

Australian Cross Country Championships

Saturday 27th August 2022

Oakbank Racecourse, Adelaide

Race	Time	Age Group – AA	Age Group - SSA	Distance	Laps	Call Room Entry	Arrive at Start line	Approx. Medal time
1	9.00am	-	Boys 11 years	3km	1 x 1km & 1 x 2km	8.40am	8.55am	9.45am
2	9.15am	-	Girls 11 years	3km	1 x 1km & 1 x 2km	8.55am	9.10am	10.00am
3	9.30am	-	Para Boys and Girls 10-12 years	2km	1 x 2km	9.10am	9.25am	10.50am
4	9.50am	-	Boys 10 years	2km	1 x 2km	9.30am	9.45am	10.30am
5	10.00am	-	Girls 10 years	2km	1 x 2km	9.40am	9.55am	10.40am
6	10.10am	-	Boys 12 years	3km	1 x 1km & 1 x 2km	9.50am	10.05am	11.00am
7	10.25am	-	Girls 12 years	3km	1 x 1km & 1 x 2km	10.05am	10.20am	11.10am
8	10.40am	Open Para Men & U15, U17, U20 Para Men	Boys 13/14, Boys 15/16 & Girls 17-19	3km	1 x 1km & 1 x 2km	10.20am	10.35am	11.45am
9	11.05am	U14 Women	Girls 13yrs	3km	1 x 1km & 1 x 2km	10.45am	11.00am	11.55am
10	11.20am	U14 Men	Girls 13yrs	3km	1 x 1km & 1 x 2km	11.00am	11.15am	12.05pm
11	11.35am	Open Para Women & U15, U17, U20 Para Women)	Girls 13/14, Girls 15/16 & Girls 17-19	3km	1 x 1km & 1 x 2km	11.15am	11.30am	12.30pm
12	12.00pm	U17 and U18 Men	Boys 16/17yrs	6km	3 x 2km	11.40am	11.55am	1.05pm
13	12.25pm	U17 & U18 Women	Girls 16/17yrs	4km	2 x 2km	12.05pm	12.20pm	1.15pm
14	12.45pm	Open Men	-	10km	5 x 2km	12.25pm	12.40pm	1.45pm
15	1.30pm	Open Women	-	10km	5 x 2km	1.10pm	1.25pm	2.40pm
16	2.15pm	U20 Men	Boys 18/19	8km	4 x 2km	1.55pm	2.10pm	3.00pm
17	2.40pm	U20 Women	Girls 18/19	6km	4 x 2km	2.20pm	2.35pm	3.30pm
18	3.15pm	U15 & 16 Men	Boys 14/15yrs	4km	2 x 2km	2.55pm	3.10pm	3.50pm
19	3.35pm	U15 & U16 Women	Girls 14/15yrs	4km	2 x 2km	3.15pm	3.30pm	4.10pm