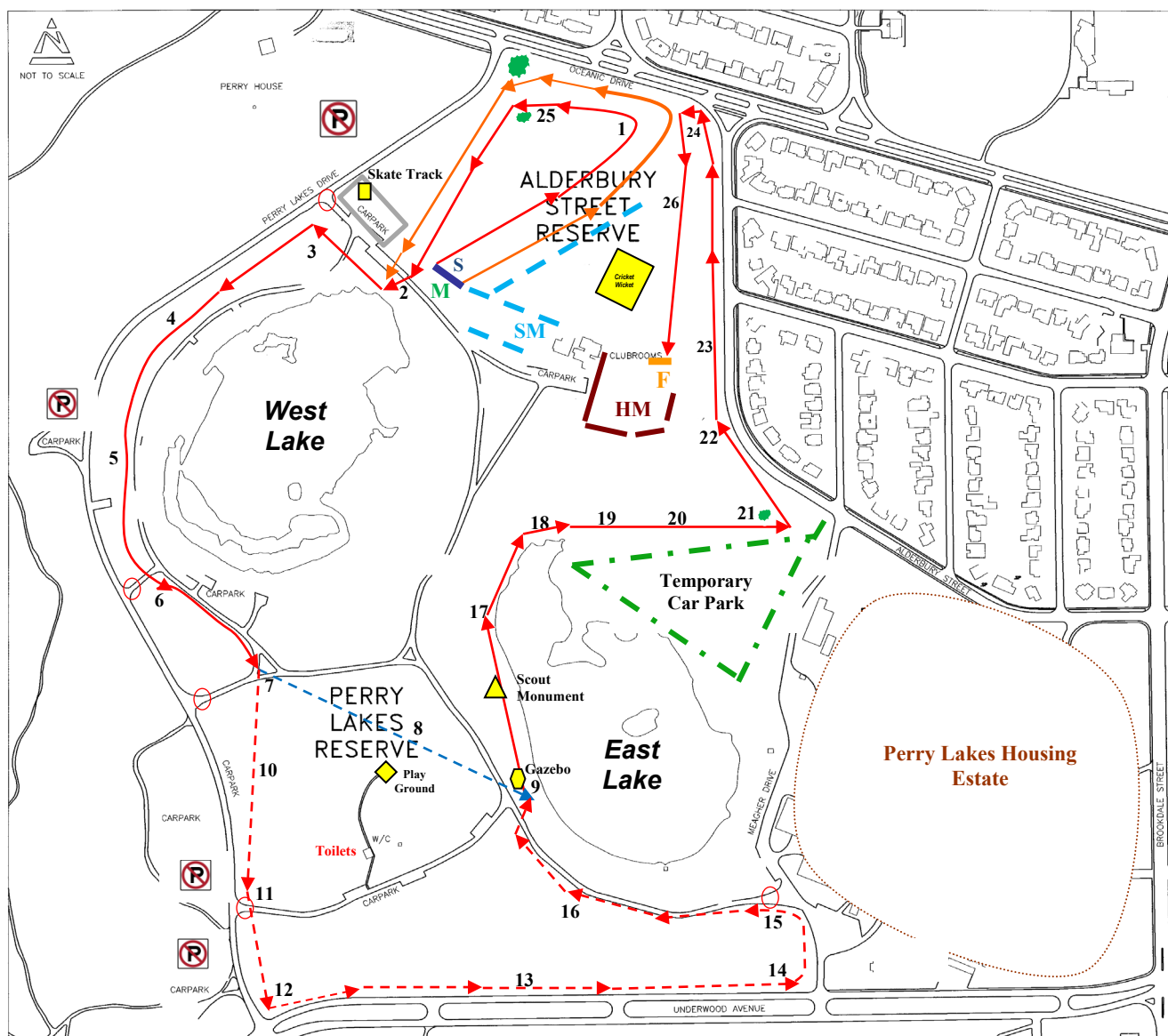


**Appendix 1**

To ACC Cross Country

**CROSS COUNTRY COURSE MAP 2021**



**All Genders: U13 and U14 age categories – 3km**  
**U15, U16, Open (U19) age categories – 4km**

4KM EXTENSION =

3KM REDUCTION =

COURSE ROUTE =

FINISH & FIRST AID = **F** |

START = **S** |

Marshalling area = **M** |

School Supplied Marquees = **SM** | Hire Marquees = **HM** |

Road Closure =

Numbers 1-26 refer to Station Officials locations.

- ❖ Standard course markers are red poles and orange road cones and the 3km reduction is marked in blue poles. Red & blue poles are always to be kept to the left of the runner.
- ❖ *The course route is within the confines of the Perry Lakes area and crosses only internal roads.*
- ❖ *Route is the same for all genders, except for U13 and U14 who only run 3km and have a course reduction from stations 7-9.*
- ❖ *The map is only a guide to the route, which will be clearly marked on the day.*
- ❖ *Where possible the route closely follows boundaries such as the lakes and log fences.*
- ❖ *Schools should endeavor to familiarize their competitors / officials with the course route.*