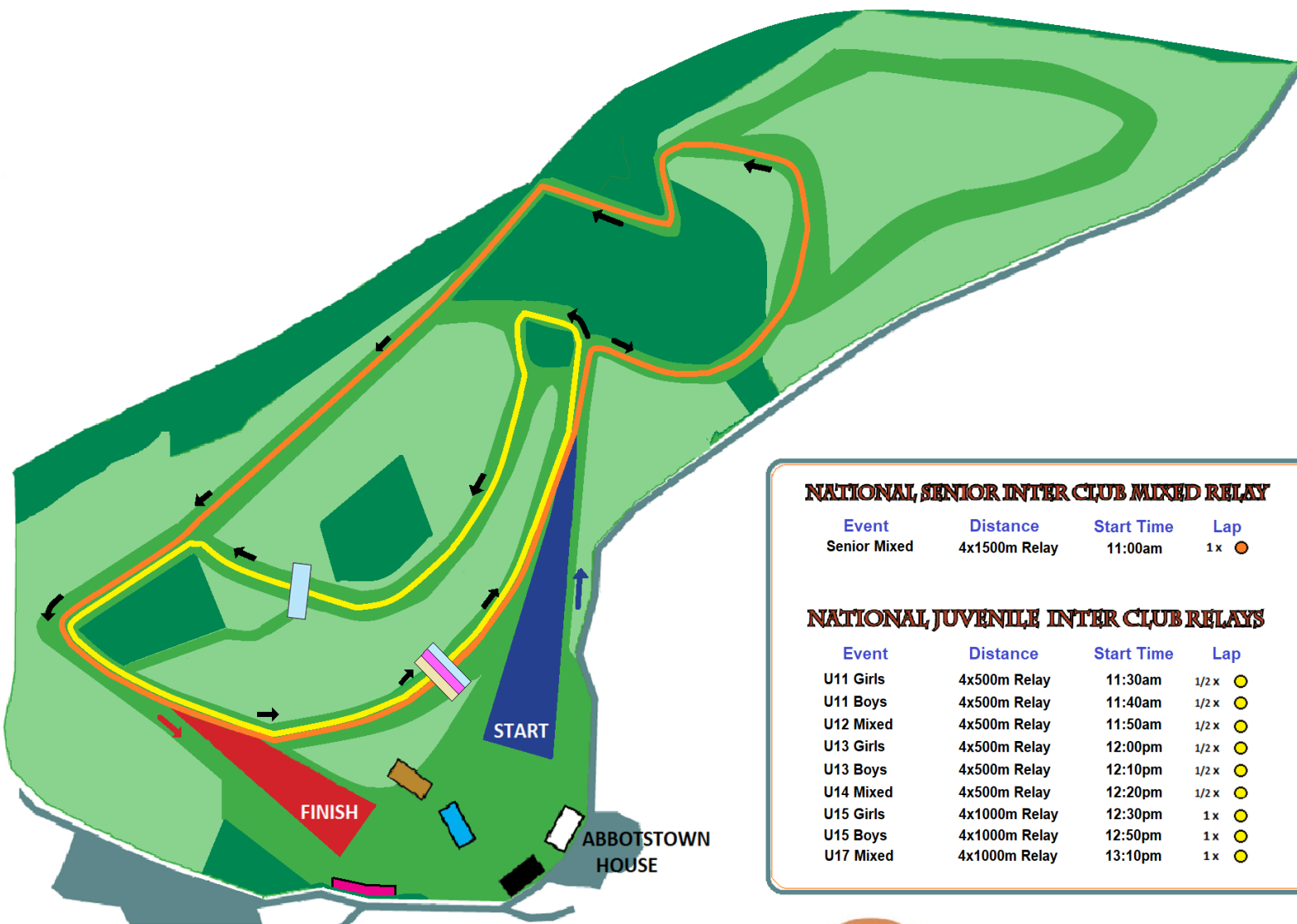


AUTUMN OPEN CROSS COUNTRY

19TH OCTOBER 2025



- 1000m LAP
- 1500m LAP
- BATON CHANGE 4x500m
- BATON CHANGE 4x1500m
- START
- FINISH
- CHECK-IN / NUMBER PICKUP
- REFRESHMENTS
- TOILETS
- PRESENTATION AREA
- FIRST AID

NATIONAL SENIOR INTER CLUB MIXED RELAY

Event	Distance	Start Time	Lap
Senior Mixed	4x1500m Relay	11:00am	1 x ●

NATIONAL JUVENILE INTER CLUB RELAYS

Event	Distance	Start Time	Lap
U11 Girls	4x500m Relay	11:30am	1/2 x ●
U11 Boys	4x500m Relay	11:40am	1/2 x ●
U12 Mixed	4x500m Relay	11:50am	1/2 x ●
U13 Girls	4x500m Relay	12:00pm	1/2 x ●
U13 Boys	4x500m Relay	12:10pm	1/2 x ●
U14 Mixed	4x500m Relay	12:20pm	1/2 x ●
U15 Girls	4x1000m Relay	12:30pm	1 x ●
U15 Boys	4x1000m Relay	12:50pm	1 x ●
U17 Mixed	4x1000m Relay	13:10pm	1 x ●

AUTUMN OPEN INTERNATIONAL XC

Event	Distance	Start Time	Lap
Senior Women	6000m	13:40pm	4 x ●
Master Women 35-64	6000m		
Master Men 65+	6000m		
Master Women 65+	4500m		3 x ●
U20 Women	4500m		
Senior Men	8000m	14:20pm	4 x ● 2 x ●
Master Men 35-64	8000m		
U20 Men	6000m		4 x ●