



CROSS COUNTRY CHAMPIONSHIPS

DATE: Saturday, 24th May 2008

VENUE: **St Paul's School, Bald Hills** *** **NEW VENUE!** ***
Access via Attunga Street, Bald Hills (UBD Map 109 F2)

START	DISTANCE	AGE GROUP	YEAR BORN
1:00 pm	1000m	Under 10 Girls	1999 - 2003
1:10 pm	1000m	Under 10 Boys	1999 - 2003
1:20 pm	2000m	Under 12 Girls	1997 / 1998
1:35 pm	2000m	Under 12 Boys	1997 / 1998
1:50 pm	3000m	Under 14 Girls	1995 / 1996
2:10 pm	3000m	Under 14 Boys	1995 / 1996
2:30 pm	4000m	Under 16 Girls	1993 / 1994
	4000m	Under 16 Boys	1993 / 1994
	4000m	Under 18 Girls	1991 / 1992
	4000m	Masters Women 35-49	Age on day
	4000m	Masters Women 50+	Age on day
3:00 pm	6000m	Under 18 Boys	1991 / 1992
	6000m	Under 20 Women	1989 / 1990
	8000m	Under 20 Men	1989 / 1990
3:30 pm	12,000m	Masters Men 35-49	Age on day
	12,000m	Masters Men 50-59	Age on day
	12,000m	Masters Men 60+	Age on day
	12,000m	Under 23 Women	1986 - 1988
	12,000m	Open Women	Open
	12,000m	Under 23 Men	1986 - 1988
	12,000m	Open Men	Open
3:35 pm	3000m	All Ages (Non-Championship)	

ENTRY FEES: **Championship Events**
Junior (5-15yrs) \$10.00 **OR** \$ 6.00 for Queensland Athletics Members
Senior (16yrs +) \$15.00 **OR** \$10.00 for Queensland Athletics Members

Non-Championship 3000m
Junior (5-15yrs) \$ 6.00 **OR** \$ 3.00 for Queensland Athletics Members
Senior (16yrs +) \$10.00 **OR** \$ 5.00 for Queensland Athletics Members

HOW TO ENTER: Entries are taken on the day of the championships and close 15 minutes before the start time of each event.

ALL RUNNERS ARE WELCOME!

PLEASE NOTE:

- **Queensland Athletics membership forms will NOT be accepted on the day of the championships.** Athletes who are not a current member of Queensland Athletics will be required to complete a trial member form and pay the non-member entry fee.

CHAMPIONSHIP EVENTS:

- Queensland Athletics members are expected to wear their club uniform with registration numbers on the front and back of their singlet.
- Queensland championship medallions will be awarded to the first three individual place getters in each championship event. If a non-member places in the top three, the next Queensland Athletics member will also get a championship medallion.
- Athletes who enter the Masters and Under 23 age groups in the 12,000m event will also be eligible in the Open age group for individual championship medallions, however Masters will only be eligible for team medallions in the age group they specifically entered.

TEAMS:

- Queensland championship medallions will be awarded to the first three placed teams in each championship event (Queensland Athletics clubs only).
- A team consists of three runners (4 runners in Open Men age group) who are all registered with Queensland Athletics through the same club.
- Athletes are automatically placed in teams according to their club and finishing order. Athletes are only eligible for team medallions in the age group they specifically entered (except U23).
- The Masters Men 50-59 and Masters Men 60+ age groups are combined into a Masters Men 50+ age group for team purposes.

VENUE MAP:

