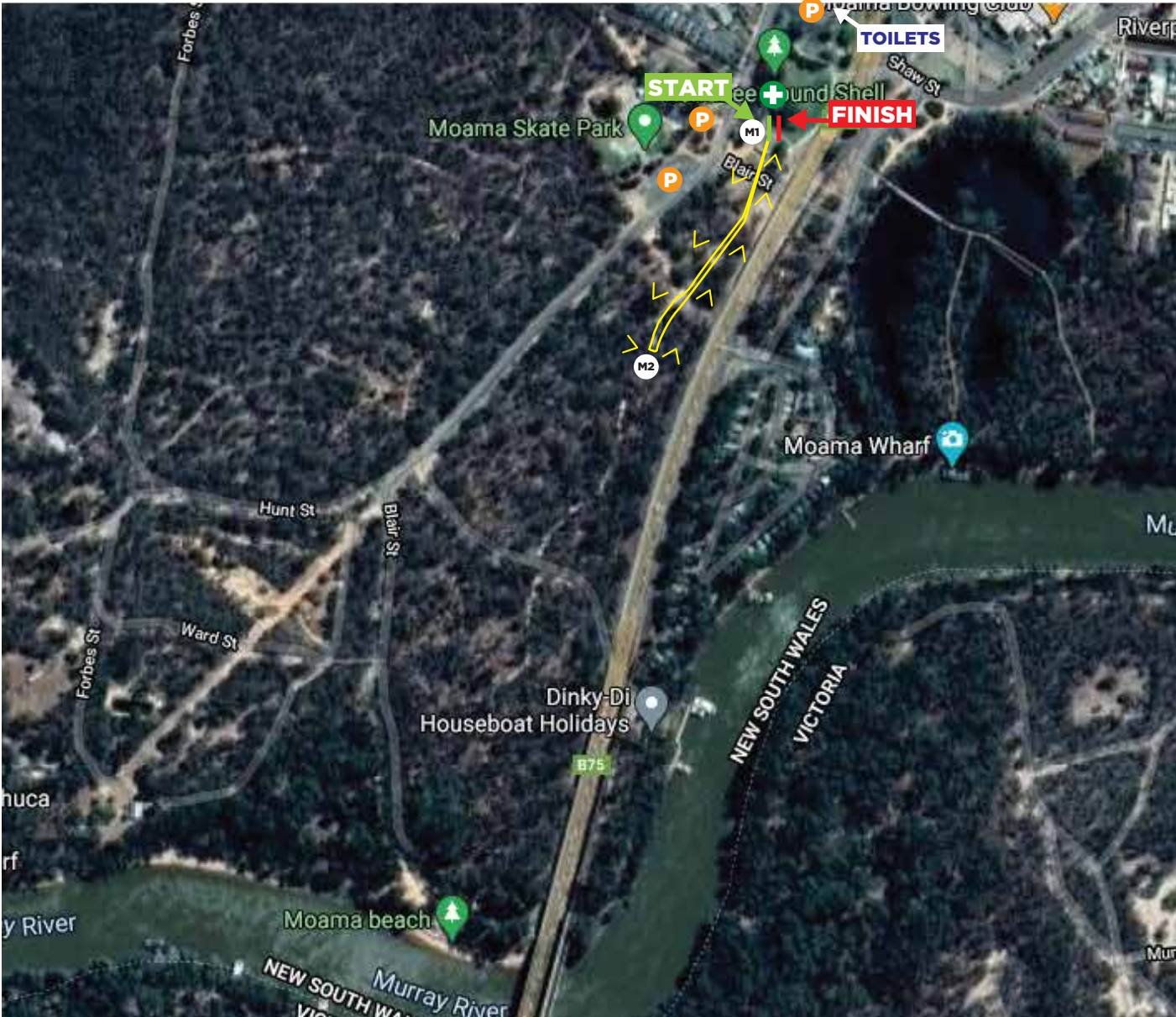


KIRRABEE SOUNDSHELL MOAMA - COURSE MAP 3

U6 500m



500m



RUNNING DIRECTION
FOR ALL DISTANCES



STATIONED
MARSHAL &
FINISH MARSHAL



FIRST AID

DISTANCES

U6 500m 1 x 500m loop

START TIME

Event briefing for marshals and volunteers at 8.45am
Athlete marshaling is 10 minutes prior to each race. First race commencing at 9.00am sharp.

BASIC RULES

All athletes must wear appropriate footwear ie. XC waffles or sneakers/runners.

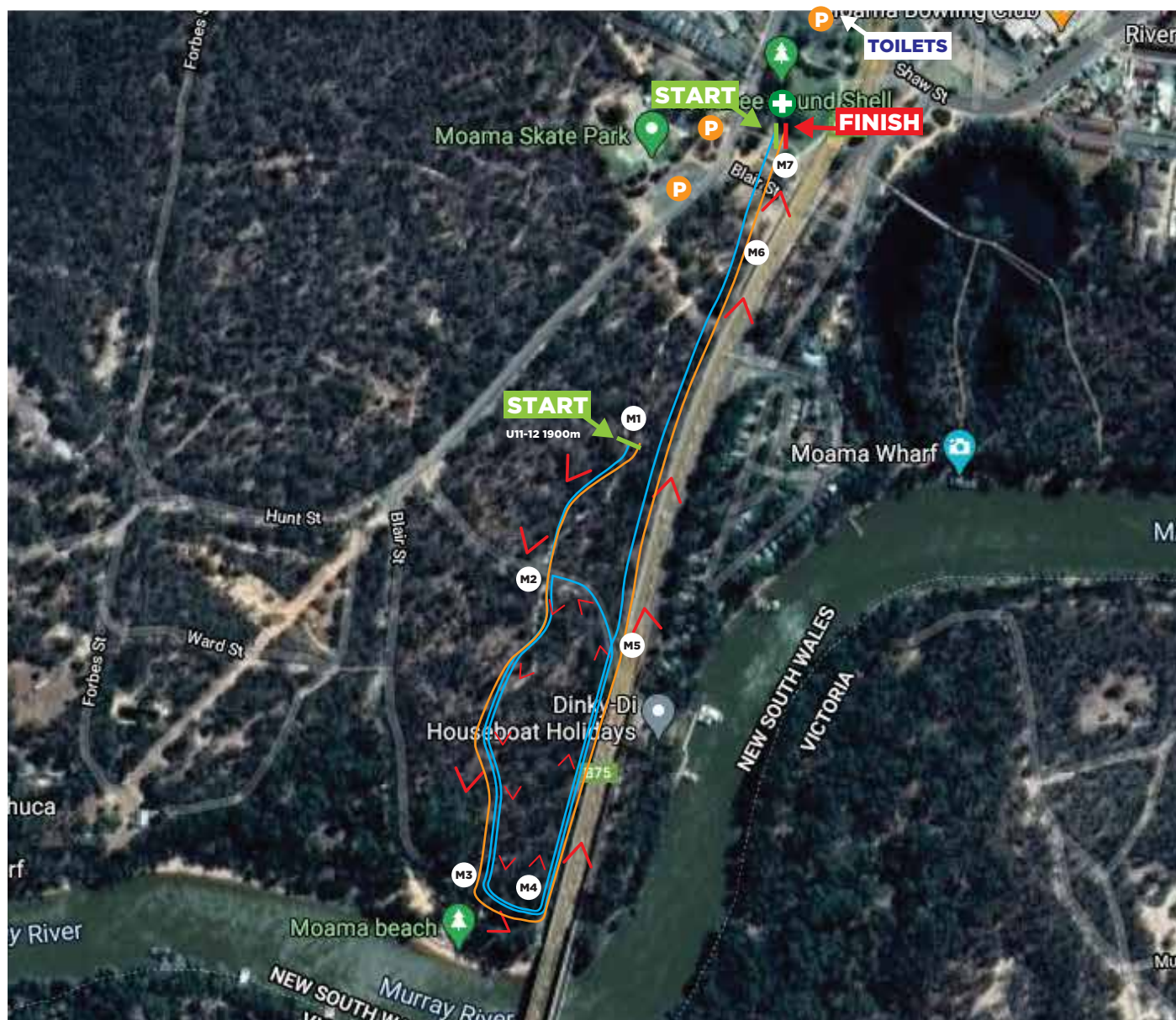
Stricly no pushing or barging. No elbows, pushing or blocking at finish line.



No athlete is to veer off or take a short cut from the course outlined. (penalties apply)


If an athlete is unsure of course while participating, ask a marshal or wait for back runner to direct you.

KIRRABEE SOUNDSHELL MOAMA - COURSE MAP 3

U7-U8 1000m U11-U12 1900m



 **1000m**  **RUNNING DIRECTION FOR ALL DISTANCES**

 **1900m**

 **STATIONED MARSHAL & FINISH MARSHAL**  **FIRST AID**

DISTANCES

U7-U8	1000m	1 x 1000m loop
U11-U12	1900m	1 x 1900m loop

START TIME

Event briefing for marshals and volunteers at 8.45am
Athlete marshaling is 10 minutes prior to each race. First race commencing at 9.00am sharp.

BASIC RULES

All athletes must wear appropriate footwear ie. XC waffles or sneakers/runners.

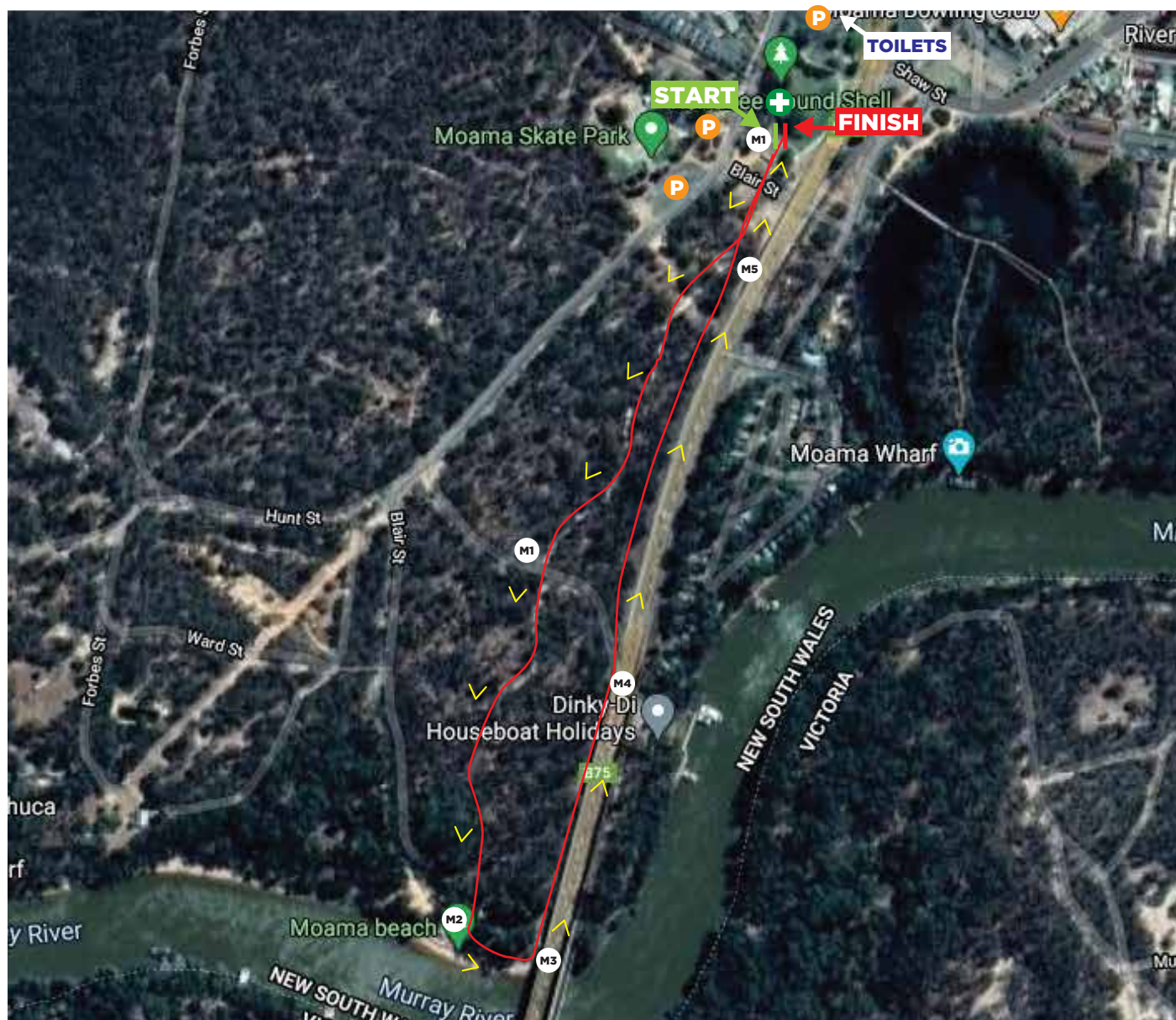
Strictly no pushing or barging. No elbows, pushing or blocking at finish line.

No athlete is to veer off or take a short cut from the course outlined. (penalties apply)

If an athlete is unsure of course while participating, ask a marshal or wait for back runner to direct you.

KIRRABEE SOUNDSHELL MOAMA - COURSE MAP 3

U9-U10 1300m U13-U16 2600m



1300m  **RUNNING DIRECTION FOR ALL DISTANCES**

M1 **STATIONED MARSHAL & FINISH MARSHAL**  **FIRST AID**

DISTANCES

U9-U10	1300m	1 x 1300m loop
U13-U16	2600m	2 x 1300m loop

START TIME

Event briefing for marshals and volunteers at 8.45am
Athlete marshaling is 10 minutes prior to each race. First race commencing at 9.00am sharp.

BASIC RULES

All athletes must wear appropriate footwear ie. XC waffles or sneakers/runners.

Strictly no pushing or barging. No elbows, pushing or blocking at finish line.

No athlete is to veer off or take a short cut from the course outlined. (penalties apply)

If an athlete is unsure of course while participating, ask a marshal or wait for back runner to direct you.