



2022 QUEENSLAND CROSS COUNTRY RELAY CHAMPIONSHIPS

**Includes QA Schools Cross Country Relay
Championships**

Saturday June 18th 2022 – Nudgee College, Boondall

PROGRAM OF EVENTS

START	DISTANCE	AGE GROUP	CATEGORY	YEAR BORN
09:00AM	3 x 3000m	14 years Girls	All Schools	2008
		14 years Boys	All Schools	2008
		15 years Girls	All Schools	2007
		15 years Boys	All Schools	2007
09:45AM	3 x 3000m	16 years Girls	All Schools	2006
		16 years Boys	All Schools	2006
		17 years Girls	All Schools	2005
		17 years Boys	All Schools	2005
		18 - 19 years Girls	All Schools	2003 - 2004
10:30AM	3 x 2000m	18 - 19 years Boys	All Schools	2003 - 2004
		Multi-Class Girls & Boys 13 - 19 years	All Schools	2003 - 2009
		12 years Girls	All Schools	2010
		12 years Boys	All Schools	2010
		13 years Girls	All Schools	2009
11:00AM	3 x 2000m	13 years Boys	All Schools	2009
		10 years Girls	All Schools	2012
		10 years Boys	All Schools	2012
		11 years Girls	All Schools	2011
11:30AM	3 x 1200m	11 years Boys	All Schools	2011
		7 years & under Girls	All Schools	2015 - 2016
		8 years Girls	All Schools	2014
11:45AM	3 x 1200m	9 years Girls	All Schools	2013
		7 years & under Boys	All Schools	2015 - 2016
		8 years Boys	All Schools	2014
12:10PM		9 years Boys	All Schools	2013
		Lunch Break / School Trophy Presentation		

Continued...

START	DISTANCE	AGE GROUP	CATEGORY	YEAR BORN
12:30PM	3 x 1200m	Under 8 Girls	QA/LAQ Club	2015 - 2016
		Under 8 Boys	QA/LAQ Club	2015 - 2016
		Under 10 Girls	QA/LAQ Club	2013 - 2014
		Under 10 Boys	QA/LAQ Club	2013 - 2014
12:45PM	3 x 2000m	Under 12 Girls	QA/LAQ Club	2011 - 2012
		Under 12 Boys	QA/LAQ Club	2011 - 2012
01:15PM	3 x 2000m	Multi-Class Female & Male 13-19 & Open	QA/LAQ Club	2003 - 2009
		Under 14 Girls	QA/LAQ Club	2009 - 2010
		Under 14 Boys	QA/LAQ Club	2009 - 2010
01:45PM	3 x 3000m	Under 16 Girls	QA Club	2007 - 2008
		Under 18 Girls	QA Club	2005 - 2006
		Under 20 Women	QA Club	2003 -2004
		Open Women	QA Club	Open
02:30PM	3 x 3000m	Under 16 Boys	QA Club	2007 - 2008
		Under 18 Boys	QA Club	2005 - 2006
		Under 20 Men	QA Club	2003 - 2004
		Open Men	QA Club	Open
03:15PM	3 x 3000m	Masters Women 30+	QA Club	Age on day
		Masters Women 50+	QA Club	Age on day
		Masters Men 30+	QA Club	Age on day
		Masters Men 50+	QA Club	Age on day

AGE GROUPS

All Schools & QA/LAQ Clubs

Age groups are calculated using the athlete's age as at 31 December 2022 (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 2016).

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.