Toowoomba</u>

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-		Statements of the local division in the loca	-			
-	1100	-	and the second second		Marshalling Area	
Course Structure and Race Format Marshalling Area   3km - 1 x 3km loop; Image: Structure and Race Format						
4km - 2 x 2km loop;						
6km - 2	x 3km loop				Start Start	
BORN	Age Group	Distance	Time	Wristband	Drinks station 1	
2012	12 Yrs Girls	3km	1.00pm	Red		
2012 2011	12 Yrs Boys 13 Yrs Girls	3km 3Km	1.00pm 1.15pm	Red White	Drinks station 2 Recorders 4km/gkm	
2011	13 Yrs Boys	3km	1.15pm	White	georders statio	
2010	14 Yrs Girls	4km	1.35pm	Yellow	Turnaround Signature	
2010 2009	14 Yrs Boys	4km 4km	1.35pm	Yellow Pink		
2009	15 Yrs Girls 15 Yrs Boys	4km	1.50pm 1.50pm	Pink Pink	Toilets	
2008	16 Yrs Girls	4km	1.45pm	Orange	stand of the local states	
2008	16 Yrs Boys	6km	1.10pm	Blue		
2005- 2007	19 Yrs Girls	4km	1.25pm	Purple	15	
2007	19 Yrs Boys	6km	12.55pm	Green		
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## 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.