

QUEENSLAND CROSS COUNTRY CHAMPIONSHIPS



Saturday 29 July 2023
Toogoolawah Golf Course, Toogoolawah

Including the selection trials for the Queensland Cross Country Team:

PROGRAM OF EVENTS

RACE	START	DISTANCE	AGE GROUP	Year Born
1	09:00am	10km*	Open Women	2003 or earlier
			Open Men	2003 or earlier
2	10:00am	1km*	Under 7 / Under 8 Girls	2017/2016
			Under 7 / Under 8 Boys	2017/2016
3	10:15am	1km*	Under 9 / Under 10 Girls	2015/2014
			Under 9 / Under 10 Boys	2015/2014
4	10:30am	2km*	Under 11 / 9-12 Multi-Class Girls	2013 / 2011-2013
			Under 11 / 9-12 Multi-Class Boys	2013 / 2011-2013
5	10:50am	6km*	Under 17 / Under 18 Boys	2007/2006
6	11:30am	4km*	Under 17 / Under 18 Girls	2007/2006
7	12:05pm	4km*	Under 15 / Under 16 Girls	2009/2008
8	12:40pm	4km*	Under 15 / Under 16 Boys	2009/2008
9	01:15pm	8km*	Under 20 Men	2004-2005
			Masters Men 30-39/40-49	1993-1974 (Age on Day)
			Masters Men 50-59/60-69	1973-1954 (Age on Day)
10	02:05pm	6km*	Under 20 Women	2004-2005
			Masters Women 30-39/40-49	1993-1974 (Age on Day)
			Masters Women 50-59/ 60-69/70+	1973 or earlier (Age on Day)
			Masters Men 70+	1953 or earlier (Age on Day)
11	03:00pm	3km*	13-19 Multi-Class Girls / Open Multi-Class Women	2004-2010
			Under 12 Girls	2012
12	03:00pm	3km*	13-19 Multi-Class Boys / Open Multi-Class Men	2004-2010
			Under 12 Boys	2012
13	03:35pm	3km*	Under 13 / Under 14 Girls	2011/2010
14	04:00pm	3km*	Under 13 / Under 14 Boys	2011/2010

* 2 loops will be used, a 1km loop and a 2km loop, the 3km races will consist of 1x1km + 1x2km loops, 2km/4km/6km/8km/10km races will use the appropriate number of 2km loops.

This event is being funded by the Building Better Region Fund and Somerset Regional Council

