



Woody Yaloak Athletic Club

Haddon, Victoria

Time	430pm
Location	Common #1
Address	Shroeders Road, Haddon Common

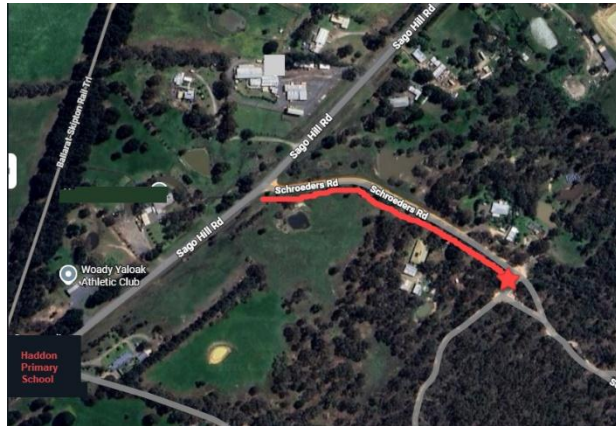
Meet Notes:

To get to the start:

- The start is along Schroeders gravel road, opposite the trams on Sago Hill Road.

Parent helpers:

- Putting out cones
- Packing up cones
- Timekeeper
- Writing results down
- Marshall on each cone



The course:

This is an out and back course, running to your coloured cone and then back to the start/finish line.



AGE GROUP	COURSE	DISTANCE
6	To Green Cone	500m
U8	To Blue Cone	1000m
U10	to Red Cone	1500m
U12	to Yellow Cone	2000m
U14+	to White Cone	3000m