

# INTERMEDIATE DISTANCE CROSS COUNTRY

# XCG

## EVENT INFORMATION

*Incorporating the All Schools State Cross Country Championships*

In this information pack we hope to answer all your questions regarding the Intermediate Distance Cross Country and the All Schools State Cross Country Championships. If however you have any further questions then please do not hesitate to contact the office on 8354 3477 or email [admin@athleticsa.com.au](mailto:admin@athleticsa.com.au)

## DATE

Saturday 23<sup>rd</sup> June 2018 commencing from 2pm

## LOCATION

North Adelaide Golf Course - corner of Jeffcott Road and Park Terrace  
(across the road from the Adelaide Aquatic Centre – see map below)



***RunningSA.com.au***

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## TIMETABLE OF EVENTS

Time	Distance	Laps
2:00 pm	2km	1
2:15 pm	4km	2
2:40 pm	6km	3
2:40 pm	8km	4

## ALL SCHOOLS XC CHAMPIONSHIPS

The below distance are for the All Schools XC Champs. Ages are as at 31 Dec 2018. Athletes must enter in their relevant age group to be eligible for medals.

Age Group	Men	Women
U14	2km	2km
U16	4km	4km
U18	4km	4km
U20	6km	4km

## EVENT PARKING

There is a range of parking options located in and around this section of golf course and North Adelaide. The map below indicates some options. To avoid impacting the Adelaide Aquatic Centre, we ask event participants to consider other parking options. There is ample parking in the area that is only a short walk to the start / finish location. The red sections below indicated some of the options. Please obey parking signs.



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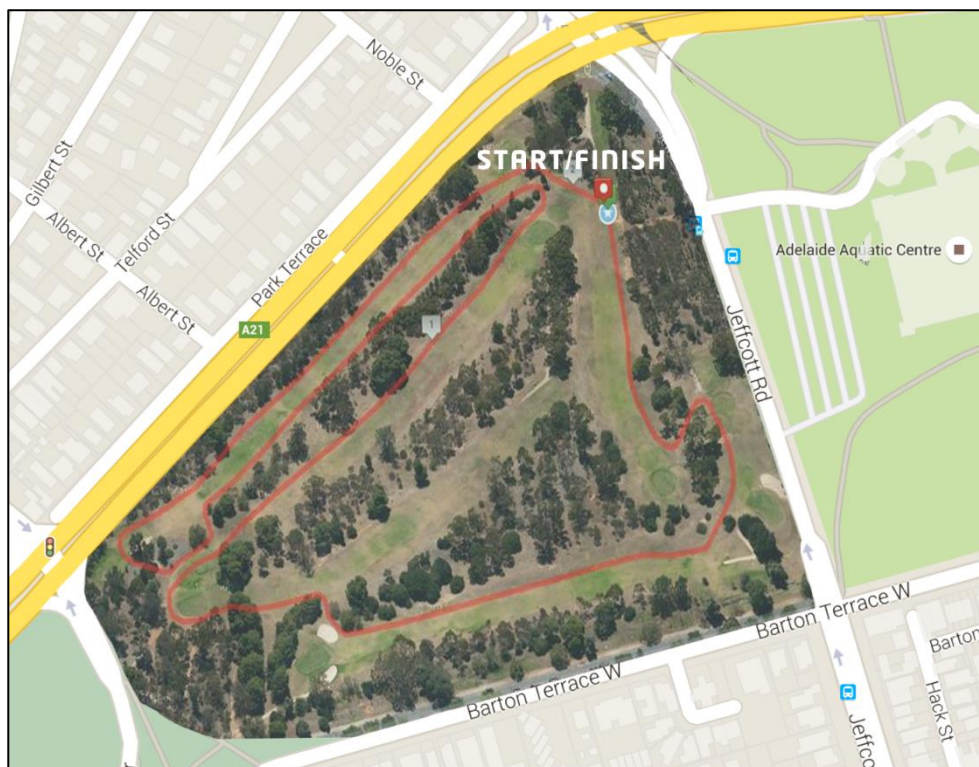
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## **CHECK IN**

Event check-in is located at the start / finish area. All participants are required to check-in for their event no later than 30 minutes before the scheduled start time.

## **COURSE MAP**

We have the exclusive use of a section of the North Adelaide Golf Course. Each lap is a 2km loop that has two uphill climbs and two downhill sections per lap making this a challenge course. A course map appears below. The course will be marked on both side with red and white marker flags.

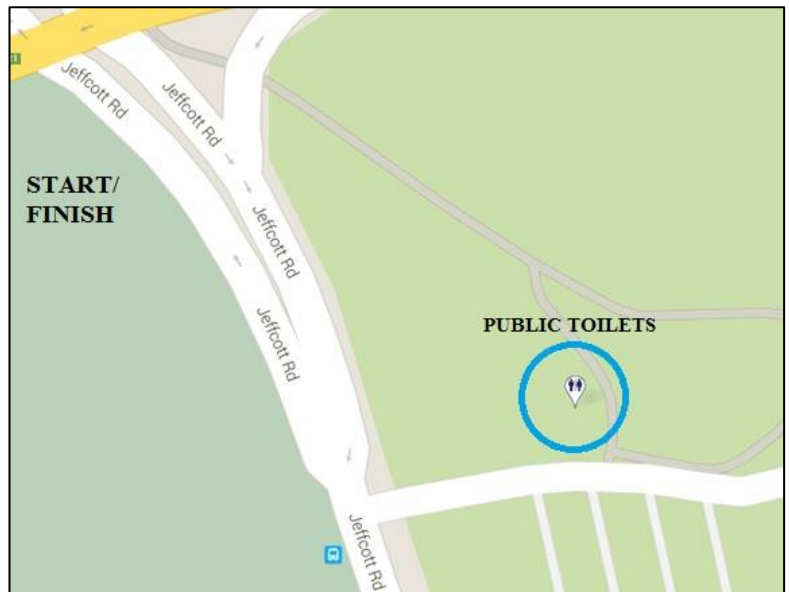


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## **TOILETS**

Public toilets are located across the other side of Jeffcott Road, adjacent the Adelaide Aquatic Centre carpark. Participants are asked to exercise caution when crossing Jeffcott Road.



## **ASSEMBLING AT START LINE**

Participants are requested to begin assembling at the event start line 10 minutes prior to the scheduled start time of their event

## **FIRST AID**

First Aid personnel will be on hand at the start / finish area

## **RESULTS**

Full results will be made available on [www.runningSA.com.au](http://www.runningSA.com.au) as soon as possible following the conclusion of the event.

**We hope you enjoy the North Adelaide & All Schools Cross Country Championships and the SA All Schools Cross Country Championships**

# RunningSA.com.au