

Updates Cross Country Maps 2019



Grade 1/2 - 1050 m

Grade 3 - 1550 km

Grade 4-6 - 2220 km

Grade 7/8 - 2930 km

G. Venue Standards (from the Playing Regulations)

1. Length of Course

- a) Grades 1-2 – 1000 Metres
- b) Grade 3 – 1500 Meters
- c) Grades 4-6 – 2000 Metres
- d) Grades 7-8 – 3000 Metres

2. A 300 Meter tolerance is permitted in each race.