

Sunsine Coast Winter Cross Country Series - SCHEDULE/PROGRAM

8am	Distance 10km	Distance 6km
	18 - 99	18 - 99
	*All Ages 16 - 17	16 - 17 Male
		*All Ages 14 - 15 Male & 14 - 17 Female

9.40am	Distance 1km
	7 - 9
	*All Ages 6 plus 10 - 99

9am	Distance 4km	Distance 3km
	14 - 15	11 - 13
	16 - 17 Female	13 - 99 Para
		18 - 99
		*All Ages 10 & 14 - 17

9.50am	Distance 500m
	**3 - 7 FREE Fun Run

9.30am	Distance 2km
	10
	10 - 12 Para
	*All Ages 8 & 9 plus 11 - 99

SC Winter XC Series conditions:

- Medal events - XC Series age categories are as follows:
7; 8; 9; 10; 11; 12; 13; 14; 15; 16; 17 years M/F
18-29; 30-39; 40-49; 50-59; 60-69; 70+ M/F
10 to 12; 13 to 19; 20 to 29; 30 to 70+ M/F Para
- Competitor must compete in the SAME medal event (age & distance) for at least 3 of the 5 series races to be eligible for a series medal in that event.
- All Ages Events & the 3-7 years Fun Run are NOT series medal events.
- Race Points are awarded as follows: 1st -30; 2nd -25; 3rd -22; 4th -20; 5th -19; 6th - 18 & so on.
- Competitors can compete in more than one race on the day so long as it is at a different start time.
- Protests will not be considered.
- Medals & Fun run ribbons will be presented at the final cross-country race of the series.
- *Competitor MUST be a QA; Qrun; QMA or a QA affiliated club member.
USCAC is a QA affiliated club! *Excludes 3-7 years fun run athletes.
- Race nominations can only be accepted through the revolutioniseSPORT online nomination page.
- Nominations close – Midnight on the THURSDAY before the cross-country race.
NO LATE NOMINATIONS ACCEPTED
- Age group is determined by the age competitor is turning in this calendar year.
- All races attract an entry fee (excluding the 3-7 years fun run):
\$14 per race – Non-USCAC members
\$9 per race – USCAC members when member discount code is used