



Woody Yaloak Athletic Club

Haddon, Victoria

Time	430pm
Location	State Forest
Address	Antonios Road

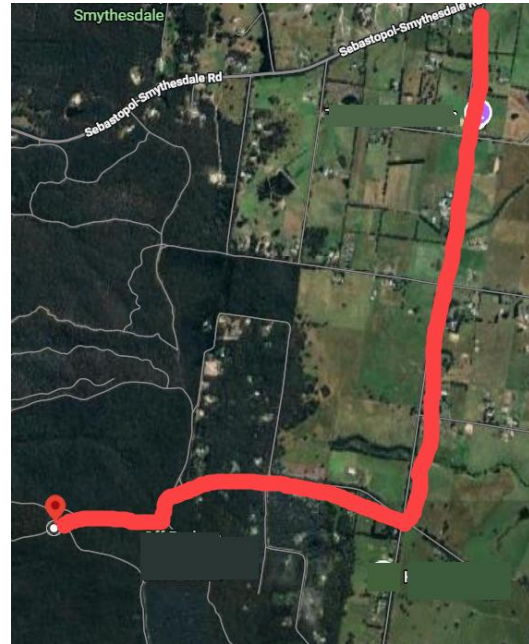
Meet Notes:

To get to the start:

- Drive out State Forest Road in Ross Creek.
- Turn right at the bus stop, Wades Lane and follow to the end (gravel road) where you will see the Bodens Water Race information booth.
- Turn left and travel 100m then
- Turn right. This is Antonios Road.
- Travel down 500m or so and you will see the orange safety bollard on the intersection.

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 down the hill to your coloured cone and then back up the hill 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