



Cross-Country Carnival

Saturday 29th July 2023

Ruffey Lake Park, Doncaster

TIMETABLE	
Course Walk	Athletes, parents and Team Managers are encouraged to walk the course up until the first event Call Room
TIME 8:15	Meeting of Officials Meeting
TIME 8:30	Meeting of Team Managers

Note:

The program is subject to change on the day in conjunction with the safety of all athletes.

Event	Call Room Time	Event Start Time	Age Group	Gender	Distance
9:45am - U6 500 & U7/8 1000 fun run - RCH Gold Coin donation					
1	9:45 AM	10:00 AM	U13-U17	BOYS/GIRLS	3km
2	10:10 AM	10:25 AM	U9, U9-U10 MC	BOYS/GIRLS	1.5km
3	10:25 AM	10:40 AM	U10	BOYS/GIRLS	1.5km
4	10:40 AM	10:55 AM	U11, U13-U17 MC	BOYS/GIRLS	2km
5	11:00 AM	11:15 AM	U12	BOYS/GIRLS	2km

Notes:

Commonwealth Bank patches with competition barcode must be worn to process results
 Competitors required to commence and finish their event to qualify for State XC