

2024 QUEENSLAND CROSS COUNTRY RELAY CHAMPIONSHIPS

Includes QA Schools Cross Country
Relay Championships



Saturday June 15th 2024 – Nudgee College, Boondall

PROGRAM OF EVENTS

START	DISTANCE	AGE GROUP	CATEGORY	YEAR BORN
9.00AM	3 x 3km	14 years Girls	All Schools	2010
		14 years Boys	All Schools	2010
		15 years Girls	All Schools	2009
		15 years Boys	All Schools	2009
9.45AM	3 x 3km	16 years Girls	All Schools	2008
		16 years Boys	All Schools	2008
		17 years Girls	All Schools	2007
		17 years Boys	All Schools	2007
		18 - 19 years Girls	All Schools	2005 - 2006
		18 - 19 years Boys	All Schools	2005 - 2006
10.30AM	3 x 2km	Multi-Class Girls & Boys 13 - 19 years	All Schools	2005 - 2011
		12 years Girls	All Schools	2012
		12 years Boys	All Schools	2012
		13 years Girls	All Schools	2011
		13 years Boys	All Schools	2011
11.00AM	3 x 2km	10 years Girls	All Schools	2014
		10 years Boys	All Schools	2014
		11 years Girls	All Schools	2013
		11 years Boys	All Schools	2013
11.30AM	3 x 1.2km	7 years & under Girls	All Schools	2017 - 2018
		8 years Girls	All Schools	2016
		9 years Girls	All Schools	2015
11.50AM	3 x 1.2km	7 years & under Boys	All Schools	2017 - 2018
		8 years Boys	All Schools	2016
		9 years Boys	All Schools	2015
12.10PM				

Continued...

START	DISTANCE	AGE GROUP	CATEGORY	YEAR BORN
12.30PM	3 x 1.2km	Under 8 Girls	QA/Qrun Clubs	2017 - 2018
		Under 8 Boys	QA/Qrun Clubs	2017 - 2018
		Under 10 Girls	QA/Qrun Clubs	2015 - 2016
		Under 10 Boys	QA/Qrun Clubs	2015 - 2016
12.50PM	3 x 2km	Under 12 Girls	QA/Qrun Clubs	2013 - 2014
		Under 12 Boys	QA/Qrun Clubs	2013 - 2014
01.20PM	3 x 2km	Multi-Class Female & Male 13-19 & Open	QA/Qrun Clubs	2005 - 2011
		Under 14 Girls	QA/Qrun Clubs	2011 - 2012
		Under 14 Boys	QA/Qrun Clubs	2011 - 2012
01.50PM	3 x 3km	Under 16 Girls	QA/Qrun Clubs	2009 - 2010
		Under 18 Girls	QA/Qrun Clubs	2007 - 2008
		Under 20 Women	QA/Qrun Clubs	2005 - 2006
		Open Women	QA/Qrun Clubs	Open
02.35PM	3 x 3km	Under 16 Boys	QA/Qrun Clubs	2009 - 2010
		Under 18 Boys	QA/Qrun Clubs	2007 - 2008
		Under 20 Men	QA/Qrun Clubs	2005 - 2006
		Open Men	QA/Qrun Clubs	Open
03.20PM	3 x 3km	Masters Women 30+	QA/Qrun Clubs	Age on day
		Masters Women 50+	QA/Qrun Clubs	Age on day
		Masters Men 30+	QA/Qrun Clubs	Age on day
		Masters Men 50+	QA/Qrun Clubs	Age on day

AGE GROUPS

All Schools & QA/Qrun Clubs

Age groups are calculated using the athlete's age as at 31 December 2024 (year born) as indicated in the table above.

Athletes may compete in an older age group if required but may not compete in a younger age group.

Masters Athletes can compete down as far as the Open Age Group.

Athletes may compete in Multiple teams if the teams are scheduled to run at different times.

NO athlete may compete in two legs of the same team.

NO athlete can compete for 2 Clubs on the same day.

Minimum age is 6 years (born 2018).

Masters

Masters age groups are calculated using the athlete's age on the day of the Championships.

Athletes aged 50+ may compete in a 30+ team if required.