

**HARRISTOWN STATE HIGH SCHOOL CROSS COUNTRY 2020
COURSE STRUCTURE AND RACE FORMAT**

Date: Wednesday 1 April
 Venue: Kearneys Spring Sporting Complex, Ruthven Street, Toowoomba
 Times: Buses depart from the Rowena Street Bus Interchange from 12:30pm and return to school by 3pm

Race times:

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
2008	12 Yrs Girls	3km	1.00pm	Red
2008	12 Yrs Boys	3km	1.00pm	Red
2007	13 Yrs Girls	3km	1.15pm	White
2007	13 Yrs Boys	3km	1.15pm	White
2006	14 Yrs Girls	4km	1.35pm	Yellow
2006	14 Yrs Boys	4km	1.35pm	Yellow
2005	15 Yrs Girls	4km	1.50pm	Pink
2005	15 Yrs Boys	4km	1.50pm	Pink
2004	16 Yrs Girls	4km	1.45pm	Orange
2004	16 Yrs Boys	6km	1.10pm	Blue
2001-2003	19 Yrs Girls	4km	1.25pm	Purple
2001-2003	19 Yrs Boys	6km	12.55pm	Green

Students not competing in the Cross Country will participate in the HAWK WALK on the school ovals.