



Cross Country

All participants must wear their SYG wristband when playing, and show it to the umpires, officials and Sports Coordinators when requested.

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.

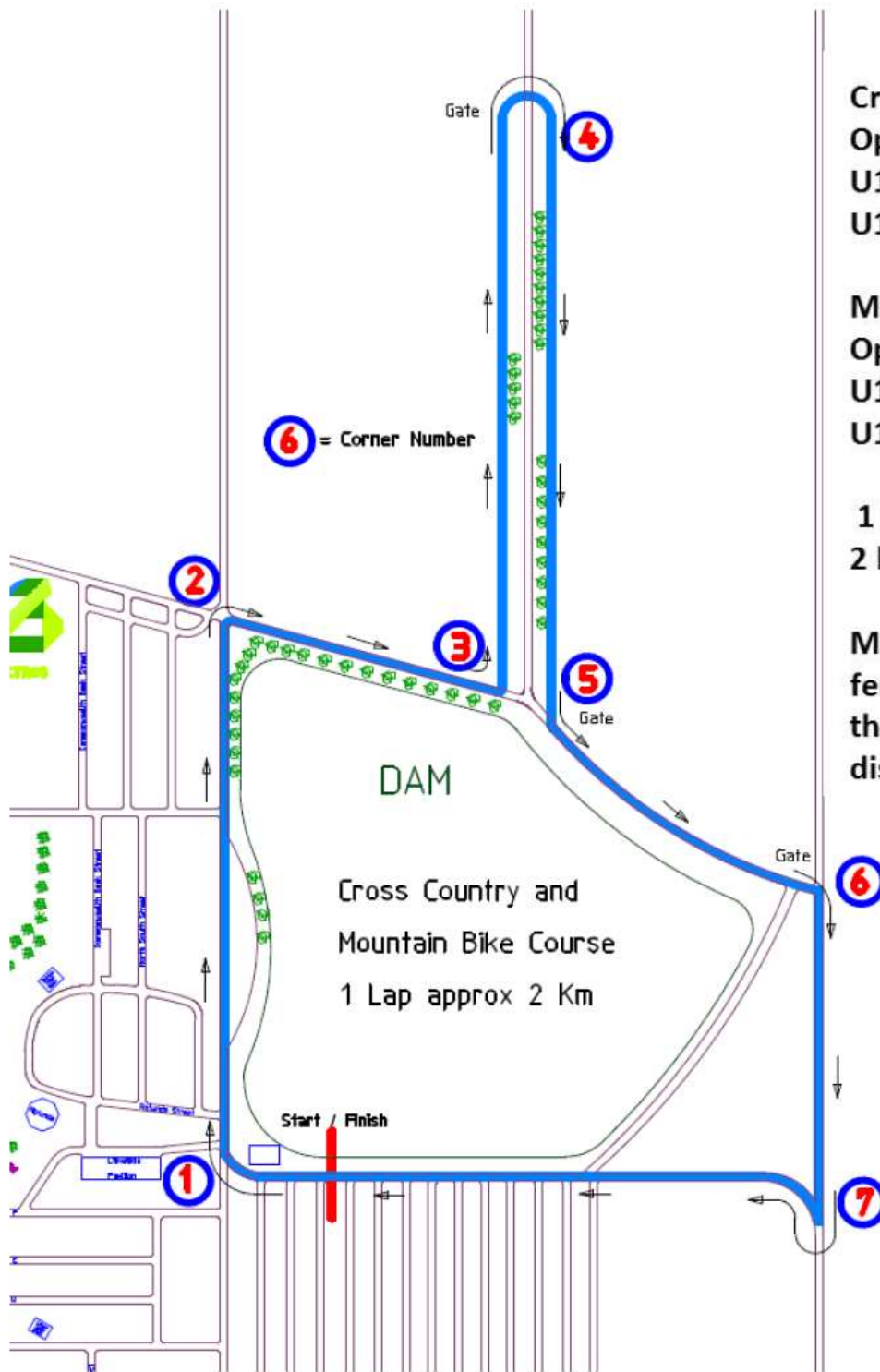
DISTANCES

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 coordinator to ensure this is communicated to SYG participants associated with their groups.

Cross Country – Course Map



Cross country:

Open = 3 laps

U18 = 2 laps

U15 = 1 lap.

Mountain bike:

Open = 4 laps

U18 = 3 laps

U15 = 2laps

1 lap = approx

2 km.

Males and females to do the same distances.