

MOAMA RECREATION RESERVE - COURSE MAP 1



500m
 1000m
 1500m



PARKING



**STATIONED
MARSHAL &
FINISH MARSHAL**



FIRST AID

DISTANCES

| | | |
|---------|-------|----------------|
| U6 | 500m | 1 x 500m loop |
| U7-U8 | 1000m | 1 x 1000m loop |
| U9-U10 | 1500m | 1 x 1500m loop |
| U11-U12 | 2000m | 2 x 1000m loop |
| U13-U16 | 3000m | 2 x 1500m 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 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 (Tortoise) to direct you.