



2019

CROSS COUNTRY PROGRAM

Day	Venue	Program/Event	UBD
Saturday 5 March	Teralba Park, Mitchelton	Season Commences Program 1	138 M2
Saturday 12 March	Huxtable Park, Chermside	Program 2	119 J15
Saturday 19 March	Dowse Lagoon, Sandgate	Program 1	110 N3
Saturday 26 March	EASTER NO COMPETITION		
Saturday 2 April	Pine Rivers Park, Strathpine	Program 2	109 B2
Saturday 9 April	Yeronga Memorial Park, Yeronga	Program 1	179 N13
Saturday 16 April	Pine Rivers Park, Strathpine	Program 2	109 B2
Sunday 17 April	Nanango Meet	Special Program See website for details	D'Aguiar Highway Nanango
Saturday 23 April	Anzac Park, Toowong	Program 1	158 M15
Saturday 30 April	Pine Rivers Park, Strathpine	Program 2	109 B2
Saturday 7 May	7th Brigade Park, Chermside	Program 1	120 B10
Saturday 14 May	St Paul's School, Bald Hills	ALL SCHOOLS CHAMPIONSHIPS	109 B2
Saturday 21 May	Minippi Parklands, Tingalpa	Program 2	161 R16
Saturday 28 May	Yeronga Memorial Park, Yeronga	Program 1	179 N13
Saturday 4 June	7th Brigade Park, Chermside	Program 2	120 B10
Saturday 11 June	Huxtable Park, Chermside	Program 1	119 J15
Saturday 18 June	Anzac Park, Toowong	Program 2	158 M15
Saturday 25 June	Teralba Park, Mitchelton	Program 1	138 M2
Saturday 2 July	Pine Rivers Park, Strathpine	ROCKETT 1 & 2 HOUR RELAY	109 B2
Saturday 9 July	7th Brigade Park, Chermside	Program 2	120 B10
Saturday 16 July	Minippi Parklands, Tingalpa	Program 1	161 R16
Saturday 23 July	Huxtable Park, Chermside	Program 2	119 J15
Saturday 30 July	Teralba Park, Mitchelton	Program 1	138 M2
Saturday 6 August	Teralba Park, Mitchelton	WINTER CHAMPIONSHIPS	138 M2

ENQUIRIES: PH: 3359 2950 | 3277 9256

Refer to other side of Program for Registrations, Fees and Championships

www.queenslandrunning.com.au

PROGRAM 1

2.00 pm	500 Metres
2.15 pm	1,500 Metres
2.35 pm	3,000 & 5,000 Metres
3.00 pm	4,000, 6,000 & 8,000 Metres
3.05 pm	Fitness Fun Walk 500 Metres
3.35 pm	2,000 Metres
3.50 pm	1,000 Metres

PROGRAM 2

2.00 pm	800 Metres
2.15 pm	1,500 Metres
2.35 pm	3,000 & 5,000 Metres
3.00 pm	4,000, 6,000 & 8,000 Metres
3.05 pm	Fitness Fun Walk 800 Metres
3.35 pm	2,000 Metres
3.50 pm	1,000 Metres

ATHLETE REGISTRATION 2016 SEASON

Athletes are invited to register with Queensland Running for the 2016 Season. Registration Fees are \$12.00 per Season which includes Athlete Insurance. Registered Athletes receive a \$1.00 discount on every event entry fee during the Season except Championships. In addition, Registered Athletes get their first run of the Season free of charge.

ENTRY FEES

General Competition Days*

10 years and under	\$3.00
16 years and Under	\$4.00
17 years and Over	\$5.00

***Registered Athletes receive \$1.00 discount on the above fees.**

ROCKETT ONE & TWO HOUR RELAY PROGRAM

1.00 pm	One Hour Relay
1.10 pm	500 Metres
1.20 pm	2,000 Metres
1.30 pm	Two Hour Relay
2.15 pm	1,000 Metres

Queensland Running provides a minimum of \$500 in prize money.
Entry Fees 1 Hour Relay - \$15.00
2 Hour Relay - \$30.00
Conditions Apply

1.00 pm 1 Hour Relay - 10 Years & Under & 14 Years & Under
1.30 pm 2 Hour Relay - Open & Masters 40+ Years

WINTER CHAMPIONSHIPS PROGRAM 2016

1.00pm	Open / Masters Men & Women	4000m
1.05pm	4,5,6 Years Boys & Girls	500m
1.20pm	9,10 Years Boys & Girls	2000m
1.35pm	7,8 Years Boys & Girls	1000m
1.50pm	Open / Masters Men & Women	2000m
2.15pm	11,12,13 Years Boys & Girls	3000m
2.40pm	Open / Masters Men & Women	1000m
2.55pm	14,15,16 Years Boys & Girls & 17 Years Girls	4000m
3.20pm	Open / Masters Men & Women, 17 & 18 Boys & 18 Years Girls	6000m

Championship Entry Fees Apply

Masters Men 40 - 49 Years; 50+ Years
Women 35 - 44 Years; 45+ Years