

Competition Schedule

Individual Races

Wednesday 21 August, 2024 - Yarra Glen Racecourse, Armstrong Grove, Yarra Glen, VIC

Time	Age Group	Distance	Course	Call Room	Start Line	Presentation
1000	10-12 Years Multiclass Boys and Girls	2 km	1 x 2 km	0940	0955	1100
1015	10 Years Boys	2 km	1 x 2 km	0955	1010	1100
1025	10 Years Girls	2 km	1 x 2 km	1005	1020	1100
1035	11 Years Boys	3 km	1 x 3 km	1015	1030	1130
1050	11 Years Girls	3 km	1 x 3 km	1030	1045	1130
1105	13/14, 15/16, 17-19 Years Multiclass Boys	3 km	1 x 3 km	1045	1100	1200
1125	12 Years Boys	3 km	1 x 3 km	1105	1120	1200
1140	12 Years Girls	3 km	1 x 3 km	1120	1135	1200
1155	13 Years Boys	3 km	1 x 3 km	1135	1150	1230
1210	13 Years Girls	3 km	1 x 3 km	1150	1205	1230
1225	13/14, 15/16, 17-19 Years Multiclass Girls	3 km	1 x 3 km	1205	1220	1400
1300	BREAK					
1340	14/15 Years Boys	4.3 km	1 x 2.3 km 1 x 2 km	1340	1335	1400
1405	14/15 Years Girls	4.3 km	1 x 2.3 km 1 x 2 km	1345	1400	1530
1425	16/17 Years Girls	4.3 km	1 x 2.3 km 1 x 2 km	1405	1420	1530
1505	16/17 Years Boys	6.3 km	1 x 3.3 km 1 x 3 km	1445	1500	1600
1535	18/19 Years Girls	6.3 km	1 x 3.3 km 1 x 3 km	1515	1530	1630
1605	18/19 Years Boys	8.0 km	1 x 1.7 km 1 x 3 km 1 x 3.3 km	1545	1600	1700

Team Relays and Time Trials

Friday 23 August, 2024 - Yarra Glen Racecourse, Armstrong Grove, Yarra Glen, VIC

Race #	Time	Event	Distance
1	0800	Girls 11 – Line 2	5 x 1500m
		Girls 12 – Line 1	
2	0830	Boys 11 – Line 2	5 x 1500m
		Boys 12 – Line 1	
3	0900	Composite Teams – Line 3	6 x 1500m
		Boys and Girls 13 Time Trials 1500m – Line 4	1500m
4	0940	Boys 13 – Line 1	5 x 1500m
		Girls 13 – Line 2	
5	0955	Multiclass Relays – Secondary Line 3, Primary Line 4	4 x 1000m
		Boys 10 – Line 1	5 x 1000m
		Girls 10 – Line 2	
6	1015	Multiclass Time Trials – Line 4	1000m
7	1025	Boys 14/15 – Line 1	5 x 2000m
		Girls 14/15 – Line 4	
		Girls 16/17 – Line 3	
		Girls 18/19 – Line 2	
8	1110	Boys 16/17 – Line 3	5 x 3000m
		Boys 18/19 – Line 1	
9	1205	Boys 14/15, Girls 14/15, 16/17, 18/19 Time Trials – Line 4	2000m
10	1215	Boys 16/17, 18/19 Time Trials – Line 4	3000m
	1300	Presentations & Closing Ceremony	

Time	Event	Starting Order							
		1	2	3	4	5	6	7	8
0800	Girls 11 – Line 2	NSW	SA	VIC	QLD	ACT	WA		
	Girls 12 – Line 1	NSW	SA	VIC	QLD	ACT	WA		
0830	Boys 11 – Line 2	SA	VIC	QLD	ACT	WA	NSW		
	Boys 12 – Line 1	SA	VIC	QLD	ACT	WA	NSW		
0900	Composite Teams – Line 3	VIC	QLD	ACT	WA	NSW	SA		
	Boys and Girls 13 Time Trials – Line 4	ANY ORDER							
0940	Boys 13– Line 1	QLD	ACT	WA	NSW				
	Girls 13 – Line 2	ACT	WA	NSW	QLD				
0955	Multiclass Relays – Secondary Line 3, Primary Line 4	SA	VIC	QLD	ACT	WA	NSW		
	Boys 10 – Line 1	NSW	SA	VIC	QLD	ACT	WA		
	Girls 10 – Line 2	SA	VIC	QLD	ACT	WA	NSW		
1015	Multiclass Time Trials – Line 4	SA	VIC	QLD	ACT	WA	NSW		
1025	Boys 14/15 – Line 1	QLD	ACT	WA	NSW				
	Girls 14/15 – Line 4	QLD	ACT	WA	NSW				
	Girls 16/17 – Line 3	ACT	WA	NSW	QLD	NZ			
	Girls 18/19 – Line 2	WA	NSW	QLD	ACT	NZ			
1110	Boys 16/17 – Line 3	WA	NSW	QLD	ACT	NZ			
	Boys 18/19 – Line 1	NSW	QLD	ACT	WA	NZ			
1205	Boys 14/15, Girls 14/15, 16/17, 18/19 Time Trials – Line 4	ANY ORDER – BOYS AT FRONT (Safety reasons)							
1215	Boys 16/17, 18/19 Time Trials – Line 4	ANY ORDER							

****NOTE**** Line 1 is at front of Start Area progressing to Line 4 at the back of Start Area

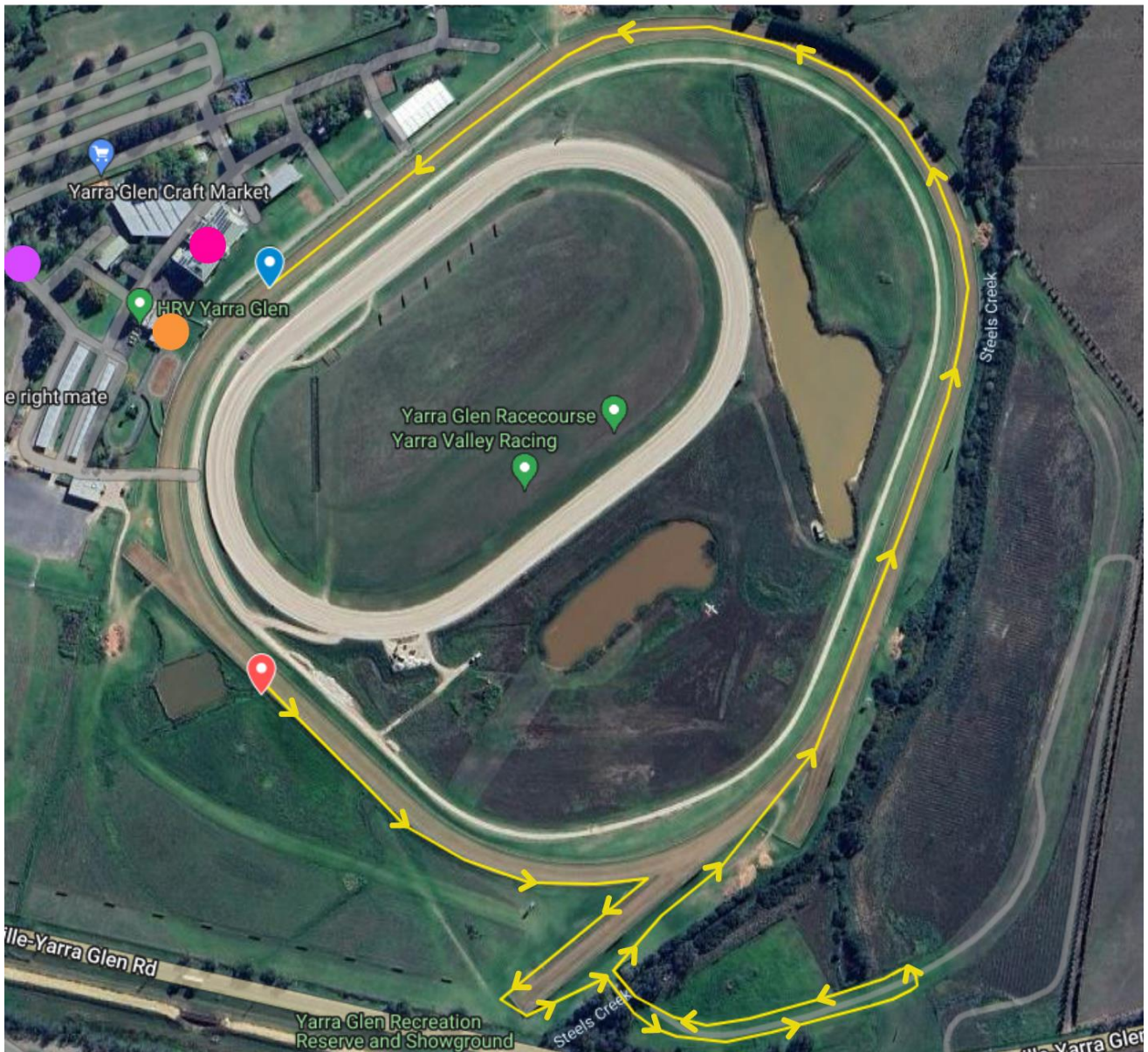
Cross Country Course Maps



2km Course

Yarra Valley Racing

Armstrong Grove,
Yarra Glen VIC 3775



LEGEND

- Car park entry
- Team area (no public access)
- Call room (no public access)

- Start line
- Finish line

3km Course

Yarra Valley Racing

Armstrong Grove,
Yarra Glen VIC 3775



LEGEND

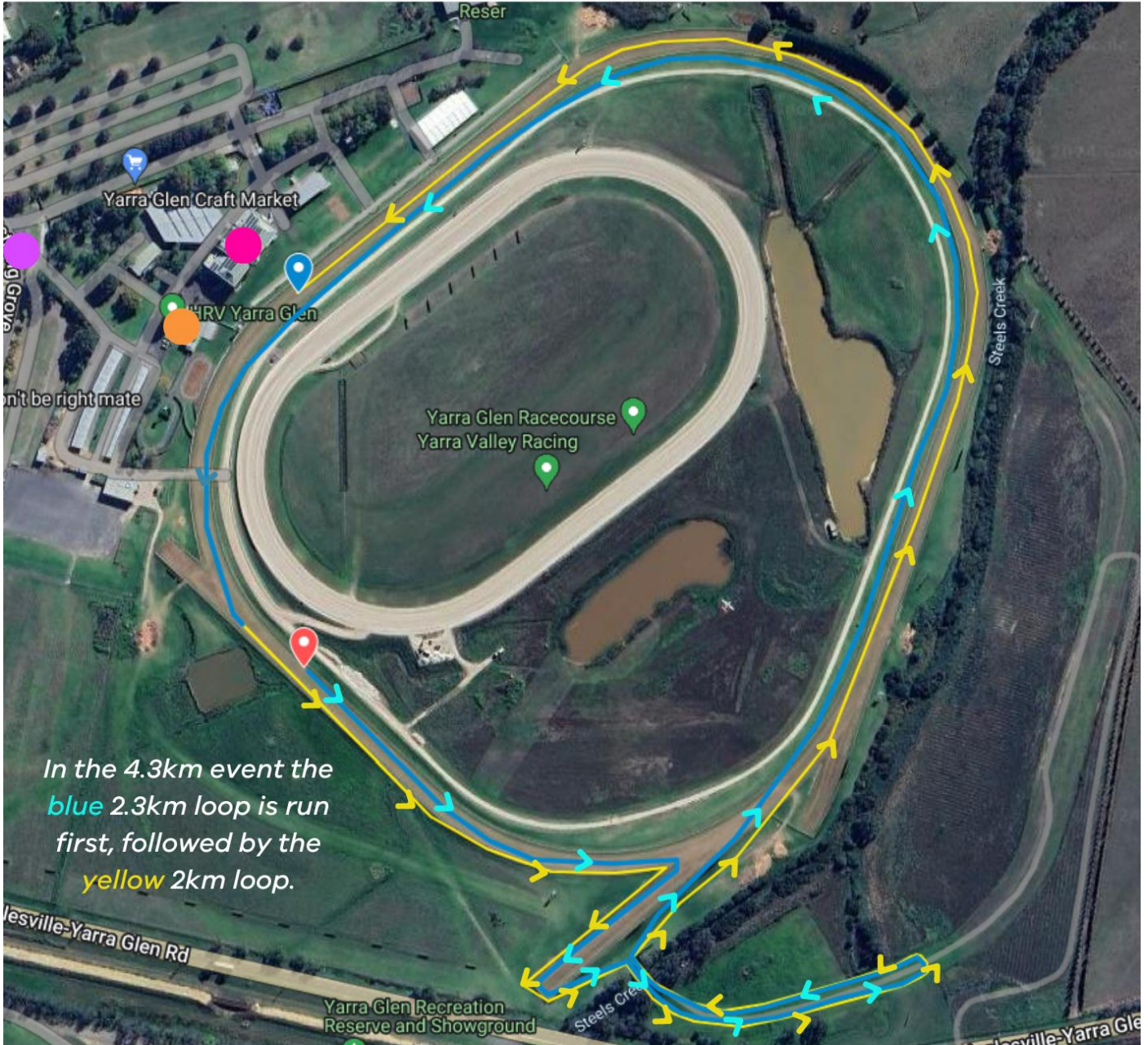
- Car park entry
- Team area (no public access)
- Call room (no public access)

- 📍 Start line
- 📍 Finish line

4.3km Course

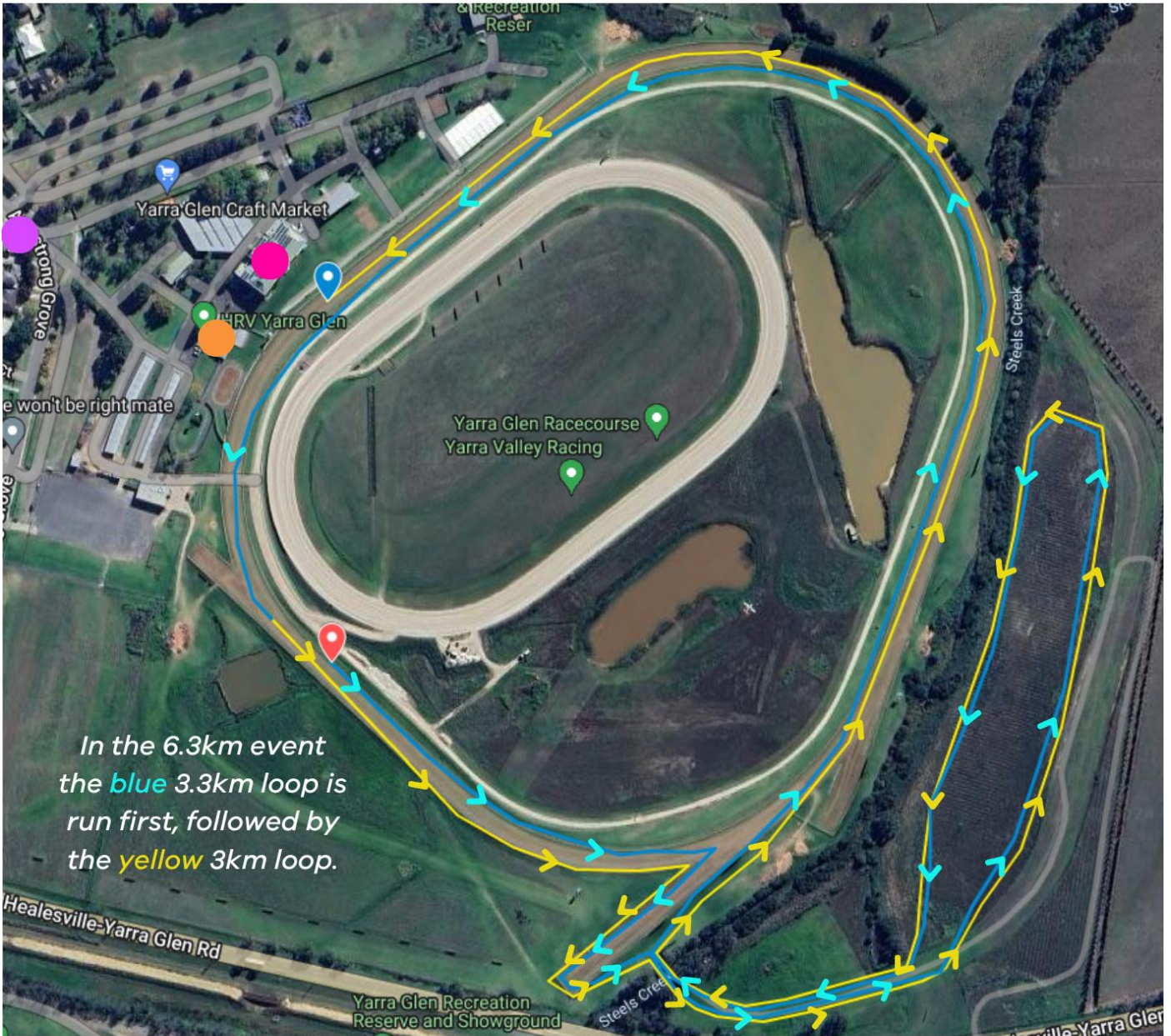
Yarra Valley Racing

Armstrong Grove,
Yarra Glen VIC 3775








LEGEND

- Car park entry
- Team area (no public access)
- Call room (no public access)
- 📍 Start line
- 📍 Finish line



LEGEND

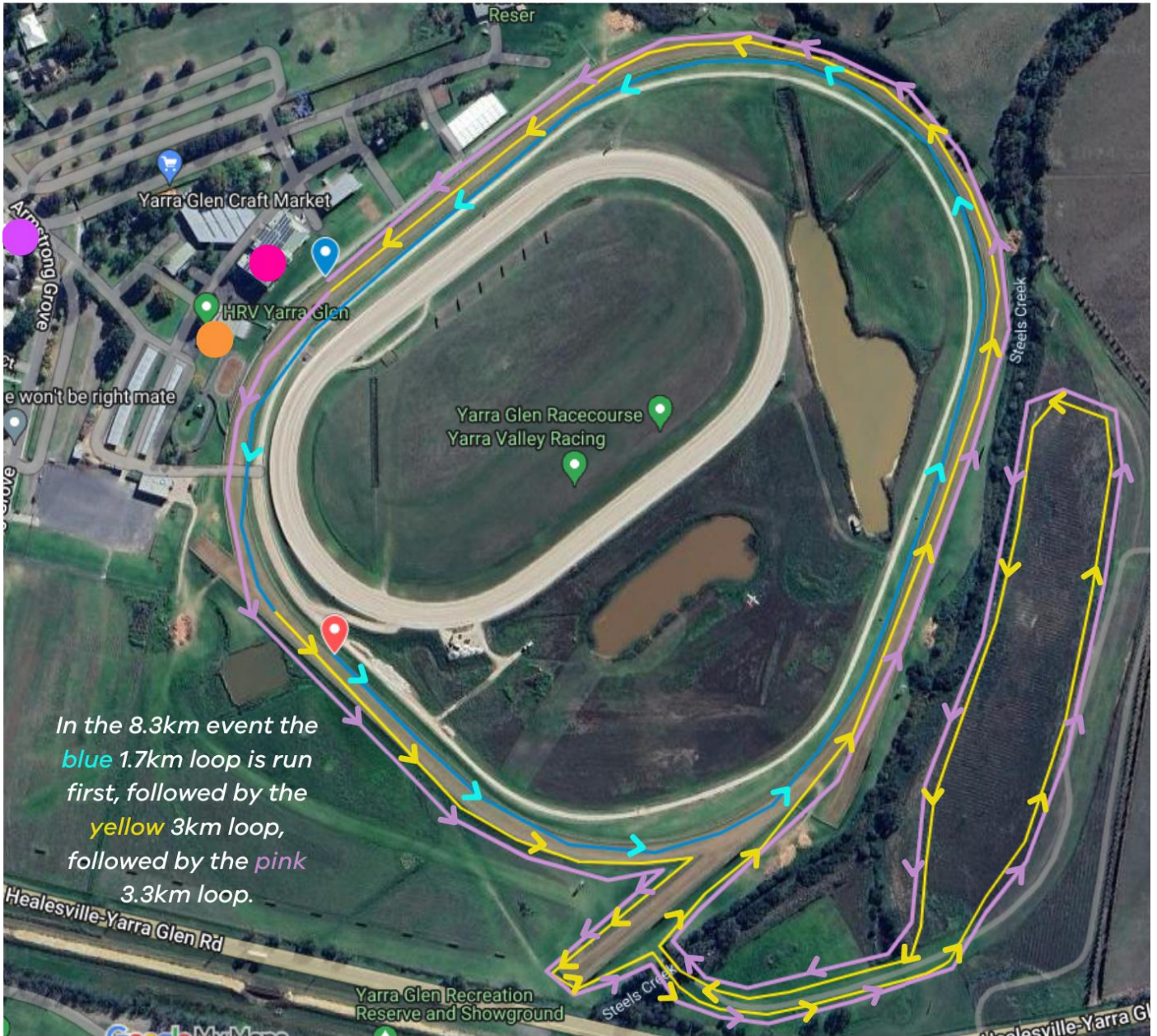
-  Car park entry
-  Team area (no public access)
-  Call room (no public access)

-  Start line
-  Finish line

8 km Course

Yarra Valley Racing

Armstrong Grove,
Yarra Glen VIC 3775



LEGEND

- Car park entry
- Team area (no public access)
- Call room (no public access)

- 📍 Start line
- 📍 Finish line

SSA Cross Country Relay/Time Trial – Map - 1 kilometre circuit



	Track Crossing
	Spectator Zone
	Start Line / Changeover Area
	1500m Relays - Changeover Area (Time Trial Finish) – Leg 1, Leg 3 and Leg 5

Notes for Team Officials and Students

- Start / Changeover / Finish Lines are 20m apart.
- After the completion of each relay Leg, athletes will establish clear, physical contact with the outgoing runner within the 20m zone to the next Start/Changeover Line, including passing over the timing band.
- Times will be called at each Line – each team needs to provide a recorder with the required template present to record splits and finish times.
- Ⓞ Changeover Official
- Ⓣ Timekeeping Official
- For the 5 x 1500m / 6 x 1500m Relays, based on track distance, the changeover area for Leg 1, Leg 3 and Finish Line for Leg 5 will be on the back straight of the Harness Track (marked in red). Changeover/Finish Lines will remain as listed.
- NO SPIKES ALLOWED – MUST WEAR FLATS
- STUDENTS MUST WEAR INDIVIDUAL RACE NUMBERS

Line 1 Start/Finish	Line 2 Start/Finish	Line 3 Start/Finish	Line 4 Start/Finish	Line 5 Start/Finish
10 B 12 B 13 B 14/15 B 18/19 B 12 G	11 B 10 G 11 G 13 G 18/19 G	16/17 B 16/17 G Composite	14/15 G 10-12 MC 14-15 MC 16-19 MC Time Trials	
Track Fence (no entry)				

Next runner ⊙ ⊕	Next runner ⊙ ⊕	Next runner ⊙ ⊕	Next runner ⊙ ⊕	Next runner ⊙ ⊕

