



Cross Country

Last Updated 2015

GRADE

Men's Open
Men's U18
Men's U15
Ladies' Open
Ladies' U18
Ladies' U15

PRACTICE

- Competitors should familiarize themselves with the course before the event.

FORMAT

- All races will commence around the same time, at two minute intervals
- Males and Females to do the same distances.

DISTANCES

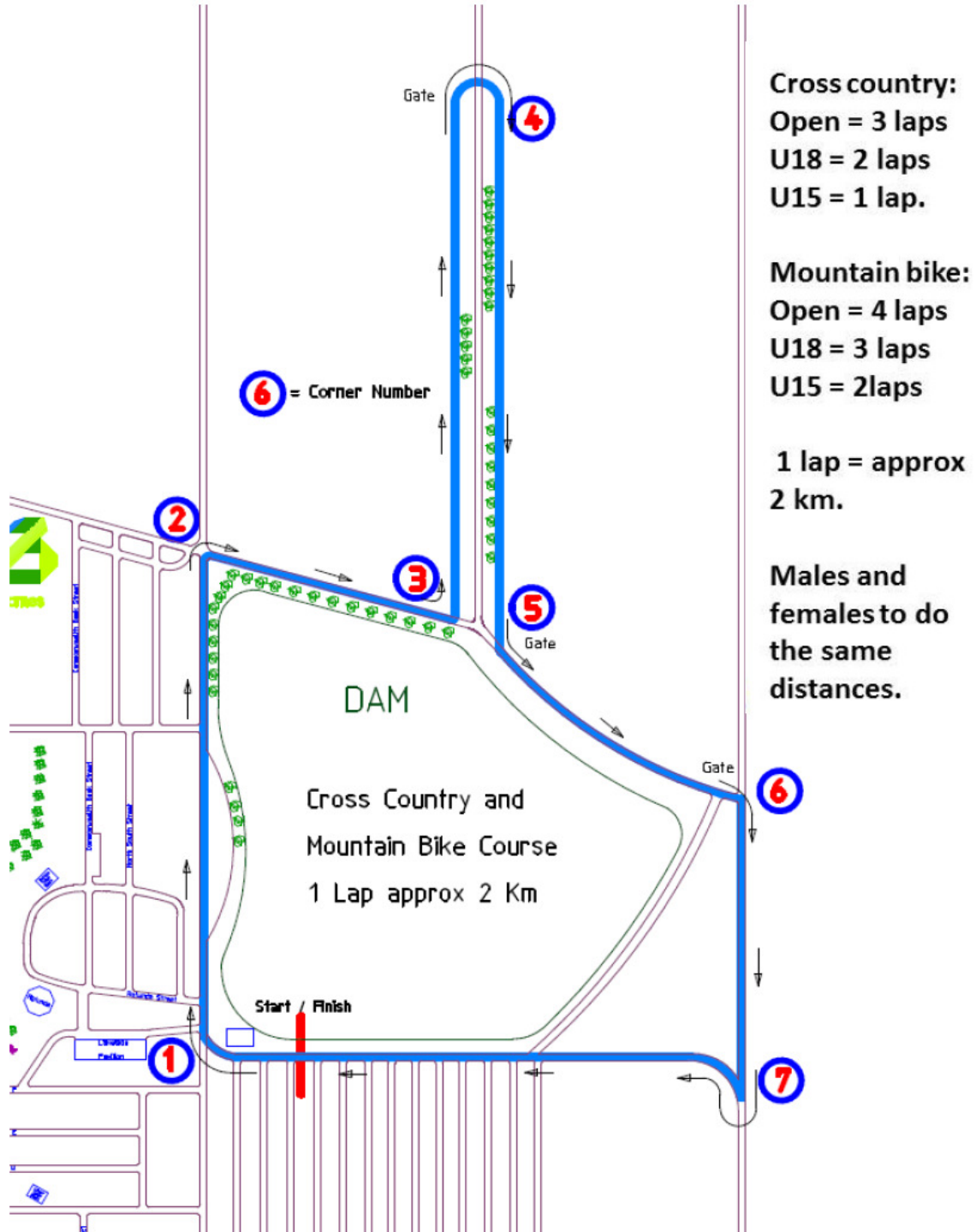
Open: 6km = 3 laps
U18: 4km = 2 laps
U15: 2km = 1 lap

State Youth Games is presented by Youth Vision Victoria

To ensure SYG participants are adequately covered in the event of a personal or sporting related accident it is strongly recommended that participating groups or individual participants arrange personal accident insurance. It is the responsibility of the group co-ordinator to ensure this is communicated to SYG participants associated with their groups.



Cross Country – Course Map 2015



State Youth Games is presented by Youth Vision Victoria

To ensure SYG participants are adequately covered in the event of a personal or sporting related accident it is strongly recommended that participating groups or individual participants arrange personal accident insurance. It is the responsibility of the group co-ordinator to ensure this is communicated to SYG participants associated with their groups.