

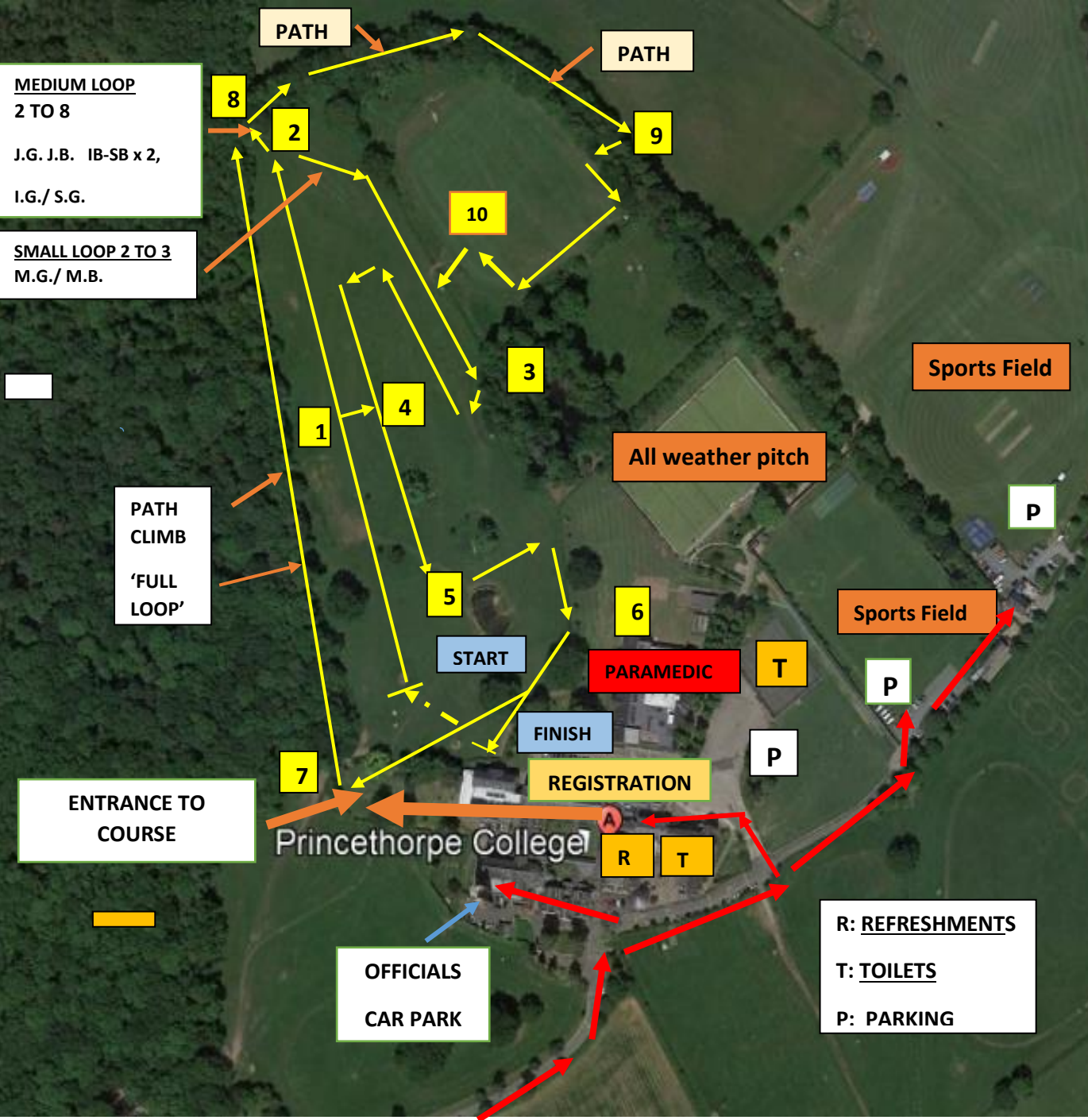
WSAA CROSS COUNTRY CHAMPIONSHIPS

PRINCETHORPE COLLEGE

SATURDAY JANUARY 18th

Course open: 12.30pm – 1.00 (can be viewed 'off' course)

Registration: from 12.30 **RUNNERS** TO COLLECT NUMBERS ON ARRIVAL – bring pins.



	Brief	Time	Race	Dist.	Course Numbers See below.
1	1.05	1.10	M.G.	App. 2400m	1.2.3.4.5.6.7.8.9.10. 3.4.5.6. FINISH
2	1.20	1.25	M.B.	App 2400m	1.2.3.4.5.6.7.8.9.10. 3.4.5.6. FINISH
3	1.35	1.40	J.G.	App 3200m	1.2.8.9.10.3.4.5.6.7. 8.9.10.3.4.5.6. FIN
4	1.50	1.55	J.B.	App 3200m	1.2.8.9.10.3.4.5.6.7. 8.9.10.3.4.5.6. FIN
5	2.10	2.15	I.G. S.G.	App 3630m	1.4.5.6. Start. 1.2.8.9. 10.3.4.5.6.7.8.9.10. 3.4. 5.6. FINISH
6	2.30	2.35	I.B. S.B.	App 4700m	1.2.8.9.10.3.4.5.6. Start twice 7.8.9. 10.3.4.5.6. FIN

- M.G. 1 x Small , 1 x Full Loop (path)
- M.B. 1 x Small, 1 x Full Loop (path)
- J.G. 1 x Med, 1 x Full Loop (path)
- J.B. 1 x Med, 1 x Full Loop (path)
- I.G. S.G. 1 x Small, 1 x Med Loop, 1 x Full (path)
- I.B. S.B. 2 x Medium, 1 x Full Loop (path)
- NOTE: FULL LOOP (PATH) 7.8.9.10.3.4.5.6. FIN.

Presentations: Medals to first 3 runners / Teams

- Please note: Spikes Course. Fields and Paths.
- Numbers 1 to 10: Fluorescent yellow signs.
- Marshalls at each Number with contact to:
- Paramedic (4 x 4 can access all points).

DUE TO MORNING FIXTURES DO NOT ARRIVE TILL 12.30