

Twilight Cross Country

Saturday 5th May 2018 6:00PM

Location

Flinders University Ovals

Assembling at the Start Line

When assembling at the start line, participants are asked to place themselves in relation to their anticipated pace. That is, the fastest runners at the front and the slower runner and walkers towards the back. If you are unsure, please ask one of our friendly marshals or another event participant.

Course Map



Pricing

General Public/ Basic Member	Athletics SA / Running SA Membership Categories	
	Bronze, Silver Summer	Gold, Silver Winter, First Year
\$20	\$10	FREE

Timetable

- 6.00pm** - 1km (SALAA U9/10 Boys and Girls)
- 6.15pm** - 1.5km (SALAA U11/12 Boys and Girls)
- 6.30pm** - 500m (SALAA U6/7/8 Boys and Girls)
- 6.45pm** - 50m (SALAA Tiny Tots Dash)
- 6.50pm** - 1km (Come 'n' Try)
- 7.00pm** - 2km Men & Women (U13/U14 SALAA)
- 7.15pm** - 4km Men & Women (incorporating Flinders AC Twilight Dash)
- 7.45pm** – 2km (U/15, U/16, U/17, Boys & Girls and Rec Aths)
- 7.50pm** – Toby Schreier Cup and Twilight Dash presentation

Flinders Athletics Club Twilight Dash

Flinders Athletics Club are hosting the Twilight Dash at the 2018 Twilight XC. The twilight dash will reward the female and male winner of each lap of the 4km twilight course. The winner/s of the first 3 laps will receive a \$100 prize and the winner/s of the last lap will receive \$200.

You must complete the 4km course within 24 mins (male) and 28 mins (female) to be eligible for any prize money.

The twilight dash finish line will be just before the finish line for the first 3 laps and will be on the race finish line for the last lap. All positions will be judged by an Athletics SA official.

All entrants in the 4km race will be automatically entered in the Twilight Dash.

Come 'n' Try 1km

Running SA and Little Athletics SA are hosting a Come 'n' Try 1km run. This run is being held to encourage those who don't normally run cross country events to give it a go over in a friendly environment and over a shorter distance.

To enter, please provide \$2 at the Running SA registration desk which will be donated to the Flinders Athletics Club.

Car Parking

Please refer to the map above for parking. There is plenty of other parking around the University as well. Please allow enough time to find a park as there is a football match on prior to this event.

Results

Full results will be made available on www.runningsa.com.au as soon as possible following the conclusion of the event.

First Aid

First Aid personnel will be on hand during the night and will be located at the finish line. We also have a mobile unit should anyone require it on the course.

Contact Us

For more information about Twilight Cross Country or if you have any questions about the event, please contact the Athletics SA office via events@athleticssa.com.au or 08 8354 3477.