

SCHOOL SPORT AUSTRALIA / ATHLETICS AUSTRALIA**CROSS COUNTRY CHAMPIONSHIPS****(Nowra, NSW, 28-31 August)****EVENT PROGRAM****Saturday 29 August****Individual Cross Country Program**

Time	Event	Distance	Laps
9.00	11 Years Boys & 11 Years SWD Boys	3000 m	1 X 3000 m
9.15	11 Years Girls & 11 Years SWD Girls	3000 m	1 X 3000 m
9.35	13 Years Boys	3000 m	1 X 3000 m
9.50	13 Years Girls	3000 m	1 X 3000 m
10.10	12 Years Boys & & 12 Years SWD Boys	3000 m	1 X 3000 m
10.25	12 Years Girls & 12 Years SWD Girls	3000 m	1 X 3000 m

10.45	13 -19 Years AWD Boys & Girls	3000 m	1 X 3000 m
11.10	16/17 Years Boys & National Schools Team Championship & ISF World Schools Selection Trial	6000 m	2 X 3000 m
11.40	18/19 Years Girls & U20 AA	6000 m	2 X 3000 m
12.10	10 Years Girls & 10 Years SWD Girls	2000 m	1 X 2000 m
12:25	10 Years Boys & & 10 Years SWD Boys	2000 m	1 X 2000 m
12:40	Open Women	8000 m	2 x 4000 m
13.25	16/17 Years Girls & National Schools Team Championship & ISF World Schools Selection Trial	4000 m	1 X 4000 m
13:50	18/19 Years Boys & U20 AA	8000 m	2 x 4000 m
14:30	Open Men	12000 m	3 X 4000 m
15:20	14/15 Years Boys	4000 m	1 x 4000 m
15:40	14/15 Years Girls	4000 m	1 x 4000 m

Sunday 30 August**Excursion – Jamberoo Recreation Park****Monday 31 August****Relay Program**

Time	Event	Distance	Laps
8.00	AWD Relays & 10 Years Boys & Girls	6 x 1000m	1 x 1000m
8.30	AWD Time Trials	1000m	1 x 1000m
8.40	Boys 14/15, Girls 14/15, 16/17, 18/19	5 x 2000m	2 x 1000m
9.20	Girls 11, 12	4 x 1500m	1 x 1500m
9.45	Boys 11, 12	4 x 1500m	1 x 1500m
10.10	Composite Teams 13 yrs Boys and Girls	6 x 1500m 5 x 1500m	1 x 1500m 1 x 1500m
10.50	Boys 16/17, 18/19	5 x 3000m	2 x 1500m
11.45	13 Years Boys and Girls Time Trials	1500m	1 x 1500m
11.55	Boys 14/15, Girls 14/15, 16/17, 18/19 Time Trials	2000m	2 x 1000m
12.10	Boys 16/17, 18/19 Time Trials	3000m	2 x 1500m
12.45	Presentations & Closing Ceremony		