**Harristown SHS Cross Country Course – Kearneys Spring, Ruthven Street, Toowoomba**

**Course Structure and Race Format**
- 2km – 1 x 2km loop
- 3km - 1 x 3km loop
- 4km - 2 x 2km loop
- 6km – 2 x 3km loop

**Age Groups**
- 13 yrs Boys & Girls - 3km - 1.55pm
- 14 yrs Boys & Girls - 4km - 2.05pm
- 15 yrs Boys & Girls - 4km - 2.05pm
- 16 Yrs Girls - 4km - 2.05pm
- 16 yrs Boys - 6km - 1.45pm
- 19 yrs Boys & Girls - 6km - 1.45pm

**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 and markers will also be used with red on the left and white on the right. The white arrows note the course direction.
3) An official will be stationed at each of the numbered locations as seen on the map and will be in radio contact at all times.
4) Spectators are requested to remain behind the spectator barrier as indicated by the dotted white line on this map. No spectators will be allowed onto the course once competition commences.
5) Water stations will be placed on the course for multi lap events just past the start line at the commencement of the second lap where applicable and at the finish line.