

2023 QUEENSLAND CROSS COUNTRY RELAY CHAMPIONSHIPS

Includes QA Schools Cross Country
Relay Championships



Saturday June 17th 2023 – Nudgee College, Boondall

PROGRAM OF EVENTS

START	DISTANCE	AGE GROUP	CATEGORY	YEAR BORN
9.00AM	3 x 3km	14 years Girls	All Schools	2009
		14 years Boys	All Schools	2009
		15 years Girls	All Schools	2008
		15 years Boys	All Schools	2008
9.45AM	3 x 3km	16 years Girls	All Schools	2007
		16 years Boys	All Schools	2007
		17 years Girls	All Schools	2006
		17 years Boys	All Schools	2006
		18 - 19 years Girls	All Schools	2004 – 2005
		18 - 19 years Boys	All Schools	2004 - 2005
10.30AM	3 x 2km	Multi-Class Girls & Boys 13 - 19 years	All Schools	2004 – 2010
		12 years Girls	All Schools	2011
		12 years Boys	All Schools	2011
		13 years Girls	All Schools	2010
		13 years Boys	All Schools	2010
11.00AM	3 x 2km	10 years Girls	All Schools	2013
		10 years Boys	All Schools	2013
		11 years Girls	All Schools	2012
		11 years Boys	All Schools	2012
11.30AM	3 x 1.2km	7 years & under Girls	All Schools	2016 – 2017
		8 years Girls	All Schools	2015
		9 years Girls	All Schools	2014
11.50AM	3 x 1.2km	7 years & under Boys	All Schools	2016 – 2017
		8 years Boys	All Schools	2015
		9 years Boys	All Schools	2014
12.10PM	Lunch Break / School Trophy Presentation			

Continued...

START	DISTANCE	AGE GROUP	CATEGORY	YEAR BORN
12.30PM	3 x 1.2km	Under 8 Girls	QA/Qrun Clubs	2016 – 2017
		Under 8 Boys	QA/Qrun Clubs	2016 - 2017
		Under 10 Girls	QA/Qrun Clubs	2014 – 2015
		Under 10 Boys	QA/Qrun Clubs	2014 - 2015
12.50PM	3 x 2km	Under 12 Girls	QA/Qrun Clubs	2012 – 2013
		Under 12 Boys	QA/Qrun Clubs	2012 – 2013
01.20PM	3 x 2km	Multi-Class Female & Male 13-19 & Open	QA/Qrun Clubs	2004 – 2010
		Under 14 Girls	QA/Qrun Clubs	2010 – 2011
		Under 14 Boys	QA/Qrun Clubs	2010 - 2011
01.50PM	3 x 3km	Under 16 Girls	QA/Qrun Clubs	2008 – 2009
		Under 18 Girls	QA/Qrun Clubs	2006 - 2007
		Under 20 Women	QA/Qrun Clubs	2004 -2005
		Open Women	QA/Qrun Clubs	Open
02.35PM	3 x 3km	Under 16 Boys	QA/Qrun Clubs	2008 – 2009
		Under 18 Boys	QA/Qrun Clubs	2006 - 2007
		Under 20 Men	QA/Qrun Clubs	2004 – 2005
		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 2023 (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 2017).

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.