

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
2012	12 Yrs Girls	3km	1.00pm	Red
2012	12 Yrs Boys	3km	1.00pm	Red
2011	13 Yrs Girls	3km	1.15pm	White
2011	13 Yrs Boys	3km	1.15pm	White
2010	14 Yrs Girls	4km	1.35pm	Yellow
2010	14 Yrs Boys	4km	1.35pm	Yellow
2009	15 Yrs Girls	4km	1.50pm	Pink
2009	15 Yrs Boys	4km	1.50pm	Pink
2008	16 Yrs Girls	4km	1.45pm	Orange
2008	16 Yrs Boys	6km	1.10pm	Blue
2005-2007	19 Yrs Girls	4km	1.25pm	Purple
2005-2007	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.