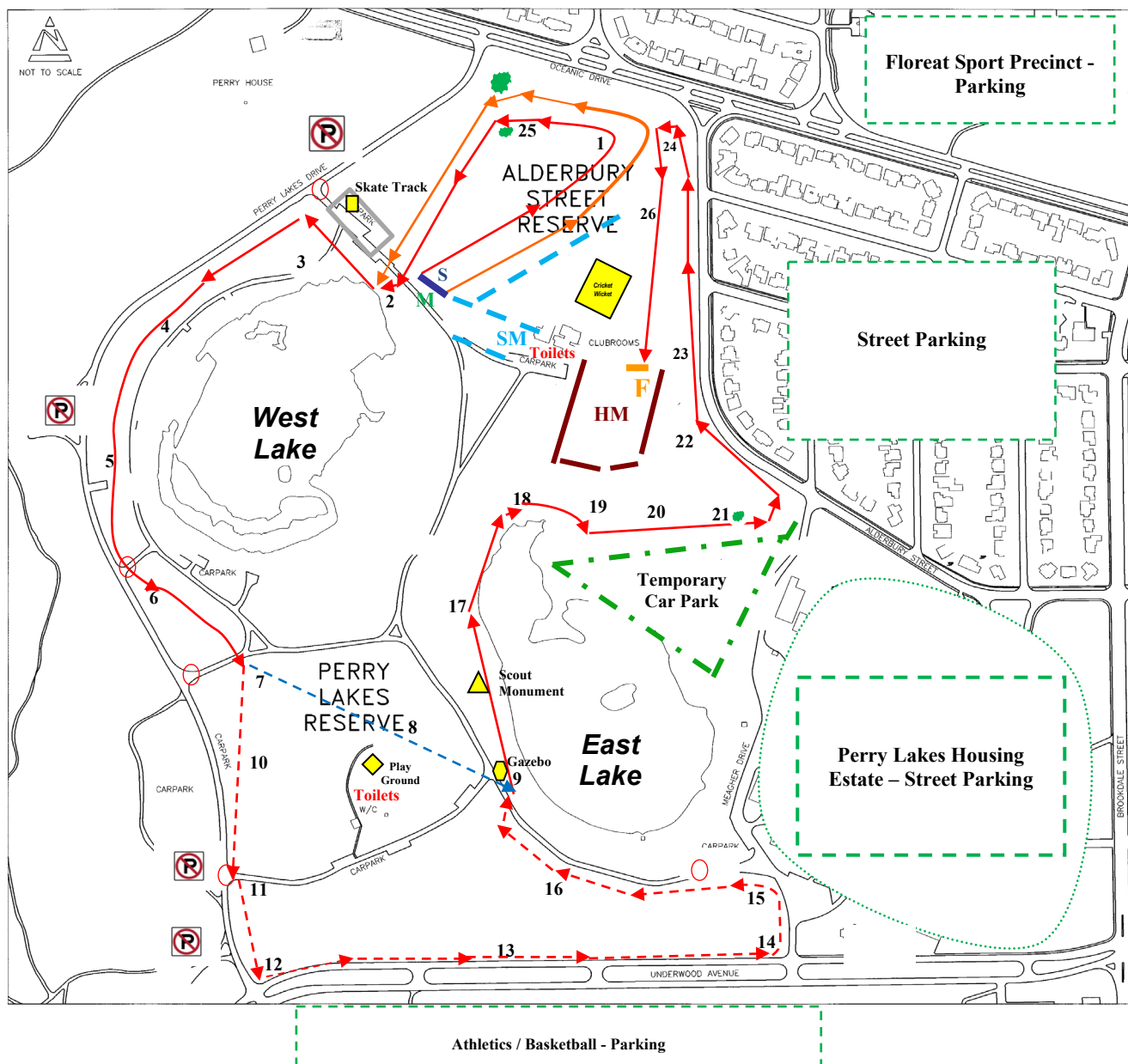


Appendix 1

CROSS COUNTRY COURSE MAP 2023



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

COURSE ROUTE = 4KM EXTENSION =
 3KM REDUCTION =

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.